



Health & Safety



The lion's roar and the kitten's purr

House cats can't roar. They can be plenty loud when they feel like it, but they can't actually roar. On the other hand, their cousin the lion can't purr.

All cats can either purr or roar, but according to Live Science, they can't do both. Lots of cats species can purr, including the bobcat, ocelot, lynx, cougar and cheetah.

A cat's lovely purr of contentment is created in the larynx as the cat breathes in and out. It is a quick twitching of the vocal folds inside the voice box. Both the purr and roar are created with the hyoid system at the base of the skull. In purring cats, there is a bone in the hyoid, while roaring cats have a long, elastic ligament.

Roaring cats have long, heavy, fatty layers of tissue that make up their vocal cords. So big cats create low, loud rumbles -- loud enough to reach a human's pain threshold.

Read this before you shovel snow

Shoveling snow is a job for an athlete, even though people tend to think it is a routine activity that anyone can do.

In fact, shoveling snow takes a huge toll on the heart and back. One shovel of wet snow weighs 16 pounds. If you shovel 12 loads a minute, then in 10 minutes, you've moved 2,000 pounds, according to a study in the Journal of the American Medical Association.

About 100 Americans on average die each year because of snow removal, according to the Denver Post. About 12,000 suffer injuries that require a trip to the emergency room, according to a 16-year study reported in PubMed.

One key is to keep ahead of the drifts. Push snow several times while the snow is feathery and shallow before it becomes heavy and wet.

If you must shovel:

- * Keep your spine in an upright, neutral position.

- * Whenever you can, push the snow -- don't shovel it. You can use your large muscles in the hips and legs for pushing.

If you do have to lift:

- * Take small bites of the snow with the shovel only about a fourth full.
- * Use your leg muscles to lift the load.
- * Keep the load low to the ground and close to your body.
- * Avoid throwing the snow if you can. If you must throw it, throw light loads.

Breaks are critical

How long you can work depends on how heavy the snow is, your physical condition and how cold it is outside.

- * If you feel fatigue, pain or shortness of breath, rest until you feel normal again. If you experience shortness of breath for a prolonged period, see your doctor..





Winter fire prevention advice

Heating equipment is the second leading cause of home fires in North America. But during the winter, it jumps to the leading cause, according to the National Fire Protection Association.

To avoid home heating fires, remember these rules:

Portable heaters fueled by gas, kerosene, wood or coal: All heaters must be at least 36 inches away from anything that can burn. Never leave them on when you are not in the room or when you go to sleep. Never dry clothing on a heater.

Kerosene heaters:

Use only the fuel recommended by the manufacturer (Never use gasoline!). When refueling, turn off the heater and let it cool before adding fuel. Wipe up spills promptly. Store kerosene away from heat or open flame in an approved container.

Fireplaces:

Have the chimney inspected prior to the start of the heating season and cleaned if necessary. Creosote builds up in chimneys and causes chimney fires. Always use a sturdy screen when burning. Remember to burn only wood (never pa-

Across

1. Relatives
4. Ms. Williams in aquamusicals
9. Plastic ___ Band
10. Silk with a wavy pattern
11. London lav
12. Pig out
13. Respond
15. '___ Thee I Sing'
16. Calculus pioneer Leonhard
18. @
20. Dozes
23. Rwandan people
25. Morse T
26. Orchestra section
27. Freudian topic
28. Swamp
29. Understand

Down

1. Caffeine source
2. Knowing, as a secret
3. Lasso loop
4. Add frills to
5. Evening event
6. Food container
7. Therefore

Brain content

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

8. Snorkeling site
14. Wimps
17. Counsels: arch.
18. Proton's place
19. Big brass
21. Book unit
22. Loafer, e.g.
24. Craggy peak

[Click Here To Peek at Answers](#)

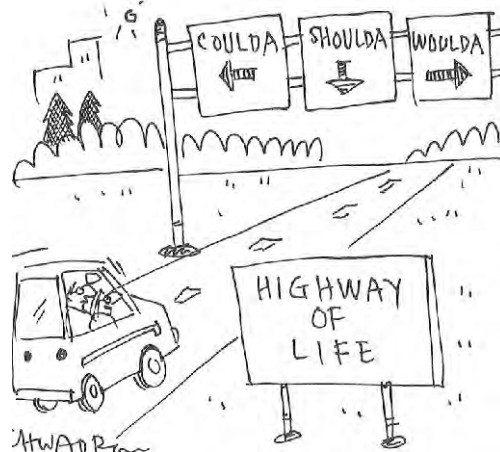
The headline is a clue to the answer in the diagonal.

per or pine boughs). And never use flammable liquids in a fireplace.

Wood stoves:

Be sure the stove complies with local fire codes and is properly installed and maintained. Chimney connections should be inspected at the beginning of each heating season. Follow the same safety rules for wood stoves as for space heaters. Burn only wood and be sure the stove has approved stove boards below it and behind it to protect floors and walls.

Portable LP gas heaters with self-contained fuel supplies are prohibited for home use by fire safety standards.



When should you go to the emergency room?

It's easy to see that an accident victim needs emergency treatment. Judging whether a medical condition requires a trip to the emergency room (ER) is more difficult.

Get to the ER fast, say doctors at Harvard Medical School, if any of these problems occur:

Severe abdominal pain. Especially if there is vomiting, swelling or tenderness of the abdomen or fever. This may signal appendicitis, bowel obstruction or a perforated organ.

Breathing difficulty. Go quickly if you have heart or lung disease, asthma, chest pain, rapid heart beat, swelling, dizziness, pale clammy skin or swollen tongue or throat.

Chest pain. People with coronary artery disease or angina should get help if pain begins during exercise and persists despite 10 minutes of rest or under-the-tongue nitroglycerin. It could signal a heart attack.

Confusion or changes in consciousness. Sudden onset of confusion or memory loss is an emergency. Altered mental status



could be a sign of stroke or other serious problem.

Fractures. Suspected fractures should be evaluated promptly, except in the case of a finger or toe.

Headaches. Most can be treated in the doctor's office. Go to the ER if a headache is accompanied by confusion, nausea and

vomiting, loss of sensation or muscle strength, fever or sensitivity to light.

Numbness or tingling. Widespread numbness or tingling can be due to a stroke. Get help immediately if one side of the body is affected, vision is blurred or distorted or if speaking is difficult.

Rash. Rash accompanies many illnesses, is a common reaction to certain foods and usually does not require immediate treatment. But purple spots on the skin accompanied by fever are signs of serious illness such as meningitis. Hives that appear after an insect sting are a signal to get immediate treatment.

Vomiting. This is an emergency if it produces blood or material that looks like coffee grounds. These are symptoms of serious problems that should be treated immediately.

Cost is never a consideration when your life is in jeopardy. For these symptoms, get emergency room treatment as soon as possible.

January is Radon Action Month

Radon test easy, inexpensive

It's odorless, tasteless and invisible, and it just might be an unwelcome guest in your home.

Radon, a naturally occurring radioactive gas, is the second leading cause of lung cancer after smoking. According to the Environmental Protection Agency (EPA), it's found in nearly all soils. Radon filters up through the soil and into the air, and can enter your home through cracks in the foundation, loosely-fitted pipes and the water supply. When the gas becomes trapped inside and builds up, it can pose a health risk.

Fortunately, radon testing is easy and inexpensive. Radon test kits are available online or in many home improvement stores. Two types of test kits are available, according to the Centers for Disease Control and Prevention (CDC): Short-term kits, which measure radon for two to 90 days; and long-term kits, which measure radon over 90 days and can tell you your home's average year-round level.

Radon is measured in units of picocuries per liter (pCi/L) of air, according to the CDC. The EPA recommends taking action for any result between 2 and 4 pCi/L. You can increase air flow by opening windows and using fans to circulate air, and sealing cracks in floors and walls. If your home tests above 4 pCi/L, you may need a radon reduction system installed. Contact your state radon office (sosradon.org/state-radon-contact-map) to find a licensed radon mitigation specialist.

A brief history of hello

Odds are pretty good that when you answer the phone, "hello" is the first thing out of your mouth. But have you considered taking "ahoy" for a spin instead?

When Alexander Graham Bell received the patent for the telephone in 1876, "hello" hadn't been in our vocabulary for very long. According to National Public Radio, the first published use of "hello" was in 1827 -- just shy of 50 years before Bell's patent. And instead of using it to greet others, people employed it as a way to catch attention or express surprise, not unlike the way we use "hey" today.

So when Bell thought about the appropriate way to answer a telephone call, he landed on "ahoy," a word with a much longer history. According to the Somerville Public Library, the idea gained some traction when the first telephone operators were trained to answer the phone with "Ahoy! Ahoy!"

Bell's arch-rival Thomas Edison, who invented a transmitter to improve Bell's invention, encouraged users to answer the phone with a crisp "hello" instead. When the first telephone directories advised "hello," the issue was largely settled.



January 2022



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Rose Bowl
2	3	4	5	6 Carnival Season	7 Orthodox Christmas	8
9	10	11	12	13	14	15 MLK Jr birth
16	17 MLK Jr Day	18	19 AMEX golf tourney	20 Sundance Film Festival	21	22 Manatee fest Florida
23	24	25	26	27	28	29
30	31 Grammy's					