



Health & Safety



You might want to cross Cambodia off your travel list

Cambodia is about to open to tourists with this rather stringent COVID-19 plan:

All international visitors will pay \$3,000 deposit on arrival, of which \$1,500 is a deposit for cremation services.

Travelers will then be transported to a COVID-19 testing center at a cost of \$5. They will be tested for \$100, which might require a stay at a testing center or designated hotel for \$30 per person, plus \$30 for three meals while the traveler waits for results.

Travelers then must stay in their preferred hotel for a 14-day quarantine.

If any passenger tests positive, then all passengers must stay in a state-surveyed quarantine area for 14 days.

A traveler with a positive test is admitted to isolation in the Khmer-Soviet Friendship Hospital in Phnom Penh for treatment at a cost of \$225 per day.

Protect your back while on the job

Wake up muscles before unloading

A forklift will place materials reasonably close to where they are needed. After that, often it's necessary to unload a skid or pallet by hand.

On some construction sites, workers are taking a few minutes to do stretching exercises before tackling an unloading job. It's a good idea because stretching warms up muscles and tendons and prepares them for work. Stretching your muscles before starting an unloading job could prevent strains, sprains and muscle injuries.

Combining exercise and safe lifting practices could very well protect you from an injury.

Consider these points before moving materials:

- * Go over your path. Make sure all trip hazards are removed and that others know of your intentions.
- * Don't lift heavy objects from ground level if you can avoid it and don't try to carry loads that are too heavy on your own. Get help.
- * Long materials like pipes and lumber may not be heavy, but could pose a balance problem.
- * Find a helper to share the work.
- * Take frequent rest breaks to prevent muscle fatigue when you are unloading a number of items.

Remember the basics of good lifting:

1. Size up the load. Test its weight by lifting a corner. If it's too heavy or awkward, get help, get a mechanical lifting device or split up the load.
2. Place your feet close to the object.
3. Bend your knees and get a good handhold.
4. Smoothly lift straight up. Allow your legs, not your back, to do the work.
5. Don't twist or turn your body after you have made the lift. Keep the load close to you and keep it steady.
6. Set the load down by lowering it slowly, bending your knees and letting your legs do most of the work. Don't let go until it is secure on the floor.



Recognize social hacking attempts

No one, not even the smartest person, is always immune from social engineering tactics. Hackers have proved it thousands of times, including in the recent Twitter-Bitcoin attack.

One easy way to hack an account is with one common security question: What is your mother's maiden name?

You answer this question on many different sites with security challenge questions and hackers now have access to databases that can provide this information. But maybe they need one or two other facts: Your exact date of birth, maybe your mother's first name, or your birthplace.

Chances are that you hand this information out freely in one place: social media.

Those fun quizzes are an obvious example: What happened on your birthdate? A genealogy quiz about the meaning of your last name. (Even if the quiz maker is not a hacker, the quiz maker can be hacked.) How about those automatic notifications to all your friends on your birthday? Your high school graduating class can also give a clue about the year you were born.

Memories in Stone

Across

- 1. Fuel stat
- 4. Pretentious sort
- 9. "That means ___!"
- 10. Major artery
- 11. Mother Teresa, for one
- 12. Humidor item
- 13. Debate participant
- 15. Helium symbol
- 16. Irish revolutionary Robert
- 18. Morning, for short
- 20. Metrical feet
- 23. Dyeing technique
- 25. 40 winks
- 26. Accustom
- 27. In-flight info, for short
- 28. Dissuade
- 29. "Help!"

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		

Down

- 1. Mimicking bird
- 2. Come down hard
- 3. Goo
- 4. Heartbeat regulator
- 5. Evening event
- 6. Unit of work
- 7. The Beehive State
- 8. Have the nerve
- 14. Strike caller
- 17. Color wheel display

- 18. In the sack
- 19. Equine feature
- 21. Western alliance
- 22. Pampering places
- 24. Egyptian boy king

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

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

As curious as you may be about fun quizzes, your best bet is to avoid them.

The same goes with giving this information out in an ordinary pleasant chat on Facebook with a friend.

Even if your Facebook account is set to high security, hackers can easily see your friends, and their friends. They can fake an account for which you have a mutual friend, they have lots of information about you right away.

You can't even trust text messages. Hackers can easily pose as you (or your boss or friend) in text messages.

The key is never giving any kind of special information about yourself in text messages, email or especially on social media.



'Alex won for the scariest costume. He wasn't wearing a mask.'



National Fire Prevention Month

Deadly home fires spread rapidly

Home fires cost thousands of lives each year. One reason: People fail to realize how fast fires can spread.

In a survey of 500 people, 24 percent believed that after a fire starts, they will have 10 minutes or more before life-threatening conditions develop.

Time-lapse data from a National Fire Protection Association survey on fire escapes shows a different picture. In minutes and seconds, this is how fast a fire could progress if it starts on a first-floor couch:

- :30 The fire ignites and grows.
 - 1:04 It spreads and smoke begins to fill the room.
 - 1:35 Smoke layer descends and temperatures exceed 190 degrees F.
 - 1:50 Smoke detector at the foot of the stairs sounds.
 - 2:30 Temperature above the couch is over 400 degrees.
 - 2:48 Smoke pours into other rooms.
 - 3:03 Temperature three feet above the floor in room of origin is over 500 degrees.
 - 3:20 Upstairs hall is filled with smoke, making escape difficult.
 - 3:41 Flashover could occur in the room of origin, igniting everything. Temperature rises to 1400 degrees.
 - 3:50 Two minutes after the smoke detector sounds, a second exit is the only way out.
 - 4:33 Flames are visible from the exterior of the house. At this point, rescue may not be possible.
- Make sure your family has an escape route planned from each bedroom. They should know two possible ways to escape from a room.
- Children should be taught never to delay their escape and never run back into a burning house.

Industry examines worker safety during pandemic

The construction industry is eager to get back to work, but firms face a new safety challenge as the United States continues to battle COVID-19 -- keeping workers healthy.

As the economy continues to re-open, construction workers face increased risk while on the job. At the new Salt Lake City International Airport construction site in Utah, 75 workers tested positive for the novel coronavirus out of about 1,600, or were forced to quarantine after direct exposure, according to trade publication Construction & Demolition Recycling.

According to Safety and Health Magazine, acting Occupational Safety and Health Administration (OSHA) Administrator Loren Sweatt held a June webinar to encourage employers to examine existing practices and look for possible areas of improvement. OSHA-recommended guidance includes maintaining at least six feet of distance between workers whenever possible and frequent cleaning and disinfection of common touch points.

At the Salt Lake City International Airport construction site, project managers saw case numbers trend back down after implementing rigorous procedures for social distancing, mask-wearing and other protective rules. Workers submit to temperature checks on arrival and are questioned about whether they are experiencing symptoms or if they have been near others who have, according to Construction & Demolition Recycling.

According to the Centers for Disease Control and Prevention, all construction workers should wear cloth face coverings and maintain six feet of distance whenever possible. Personal protective equipment (PPE) should also be utilized when appropriate and workers should limit tool sharing and exercise caution in trailers, portable restrooms and other shared spaces.

Home fires by the numbers

From the National Fire Protection Association "Home Structure Fires" report, issued in Oct. 2019, which reviews a five-year period from 2013 to 2017:

- * More than 27 percent of reported fires occurred in homes.
- * Seventy-nine percent of fire deaths and 73 percent of all reported injuries were caused by home fires.
- * During this five-year period, US fire departments responded to an estimated average of 354,400 home structure fires per year.
- * These fires caused an annual average of 2,620 civilian deaths, 11,220 civilian fire injuries and \$6.9 billion in direct property damage.
- * Most home fires and fire casualties result from five causes: cooking, heating, electrical distribution and lighting equipment, intentional fire setting and smoking.
- * Cooking was the leading cause of home fires and home fire injuries, while smoking was the leading cause of fire deaths.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Adopt A Shelter Dog Month	2	3
4 Fire Prevention Week	5	6	7	8	9	10
11	12 Columbus Day	13	14 Emergency Nurses Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Internet created in 1969	30	31