



# Health & Safety



## June is National Safety Month

### TWO + TWO word game

The four words in each group can be combined with another word -- the same for each group of four -- to form a phrase or compound word. Two combinations have the words in front, and two have the words in back. For example: club, cook, mark, worm = BOOK (book club, cookbook, book-mark, bookworm), Can you find the words?

1. Hanger, lab, tree, waist
2. Hair, medicine, point, room
3. Brush, chief, spit, storm
4. Horn, horse, snow, string
5. Garage, saw, wagon, watch
6. Master, meal, season, window
7. Card, class, family, monkey
8. Door, grand, money, package
9. Plan, shell, show, word
10. Basket, pocket, quick, stick

ANSWERS  
1. COAT; 2. BALL; 3. FIRE; 4.  
SHOE; 5. BAND; 6. TICKET; 7.  
BUSINESS; 8. PRIZE; 9. GAME;  
10. BREAD

### Outdoor workers at risk for lightning strikes

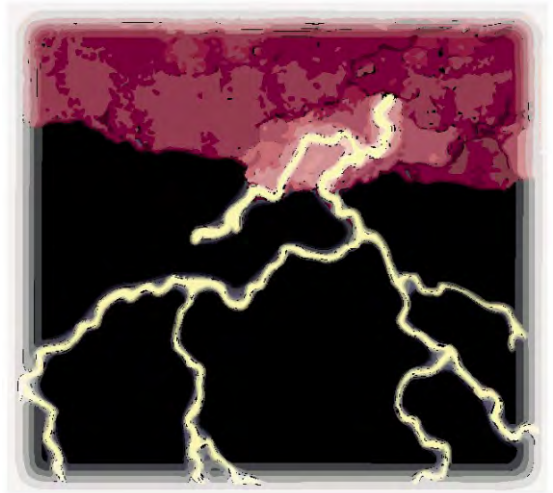
If you work at height or outdoors, you are at the greatest risk for lightning strikes, according to the Centers for Disease Control and Prevention.

Those in construction, farming, field labor, heavy equipment operation, logging, pipefitting, telecommunications or power pole work are especially at risk.

A lightning strike has extraordinary power. According to Safety and Health magazine, your household current is about 120 volts and 15 amps. The average lightning strike is around 300 million volts and 30,000 amps. With that much power, you don't have to be directly struck to be injured. Even a sideflash can cause injuries to the nervous system and brain. Those include burns, hearing loss, light sensitivity, even memory loss and personality shifts.

The weather report is the best first step to prevent injuries from lightning. If storms are in the area, stay inside a building until 30 minutes after the last clap of thunder is heard. The strength of the rain is not relevant. Lightning can strike even if there is no rain or even a drizzle.

According to the National Weather Service, an average of 43 people die from lightning strikes every year. In 2021, the National Lightning Safety Council reported just 11 deaths from lightning, among them a construction worker and a lifeguard.





## Broken toes aren't always a DIY fix

Many of us have experienced it at some point -- stubbing a toe so hard that it swells and bruises, and wiggling it is too painful to attempt. It's probably broken, so we tape it carefully to the neighboring toe, pop some ibuprofen and soldier on. After all, everyone knows that there's no point in seeing a doctor for a broken toe.

That's not exactly true, according to the BBC. While most broken toes really will heal just fine with careful taping or a special rigid shoe, some fractures are more complex and without appropriate treatment, can lead to complications like long-term pain or deformities. Not all broken toes are created equal, either -- a fractured big toe is a serious injury and may require a cast to heal properly.

Symptoms of a broken toe include swelling, bruising, inability to bear weight on your foot and pain that lasts longer than a day or two, according to the Cleveland Clinic. Dominic King, D.O., a sports and medical orthopedist for the Cleveland Clinic, advises against icing potential broken toes and instead recommends elevation and over-the-

### Across

1. Collector's goal
4. Rest room sign
7. And others: Abbr.
9. Back of the neck
10. Water buffalo
11. Medley
12. One who leads a Spartan lifestyle
14. Mamie's man
15. Church feature
19. Burden
20. Is under the weather
22. Dagger handle
23. Expunge
24. Choose
25. Employ

### Down

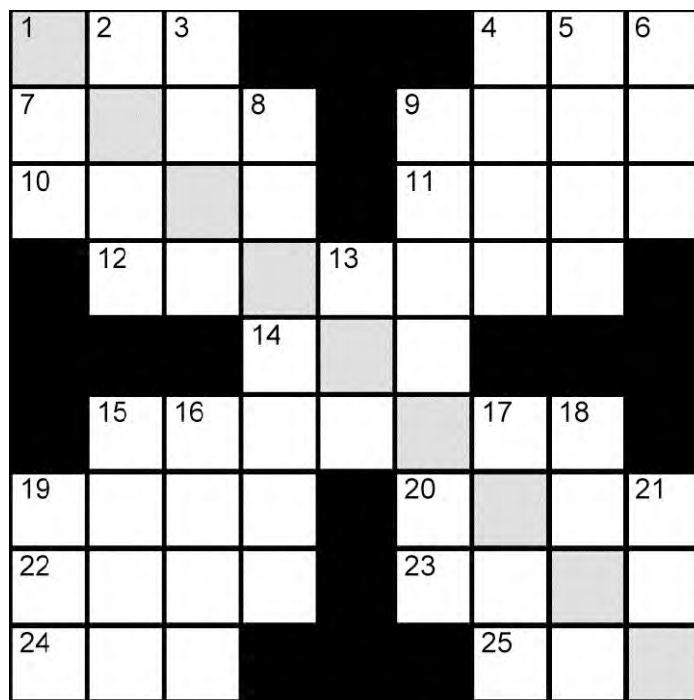
1. Last word of "America, the Beautiful"
2. Sicilian volcano
3. New Mexico art community
4. French Sudan, today
5. Heroic tale
6. "The Matrix" hero
8. Most like Chantilly
9. Tablet

13. Barely make, with "out"
15. Ginger cookie
16. Clump
17. In \_\_\_ of
18. Building additions
19. "What have we here?!"
21. Understand

[Click Here To Peek at Answers](#)

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

## Supply Hoard



counter pain relievers. Let your body's natural healing response take the wheel and see a doctor if the pain doesn't subside in a day or so.

Some -- but not all -- broken toes might point in a different direction than your other toes or show a slight twist. Seek medical attention right away if your injured toe points at an odd angle or is positioned differently than the same toe on the other foot, if you see bone poking through the skin or if there's also a deep cut or wound on the toe (even if you don't see bone).

With most fractured toes, the pain is largely gone after four weeks and walking should feel normal again after eight.

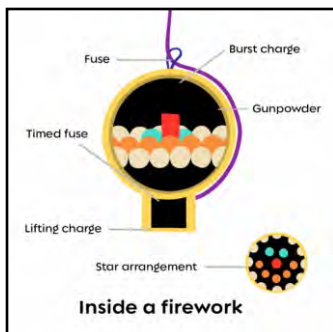


## Wind speed and fuses cause many firework injuries

It was a windy Independence Day in 2015 when Jason Pierre-Paul, the star defensive end for the New York Giants, attempted to light one last rocket for the entertainment of friends and family.

He tried once to light the fuse, but the wind blew it out. Then again, and again, after seven tries the fuse lit. And it blew. He can't recall whether the firework was still in his right hand, but when the explosion cleared, his hand was profoundly disfigured, nearly blown off.

Among all the dangers of lighting fireworks, two are notable. First, a fuse that burns faster than expected and, second, wind.



Each fireworks has a fuse that ideally burns slowly enough for the person to get away. This fuse is linked to the lifting charge, made of choppy gun powder, also called black powder. You light it, you get away. The experience of Jason Pierre-Paul tells why you never light it a second time.

In many instances, the fuse actually could be burning. A smoldering fuse might be not immediately obvious, especially in windy conditions. But if you approach the charge a second time, you are risking grave injury or death. That's why you should never try to light a firework twice. Instead, wet it thoroughly with a hose or bucket of water.

Many fireworks accidents occur because a fuse burns faster than expected.

Windy conditions are not safe for fireworks. Wind speed and direction can severely affect not just the fuse lighting, but where the shell and debris end up. A 2004 study found that a three-inch shell could end up 197 feet downwind if launched in 20 mph winds, according to the Washington Post.

Professional pyrotechnicians take wind speed into consideration, as well as fuse burn time. But amateurs rarely have the knowledge to do this.

Leave the fireworks to the pros. It just isn't worth losing a hand, your sight or your life.

## Men less likely to seek routine care

June is Men's Health Month in the U.S., and it's a great time for men (and the people who love them) to think about their habits, check in with their doctors and make any necessary changes to safeguard their health for the future. Here are a few important -- and perhaps surprising -- facts about men's health:

- \* About 40 percent of men go to the doctor only when they have a serious health issue and never go in for routine check-ups, according to the Cleveland Clinic.

- \* Men are less likely than women to seek out care, which may contribute to more serious diagnoses and shorter lifespans, according to the American Psychological Association.

- \* The most common reasons that men give for avoiding to the doctor, according to the Centers for Disease Control and



## Should fireworks be quieter?

All fireworks involve noise, but not all fireworks have explosions.

In recent years, the push for 'silent fireworks' has focused on the impact of fireworks on both people and animals.

The effects on people are shown in an exponential increase in the number of complaints to police during June and July. Explosions of 150 to 170 decibels can not only cause hearing damage, but can trigger anxiety and panic attacks, not to mention sleep deprivation.

The effect of loud explosions in fireworks can be devastating. Birds have a startle response that forces them up to the sky in numbers that can be seen on weather radar. According to Sam Sander, a clinical professor of zoo and wildlife medicine at the University of Illinois Urbana-Champaign, in one documented example, birds flew so far out to sea that they couldn't get back to land.

In one case, fireworks in an Arkansas town killed 5,000 red-winged blackbirds, possibly because the sounds disoriented them and caused them to fly into houses a trees, according to The Hill.

Domestic animals show dramatic fear responses of shaking, running, cowering. That isn't limited to dogs and cats. Pet guinea pigs and rabbits also have fear responses.

Fireworks don't need explosions to be beautiful, experts say. In fact, the fireworks with the biggest booms aren't necessarily the most beautiful.

Prevention: Too busy to go, followed by fear of frightening diagnoses and anxiety over uncomfortable physical exams.

- \* According to Everyday Health, 20 percent of men admit to going to the doctor just to get someone to stop bugging them..

- \* Prostate is the second most common cancer among men, after skin cancer. Early detection is worth it: After 10 years, the survival rate for prostate cancer is 98 percent, according to the American Society of Clinical Oncology.

- \* Men are less likely than women to seek help for depression, substance abuse and trauma.

According to the Mayo Clinic, men over 50 should have an annual physical exam, and men under 50 should have checkups every three to five years.




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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Happy Father's Day June 19!</i>		1	2	3	4
5	6	7	8	9	10 AA founded 1935	11 Belmont Stakes
12	13	14 Flag Day 	15	16 US Open begins	17	18
19	20	21  Summer	22	23	24	25
						
26	27	28	29	30 Leap Second!		