



Health & Safety

September 2022

Tree rooted in the ages still survives

More than a thousand years before the oldest sequoia was a seedling, Alerce Milenario was growing in the mist and humidity, deep in a ravine in the coastal mountains of Chile.



It kept its mossy whereabouts a secret for over 5,000 years, until it reached 200 feet into the sky supported by a 13-foot-diameter trunk. And then, 50 years ago, a park ranger spotted the cypress.

Its exact age can probably only be determined through taking a core sample and counting its seasoned rings under a microscope. Park rangers are unwilling to disturb the ancient tree. Most of the tree is already dead and its living part relies on a root system so fragile that human foot traffic could kill it.

Instead of ring cores, tree scientists have used statistical modelling, using cores from other nearby alerces. They think the tree is 5,484 years old.

If correct, the alerce would be older than the gnarled Methuselah tree of the White Mountains in California. That ancient bristlecone pine germinated 4,800 years ago, before the Egyptian pyramids were built.

New to the job? You are at risk

The most dangerous time on the job is when you are new at it.

According to a report by insurance provider The Travelers, that newbie on the job is at higher risk during the first year.

Travelers studied 1.5 million workers' compensation claims between 2015 and 2019 in a variety of businesses and industries. Among the findings: Age and industry experience don't matter as much as being newly hired.

More than 35 percent of all injuries happen to workers hired in the first year.

The study's findings suggest first year workers should be aware that:

- * It takes some time to pace yourself on a job.

The most common cause of new worker injuries was overexertion at 27 percent.

- * It's important for new workers to get the lay of the work landscape.

The most common injuries for new hires are trips and falls. About 22 percent of all injuries fall into this category, suggesting that lack of familiarity with work surroundings could be an issue.

- * They should develop awareness of the people and equipment around them.

About 14 percent of injuries to new hires were struck-by incidents

According to experts at Travelers, the study emphasizes the need for safety, training, and onboarding programs for new workers.

Restaurants, construction, and services had the most claims by first-year workers, accounting for 47 to 52 percent of the total claims in those industries.





Time to check up on LDLs and HDLs

Accountants aren't the only ones who go by the numbers. Increasingly, doctors gauge your health by your numbers as well. Better numbers mean better health and lower risk of heart attacks and strokes.

You can make healthy choices that add up to better numbers every day. To do it, keep LDL cholesterol numbers in mind and choose smaller portions when it comes to high-fat foods like hamburgers, cheese and French fries. The two faces of cholesterol:

An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it. The number includes two kinds of cholesterol:

* The bad: Low density lipoproteins, the LDLs: This is the stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of less than 100.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor's advice about cholesterol-lowering drugs.

Across

1. Syndicate
4. Agenda entries
9. Lord's Prayer starter
10. Like old Norse alphabets
11. Last Greek consonant
12. Met offering
13. Forever, poetically
15. Hosp. facility
16. Game birds
18. @
20. Less hot
23. Work hard
25. "___ to Joy"
26. Neaten eyebrows
27. Uneven
28. Utah lilies
29. Faux ___

Down

1. Have the blues
2. Remove from office
3. Succinct
4. Smelting site
5. Mississippi city where Elvis was born
6. Compass heading
7. Catalan painter Joan

Redwood Home

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. Mark for life
14. Like Chippendale furniture
17. Regatta entry
18. Skiing mecca
19. Story
21. Icelandic epic
22. McCarthy's quarry
24. Insect

[Click Here To Peek at Answers](#)

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

Eating high amounts of soluble fiber from sources like oat bran and beans can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body's production of LDL.

* The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease.

To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low!



"Working from home?"

Lovely red vines hold poison

As autumn rolls around this month, people will be seeing lovely bright red vines along trails, wooded areas, and even in the garden. Very pretty, but don't touch.

Poison ivy is pretty showy in the fall, especially with its dramatic reds against yellow trees. But its vines and leaves are still just as dangerous.

According to the American Academy of Dermatology, more than 10 million Americans will be itching that familiar bumpy, blistering rash from poison ivy and sumac.



The itchy reaction is a skin rash caused by contact with a substance called urushiol, (you-ROO-shee-ol), found in the sap of poison ivy, poison oak and poison sumac. Urushiol is a colorless or slightly yellow oil that oozes from any part of the plant when it's cut or crushed, including the stem and the leaves.

You don't have to even touch the poison plants to develop the rash. Urushiol is hard to destroy, easy to spread and long-lived. Sticky and almost invisible, it can be carried on the fur of animals or even tools.

Your mower can spit out bits of poison ivy. Inhaling them can be very dangerous. Wearing a mask and safety glasses can decrease your risk.

Once it touches the skin, the urushiol begins to bond in a matter of minutes. In 85 percent of people, a reaction will appear in the form of a line or streak of rash (sometimes resembling insect bites) within 12 to 48 hours. Redness and swelling will be followed by blisters and severe itching.

You have about five to 10 minutes to wash off urushiol with cold water before the rash sets in. If you think you have been exposed, immediately wash all exposed areas with cold running water as soon as you can reach a stream, lake or garden hose. Soap is not necessary, and may even spread the oil.

If you do develop a rash, avoid scratching the blisters. The fluid in the blisters will not spread the rash, but urushiol can get under your fingernails and spread the poison. Your nails may also carry germs that could cause an infection.

Labor Day: Life gets better

A worker in 1870: Started work at 13. Worked every day for 30 years. He died at age 43. He had about 9.6 hours a day for sleep, play and home.



The 1950s worker: Started work 17.6. Worked 50 years. He died a year before he could retire at age 68.5. He had 13 hours a day for sleep and home.

The 1973 worker: Started work at about 18.5 and was expected to work until 2018, at about 64. He or she enjoys 6.6 years of retirement. He would die at age 70.6. He had 15.6 hours a day free.

The 2022 worker: Started work at 20. He will work 42.5 years, with 17.5 hours a day for sleep and home. Men will retire at age 61.6. Women will retire at age 60.5. Men will be retired 15.9 more years and live to nearly 81. Women will live 19.3 years in retirement and die at about age 84.

How to treat eye injuries

About 2,000 people suffer a job-related eye injury each day, and about a third of these injuries are treated in emergency rooms.

Most of the injuries can be prevented with proper safety gear, but if you experience an eye emergency, responding properly is helpful.

* *Speck in the eye*

This isn't necessarily serious, but it could become more serious if you rub your eye, so don't do it. Flush with large amounts of water. If the speck does not wash out, see a doctor.

* *Foreign objects, cuts or punctures in the eyeball.*

Your goal is to get to the emergency room. Do not wash the eye. Do not touch or rub it. Do not try to remove an object stuck in the eye.

* *Chemical burns.*

Your goal is to immediately flush the eye with water for at least 15 to 20 minutes, then get to a doctor.

If the chemical is caustic -- a burning or corroding chemical -- start flushing and continue to flush for about 30 to 60 minutes as you call an ambulance. The first seconds can be critical. If an eyewash station is available, use it instantly.

If the victim is wearing a contact lens, flush over the lens with the understanding that the flushing may dislodge the lens.

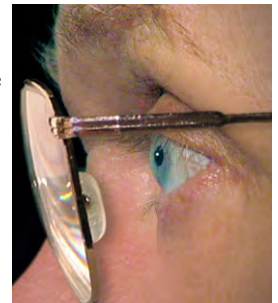
* *Minor blows to the eye.*

Your goal is to reduce pain and swelling. Apply a cold compress without putting pressure on the eye. A plastic bag with ice can rest gently on the injury.

* *Severe blows to the eyeball.*

Your goal is to get to an emergency room. A severe blow to the eyeball can cause reduced vision, double vision, numbness around the eye, pain with eye movements and severe pain in the eyeball, among other things.

Do not apply pressure to the eye. Cover the eye lightly with a clean, cold cloth and immediately seek medical treatment.



More exercise = longer lives

Adults who exceed the World Health Organization's (WHO) recommended weekly exercise targets live longer than those who don't, according to a new study published in the American Heart Association journal *Circulation*. The WHO urges adults to get 150 to 300 minutes of moderate activity per week or 75 to 150 minutes of vigorous activity. An analysis of 116,000 adults showed that those who reported 150 to 300 minutes of vigorous activity or 300 to 600 minutes of moderate activity (or an equivalent mix of both) had lower death rates over 30 years.





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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4		6	7	8	9 NATIONAL DAYS OF PRAYER	10 HARVEST MOON
11 GRAND- PARENTS' DAY	12	13	14	15	16 	17 CITIZENSHIP DAY
18 OKTOBER- FEST	19 Constitution Week	20	21	22 	23	24
25	26 ROSH HASHANAH	27	28	29	30	