



Health & Safety

November, 2019

Happy Thanksgiving!



Siri, Can You Loan Me \$20?


We give voice commands to devices that can adjust the temperature in our house, lock the door, turn the lights on and off, play music, and go shopping.

So why not banking?

In fact, companies are already using it. According to Harvard Business Review, Capital One introduced an Alexa skill in 2016 that enabled users to interact with their accounts. They could also have Alexa check in with Chase about their spending during the last six months.

Best Innovation Group launched a platform that allows banks and credit users to offer voice-first banking. Users can pay their mortgage, transfer money between accounts, and access balance and account history. The platform works with Alexa and with Google Assistant voice services.

Banks are also expected to use voice recognition software as an added layer of security, with your voice serving as an authentication step.



These factors may combine to cause hypothermia

Four conditions determine whether a person who is working outside will develop hypothermia: temperature, rain, wind, and inappropriate clothing. A combination of two or more can result in this life-threatening medical emergency.

People most associate hypothermia with very cold days. But at temperatures in the 60s and 70s, it can easily happen if someone is wet, say doctors at the University of Tennessee Lifestar Air Medical Helicopter Transport Service in Knoxville.

It's important to take steps to avoid hypothermia yourself. But because fellow-workers may not be aware that they need medical treatment, it's up to those nearby to take care of them.

Watch for these symptoms in yourself and others: shivering, slurred speech, poor coordination, and confusion. When people with hypothermia stop shivering, they can lose consciousness and die if not treated.

Contrary to what many people think, alcohol does not warm up a cold person. Rather, it interferes with the body's ability to retain heat. Never drink alcohol to keep warm or give it to others. To prevent hypothermia:

- * Dress appropriately and stay dry. Wear several layers of clothing, and a wind-blocking jacket.

- * In rain, cover yourself with a poncho or a plastic trash bag if that's all that is available. Water causes heat loss 30 times faster than air, according to the National Safety Council.

- * If a co-worker or friend is shivering and behaving oddly, get the victim to a warmer place. If he is wet, get him dry. Until medical help arrives, use a blanket or your own body to warm him.

Inexperienced campers and hikers can be hypothermia victims. If a fellow camper begins to shiver and do crazy things, that could be a warning sign. To increase warmth, get into a sleeping bag with him.

Computer Security Day:
Nov. 30

Time to check security

Yes of course: computer security should be serious business EVERY day. But it's good to have a reminder.

An article on BBVA, one of the largest banks in the world, says the observance began in 1988 after the first case of malware, known as the Morris Worm. Although we are much more savvy today, we are also faced with constant threat.

Toward that end, here are some suggestions for observing the date:

- Improve your passwords. Hopefully you aren't one of the millions who use "123456" or "password," each of which made it to the Top 10 most common passwords in 2019. Use a password manager like LastPass, which stores and encrypts your passwords -- and enables you to use something ridiculous that you'd never remember.
- Keep your software up-to-date. Yes, your laptop's wallpaper gets wiped out and everything on your phone gets moves around or doesn't work the same ... but if you don't have the latest version, you don't have the latest protection.
- Don't click on links that seem a little off -- even if they come from

The Stuff of Stuffing

- Across*
- When doubled, a dance
 - Kind of diver
 - Mythical bird
 - U.S. educator
 - "Days of ___ Lives"
 - Choleric
 - Crime scene evidence
 - Buffet's kin
 - More hot
 - Cut at an angle
 - Poetic palindrome
 - European flatfish, related to the turbot
 - Bleat
 - Ill-mannered
 - Furthermore

1	2	3		4	5	6	7	8
9				10				
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20	21	22				23		
24						25		
26						27		

- Down*
- Riding whips
 - Muslim nymph
 - Bitter
 - Illegal pitches
 - Desktop arrow
 - Olympics chant
 - Wager
 - Affirmative vote
 - Staircase posts
 - Amorphous creature
 - Aired again

- Apprehension
- Telly network
- Drop the ball
- By means of

[Click Here to Get a Peek At the Answers](#)

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

someone you know. Learn about the various scams and how to protect yourself.

- Log out of banking or shopping sites after you've visited them.
- Back up your data regularly. If something happens to your computer, you'll likely have to erase everything and reboot.



"Something wrong? You haven't taken a photo of your meal."

Safety Notes

Is your lifting posture correct?

There's more to it than "Lift with your legs." Remember this advice from the National Safety Council:

- * First, calculate whether the load may be too heavy. Get help if you aren't sure you can easily lift it.

- * Always stretch before lifting and carrying if you have been sitting or inactive for a time.

- * Start with feet apart, one foot slightly ahead of the other for a wide base of support.

- * Bend at the knees and squat down. Arch your back slightly and keep your head up in a natural way during the lift. You'll get more power from large muscles of the legs and keep the weight off your back.

- * Keep objects as close as possible to your body.

- * Lift smoothly. Avoid jerky movements, twisting, and side bending.

- * With the load in hand, stand up straight.

Heavy equipment loading

- * Center the hook over a load to keep it from swinging when lifted.

- * Make sure others keep their hands out of the pinch point when holding the hook or slings in place as the slack is taken up.

- * Before a load is lifted, the hooker, rigger, and all other personnel must be clear.

- * Use taglines to guide the load, and be sure that others are clear of the swing of the boom and cab.

- * Always signal before lifting. Use only standard hand signals.



Nice Conversation Makes Dinner Happier

What can be trickier than keeping all the side dishes hot on Thanksgiving Day? Keeping heads cool during dinnertime conversation.

If your family or dinner guests have wide-ranging views on politics and religion, just tell everyone before they arrive that the topics are impolite and you expect courtesy. That might not be enough because these days people have strong views on everything from the weather to school. But it's a start.

The key to great holiday conversations (or any conversation, for that matter) is fun and it takes a deft hand to keep it that way.

As the host or hostess, you may have plenty on your mind from cooking the turkey to not forgetting the cranberry sauce again this year. But, here is one more thing. If you have a fun story or anecdote to tell, have it ready when the family and guests sit down to the table.

Anything that starts with 'remember when' might get the conversation started or keep it from veering into bad territory.

Invite people to talk by asking simple questions: So, Bill, how was your flight?

If a comment or question is directed to you, give a little more information than you might otherwise. Hey, Dad, fabulous turkey again this year! Don't just say thanks. Use the opening to tell them something: Our regular store closed and I had to scramble to find a turkey big enough. Found one at Smith's -- have you ever been there?

Let the conversation flow. Even talking over one another is okay, so long as it is lively and polite. If it isn't, give them the evil eye and insert your prepared anecdote.

On a Keto diet? Best skip the cheat day

A low-carb dieter's cardiovascular system might be at risk when the dieter engages in a cheat day, new research says.

University of British Columbia (Okanagan) researchers conducted an experiment to find out the effects of a sudden sugar hit on low-carb dieters.

Nine healthy young men were recruit-



ed to stay on a seven-day high fat, low-carbohydrate diet. Before and after the diet, each drank a 75-gram sugar drink.

Researchers initially suspected there would be an inflammatory response or reduced tolerance to blood sugar. According to Science Daily, instead they found biomarkers in blood suggesting

that blood vessel walls were being damaged by the spike in sugar.

Researcher Jonathan Little told Science Daily that the effects of the glucose hit were a little alarming. He advised those on a keto diet to reconsider a cheat day, especially if they are at risk for cardiovascular disease.

November 2019



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Standard Time starts	4	5 General Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	American Education Week			21	22	23
24	25	26	27	28 Thanksgiving	29 Black Friday	30 Computer Security Day