



Health & Safety



On the question of skydiving ants

You see an ant on a countertop. You brush it off to the floor. Does it die?

Heck, no. That ant comes back to annoy you again and again.

How far could it fall and still live?

A German children's science show, called *The Show with The Mouse*, actually did an ant-fall experiment, dropping one from higher and higher rungs of a ladder.



It proved that ants can handily survive falls from a high rise. According to the show transcript

(hatip: theverge.com): "The question 'What happens to an ant that falls down a highrise?' is answered. If it really falls... it only gets as fast as it would by falling from a 2m (7ft) height. It can enjoy the flight relaxed, because when it arrives at the bottom it only has to sort its six legs and is then ready to have new adventures."

That is called terminal velocity, which for ants is 6.4 km/h for ants. For humans, terminal velocity is 200 km/h.

In effect, an ant probably can't die from a fall.

Workers in some jobs report ear ringing

About a fourth of workers might be experiencing ringing in their ears and certain jobs increase their risk.

Workers in construction, the automotive industry, transportation and agriculture tend to report higher rates of tinnitus -- or the perception of sound in one or both ears when no external sound exists.

A study of survey data by Australian and Norwegian researchers found that of 5,000 adult workers, nearly 27 percent reported ringing in their ears. Of that group, about 7 percent have constant tinnitus. The study was published in the *Medical Journal of Australia*.

They found that constant tinnitus was higher among automotive workers, with 16.7 percent reporting sound that never goes away. About 13 percent of drivers and 12 percent of farmers also reported constant tinnitus. Workers most likely to suffer from constant ear noise were male workers ages 55 to 64.

There is still some disagreement as to why this high incidence of tinnitus occurs. The lead author of the study, Kat Lewkowki, an audiologist, said workplace conditions were probably at play. A co-author, Lin Fritschi, thinks chemical exposure could also play a role, especially in transportation where carbon monoxide exhaust may be a factor. Noise exposure is a documented risk for tinnitus.

Wear the right hearing protection

Workers in all areas with persistent loud noise are at risk for both tinnitus, a ringing in the ears, and hearing loss. It's crucial that workers select the right hearing protection.

Ear plugs and ear muffs are both suitable for noisy industrial situations. The protection should bring noise levels down below 75 decibels. Both are effective, but no one type is appropriate for every worker.

Consistently wearing the ear protection is the key to healthy hearing, so workers should choose the device that is both comfortable and suits the situation.

For workers wearing protective glasses, for example, custom-made ear plugs can be a better solution than ear muffs. Custom fitted ear plugs are both comfortable and effective. However, in many situations, a simple commercial ear plug is enough. Hot and humid conditions make ear muffs uncomfortable. Workers in dusty areas should probably be sure to clean hands thoroughly before inserting ear plugs.



Health Notes

Take a break at lunch

Don't eat at your desk. Take a break .

But if you are going to do it anyway, try these tips for better desk eating.

* First get up and walk somewhere: restroom, office fridge, somewhere.

* Next, spend a moment cleaning your desk. Get everything cleaned off and tidy. You'll feel more relaxed.

* Now, turn away from the computer and set out your lunch. Set the scene. Set the table. Be away from work.

* Eat slowly, mindfully.

* At some point, talk to another person, if possible.

* Stretch, relax.

Prunes may preserve bone health

Women aged 50 and older might want to consider adding prunes to their diets to mitigate bone loss.

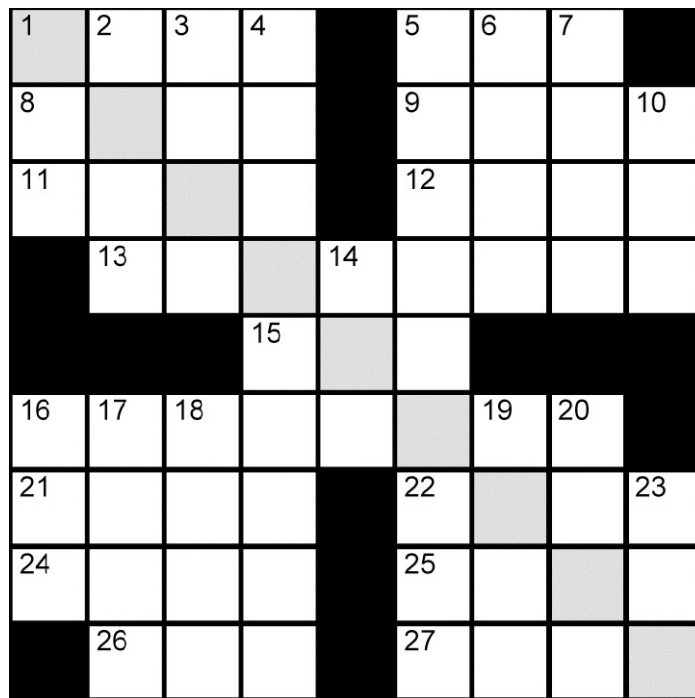
That is the hypothesis researchers are testing out, according to a new paper from a group of Pennsylvania State University researchers, published in *Advances in Nutrition*.

Sixteen preclinical studies associated prunes with prevention and reversal of bone loss. Ten of those studies

- Across**
1. Harvest
 5. Pigpen
 8. Agile
 9. Bloke
 11. Where China is
 12. Fabled racer
 13. Twisting together
 15. Function
 16. Tombstone inscriptions
 21. Attorney General Janet
 22. Vatican VIP
 24. Against
 25. Outback birds
 26. Note after fa
 27. Job for a body shop

- Down**
1. Shaggy Scandinavian rug
 2. White House's ____ Room
 3. La Scala highlight
 4. Used in a deep fryer
 5. Lugged
 6. Spicy cuisine
 7. Knitting stuff
 10. Hard throw, in baseball
 14. Fed. construc-

Spring Rain Channel



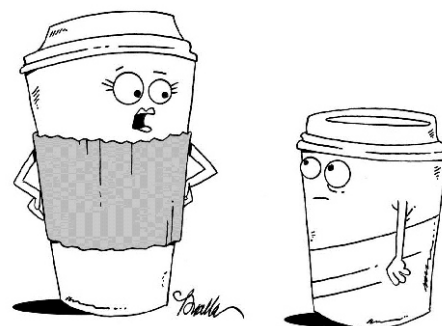
- tion grp
16. Stat for Clemens
17. Parker and Waterman
18. "What's gotten ____ you?"
19. Residence
20. Whirled
23. Superlative suffi

[Click Here To Peek at Answers](#)

indicated that prune consumption may help suppress certain inflammation markers and increase antioxidant expression. Researchers believe this effect is due at least in part to the polyphenol antioxidants found in prunes and plums.

Two clinical trials in women who ate between 50 and 100 grams of prunes each day for up to a year have also shown promising effects on bone density and bone biomarkers. The results are preliminary.

To preserve bone density and ward off fractures, postmenopausal women are urged to not smoke, eat diets rich in calcium and vitamin D, exercise and avoid falls. And it couldn't hurt to throw in a few prunes, too.



"Does this sleeve make me look fat?"

How far can you drive on empty?

Gas prices are high, and your neighbor texts that a station 30 miles away is selling gas for 50 cents per gallon less than the store 30 miles away.

Sadly, the warning light comes on. You are almost out of gas. Can you still make it those 30 miles? It depends.

According to Your Mechanic, if you are driving a Chevrolet Silverado, you probably won't. You've got about 25 miles. You might make it with your Ford F-150 (35-80 miles left).

It will be touch and go with a Hyundai Elantra, Kia Optima or Kia Soul. Better hope there are no detours, because you have about 30 more miles.

If traffic is light, you might make it with the Hyundai Santa Fe or Sonata or the Kia Sorento -- you've got about 40 miles left with them.

On the other hand, you'll easily make the trip with a Chrysler 200 (69-108 miles left) or a Nissan Altima (81-114 miles).

Also making the trip:

Mazda 3 or CX-5, 67-94 miles; Jeep Grand Cherokee, 66-90; Nissan Rogue, 78-99; Nissan Versa, 65-85.

(See the full list at: yourmechanic.com/article/how-far-can-you-drive-your-vehicle-on-empty-by-brady-klopfer)

Would you take the chance?

The Association for Convenience and Fuel Retailing (representing mini marts) asked drivers how far they would drive to save 5 cents on gas.

They found that 63 percent of us would drive five minutes out of our way to save 5 cents per gallon. Thirty-six percent of drivers would drive 10 minutes out of their way to save 5 cents a gallon.

Watch out for motorcyclists

Each year during May, Motorcycle Safety Awareness Month emphasizes the importance of safety gear for riders and the need for drivers to remember to share the road.

Per mile traveled, motorcyclists are 16 times more likely than auto occupants to die in a traffic collisions and four times as likely to be injured. Only 20 percent of car crashes result in injury or death. That figure jumps to an astounding 80 percent for motorcycles.

What riders can do: During a crash, the most important factor in reducing injury is personal protection for the motorcyclist. Leather jackets, gloves, trousers, proper footwear and eyewear provide protection. Helmets are the most important safety equipment.

The majority of crashes with other vehicles are not the motorcyclist's fault. These are a few things drivers of other vehicles can do to prevent a crash:

- * When you change lanes or enter a major thoroughfare, make a visual check for motorcycles.
- * Allow a four-second following distance to avoid hitting the motorcyclist if he or she falls.
- * Allow the motorcycle the full lane width.
- * When making a turn, check for motorcycles.
- * Remember that potholes, gravel, wet or slippery surfaces and pavement seams can cause motorcyclists to suddenly change speed or direction.



**A REAL BOATER
IS ALWAYS READY FOR THE WATER**
NATIONAL SAFE BOATING WEEK, MAY 21-27, 2022



Stay safe, Matey!

Nothing better than pushing off for the first boat trip of the year. If you plan to hit the waves, keep these safety tips in mind:

- * Be weather wise. Bring a portable radio to check the weather.
- * Bring the extra gear in a container that floats, including a flashlight, extra batteries, matches, a map, flares, sunscreen and extra sunglasses.
- * Tell someone where you are going, who is with you and how long you will be away.
- * Check your boat, equipment, boat balance, engine and fuel supply. Never overload your boat.
- * Ventilate after fueling. Open the hatches, run the blower and sniff for gasoline fumes in the fuel and engine areas before starting the engine.
- * In a small boat, keep fishing and hunting gear well packed. Bring extra line to secure the boat or equipment.
- * Stay warm and dry. Bring a waterproof covering. Never wear hip waders in a small boat.
- * Be ready for a powerboat to pass you. Stay on your side of the channel and maintain a steady speed.
- * Anchor from the bow, not the stern. Use anchor line length at least five times longer than water depth.

At-home flu test coming this winter

Tests you can take at home to detect whether you have influenza will probably be available at pharmacies by the flu season this coming winter, according to Health.com.

The tests, which have proven reliable, are FDA-approved.

A typical flu season sees about 41 million infections, with 710,000 hospitalizations and 52,000 deaths. Following COVID-19, manufacturers believe there is increased interest in at-home testing.



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May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 EID-AL-FITR	4	5 	6	7 Kentucky Derby 
8 Mother's Day 	9	10	11	12	13 Peace Officer Memorial Day	14
15	16 Lunar Eclipse PGA championship	17	18 Museum Day	19	20 Endangered Species Day	21 Safe Boating Week
22 Maritime Day	23 Turtle Day	24	25 World Otter Day	26	27	28
29 Indy 500	30 Memorial Day 	31	 Be Kind to Animals			