



# Health & Safety



## Play game; cure cancer

A video game developed in Barcelona, Spain, will help scientists advance research into breast cancer. In other words, play a game and help cure cancer.

Players help to create a map of cancer cell lines needed for research. Creating maps requires vast computer power. Or maybe just a lot of people working on tiny parts of the map. That's where the game comes in. The free game, called GENIGMA, is available for iOS and Android phones. Players organize strings of blocks of different shapes and colors. The better the organization, the higher the score and the higher the chance they found the map sequence.

Scientists say that if 30,000 players solve an average of 50 games, there would be enough data to reveal the reference map for 20,000 genes in the breast cancer cell line.

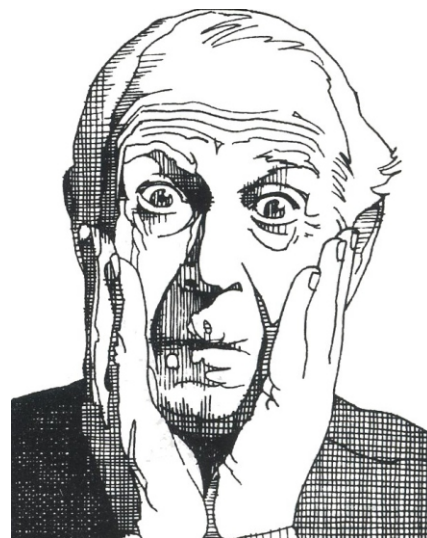
## Your rights under the No Surprises Act

It's a familiar story -- a necessary trip to the emergency room that yields an astronomical bill because the on-call physician or the facility aren't part of your health insurance network. Or maybe you undergo a scheduled procedure with an in-network surgeon, but an out-of-network surgical assistant leaves you on the hook for thousands.

The No Surprises Act, which went into full effect at the beginning of this year, establishes new federal protections against these kinds of surprise charges, also called "balance bills," according to Healthline. The new rules require private insurers and providers to negotiate balance bills directly, and if a fair reimbursement rate can't be negotiated, an independent arbiter is called in to settle the dispute. Importantly, the patient is no longer part of the equation.

According to the Centers for Medicare and Medicaid Services, the No Surprises Act bans surprise bills for most emergency services, out-of-network cost sharing charges for most emergency and some non-emergency services, and balance billing and out-of-network charges for additional services (such as anesthesiology and radiology at an in-network facility). The law also requires providers and facilities to provide good-faith treatment cost estimates for patients who are uninsured or self-pay. A bill that exceeds \$400 above the good-faith estimate can be disputed within 120 days.

While the bill eliminates balance billing for air ambulance services, patients are still liable for balance bills for ground ambulance services, according to the Kaiser Family Foundation. The law mandates the creation of a federal advisory committee to study the issue and make recommendations, but meanwhile, about half of emergency ground ambulance rides result in out-of-network charges for privately insured patients.





*Office housekeeping:*  
USB cables are everywhere

It's possible to find yourself surrounded by at least half a dozen cords when working or at home of office: One for the phone; the tablet; the tablet keyboard; the laptop; earphone charger; and speaker cord. And don't forget the power cords.

Two people in the same space? Double number of cables.

Of course, you want some cables fairly long to allow use of the device while charging. But pretty soon, the cables turn into a trip hazard. An in addition to the annoying mess, the devices are also at risk from yanks that can pull them off surfaces or destroy ports.

Don't allow cords to hang over your workspace onto the floor. Even a foot or two of cord dangling onto the floor can trip you. You might also roll over the cord with your desk chair and damage it.

In offices, workers often staple cables to surfaces. It may be fast, but this is double trouble since it creates an immediate electrical hazard and an ongoing threat to the cords themselves.

Many products are available to channel, hide, and

- Across*
1. Knows, in poesy
  4. Flat fish
  9. Garden tool
  10. Hamelin musician
  11. Resistance unit
  12. Bits
  13. Poplars
  15. Northeasternmost st.
  16. Pig sounds
  18. 'Monopoly' square
  20. Covet
  23. Fall flower
  25. Buck's partner
  26. Emergency signal
  27. Mr. Potato Head piece
  28. Palm off (on)
  29. Like some wines

- Down*
1. "Hold your horses!"
  2. \_\_\_ and aahs
  3. Pace
  4. Web-making part of a spider
  5. Newsstands
  6. Fitting
  7. Mets, Jets or Nets

## March 8 Special Day

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. Gaelic tongue
14. Large sea ducks
17. Allied (with)
18. Big fishhook
19. Nobel Peace Prize city
21. Surf's sound
22. Otherworldly
24. Skater Babilonia

[Click Here To Peek at Answers](#)

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

organize cables.

### Cancer death rate continues to decline

People in the U.S. are living longer after cancer diagnosis, according to a new report from the American Cancer Society.

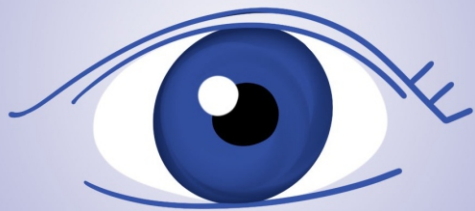
Between its 1991 peak and 2019, cancer death rates declined by about a third, from about 215 deaths per 100,000 people to 146.

According to Healthline, lung cancer deaths accounted for much of the progress. While lung cancer remains the leading cause of cancer death in the U.S., people with lung cancer are diagnosed earlier and living longer.



"In your case, it's not serious."

## Save Your Vision Month



*March is Workplace Eye Health and Safety Month:*

### Where are eye injuries most likely? At work.

Even with safety programs and protective equipment, more than 2,000 working people in the U.S. suffer an eye injury every day.

Damage to the eyes is usually caused when something unexpected happens. It could be a sudden splash of caustic chemicals or an airborne sliver of metal.

Workplace injuries are the leading cause of vision loss and blindness caused by an accident. Of the 2,000 injuries per day, 10 percent to 20 percent will be disabling because of temporary or permanent vision loss.

Many of those injured say they didn't think they needed to wear eye protection, or were wearing inappropriate eye wear.

Doctors at the American Academy of Ophthalmology say proper eye protection is vitally important, especially in construction, manufacturing and automotive repair.

In mechanical and technical environments, workers should always use machine guarding, work screens and protective eyes wear.

### The top causes of workplace eye injuries are:

- \* Flying shards of metal or glass
- \* Tools that slip or malfunction
- \* Particles such as wood splinters, metal shavings or crystalline silica
- \* Spattered chemicals

Eye health includes more than accident prevention. As more people use computers, eye fatigue and difficulty focusing have become common sources of eye fatigue. Everyone should take breaks, frequently allowing your eyes to focus on distant objects.

There you have it. Wear eye protection when there is even the slightest chance of an injury, and make changes in your work habits to relieve eye fatigue.

Your eyes will be safer and healthier if you make the extra effort.

## Don't ignore the fire alarm

You are a creature of habit. Everyone is, to one extent or another.

Every day you go to work using the same path, the same door, the same route. And, yet, in case of an emergency, when that route is blocked by fire or another hazard, can you quickly find another way out?

The goal of a fire drill is to make sure you know exactly where (and when) to exit a building in case of an emergency. Yes, we know there are those who dodge the drill. But don't let that be you.

The threat is real. In 2020 alone, there were 111,000 fires in non-residential structures, resulting in 100 civilian deaths.

Experience counts. According to the National Fire Prevention Association, people who participate in drills and receive emergency training react faster,

with better decision making than those without training. Those who have been in emergency situations before also react faster.

The fire drill not only gives people experience, but it also helps people to take action even when they can't see the problem.

Seeing the threat is one reason people move to safety. When people hear a fire alarm, they nearly always try to find out if there is visible smoke or fire. If they don't see any, they might not quickly evacuate. The problem, of course, is that fire and smoke don't have to be in your immediate area for you to be in grave danger. At the sound of a fire alarm, everyone must evacuate as quickly as possible.

Acting confidently makes a difference. If you hear the alarm, stand up and move out in a calm, orderly fashion. Simple as that. Acting immediately and with confidence tends to prevent panic in others, according to the NFPA. People tend to share the experience of others. If one person is confused and panicky, that can spread to others.

### Frequent causes of office fires

Most office fires are not caused by extraordinary events.

According to the National Fire Protection Association, three out of four office fires were caused by just one of seven things:

- \* Cooking equipment: 29%
- \* Electrical distribution and lighting equipment: 12%
- \* Heating equipment: 11%
- \* Arson: 10%
- \* Smoking materials: 9%
- \* Exposure: 4%
- \* Electronic, office, or entertainment equipment: 3%





# March 2022



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 Ash Wednesday	3	4	5 Iditarod Race
6	7	8	9	10	11	12
13	14 PI Day	15	16	17 	18 DAYLIGHT SAVINGS	19
20	21	22 Day of the Seal	23	24	25	26
27	28	29	30 Manatee Appreciation Day	31 		