

# TS TOP SAFETY™

Safety Around the Clock.

DECEMBER 2013

## Annual Safe Gift Guide

Looking for a gift that shows you care about someone? Then, check out these gifts with safety in mind:

### Thermal emergency blanket:

Give emergency Mylar thermal blankets or a heavy-duty one for people to keep in their vehicles.



### Heat-resistant fireplace gloves:

Keep someone safe while building a cozy fire with these handy gloves.



### Weather emergency radio:

A battery-operated or hand crank radio allows the recipient to receive NOAA alerts and warnings in their area through Specific Area Message Encoding (SAME) technology.



**Parachute cord survival bracelet:** These unique bracelets not only look great, they also serve a practical purpose. Since they can withstand about 550 pounds of pressure, they can be useful in an emergency for anything from using them as a tourniquet to securing shelter.

**Parent and child safety bracelets:** These bracelets, one worn by the parent and the other worn by the child, are especially useful when traveling with children in large crowds such as amusement parks and stadium events. An embedded transmitter module that works at a range of up to 100 feet helps parents keep tabs on little ones who may wander away.

### Talking smoke detectors:

An alternative to the traditional beeping smoke detector, these actually talk to families, telling them to "get out of the house!" The idea behind these is that a voice may wake up children easier and faster than a beeping sound.



### QUESTION OF THE MONTH:

If I need to lift a heavy item and no one is around to help, what should I do? (See back for answer.)



Drunk and Drugged Driving Prevention Month  
Safe Toys and Gifts Month  
1-7 National Hand Washing Awareness Week

## 8 Steps for Using Disposable Respirators

Using a disposable respirator properly can help reduce the number of airborne particles from being inhaled. After you are medically approved to use a respirator and authorized by your employer to wear one, follow these steps from the National Institute for Occupational Safety and Health:

1. **Wash** your hands before putting on and after taking off the respirator.
2. **Inspect** the respirator for damage. If damaged, replace it.
3. **Do not** allow hair (including facial), jewelry, glasses, clothing or anything else to hinder a proper fit.
4. **Using your hand**, cup the respirator and hold it under your chin with the nosepiece side up.
5. **Place** the top strap at the top of the back of your head. Position the bottom strap around your neck and below your ears.
6. **Check** the seal by placing both hands over your respirator and taking a quick breath to see if the respirator seals tightly to your face. Then, place both hands completely over the respirator and exhale. If you feel air, it's not sealed properly. Readjust until you get a proper fit.
7. **When removing your respirator**, don't touch the front, as it could be contaminated. Use the straps to remove it.
8. **Always** follow the instructions that come with your respirator.



**REMEMBER:** Using the wrong respirator – or wearing the right one incorrectly – is akin to not wearing one.



### Safety Corner WASH YOUR HANDS!

The Centers for Disease Control and Prevention (CDC) offers these steps to wash your hands properly:

1. Use clean running warm (not hot) water and apply soap.
2. Make a lather by rubbing your hands together, scrubbing the back and palm of your hand, between fingers and under nails.
3. Wash for at least 20 seconds. The CDC suggests humming or singing the "Happy Birthday" song twice or the "ABC" song once as a way to time yourself.
4. Rinse your hands.
5. Dry your hands with a clean towel.



NOW SHOWING: [www.cdc.gov/CDCTV/WashYourHands/](http://www.cdc.gov/CDCTV/WashYourHands/)

# ❄️ Snow Blower Safety: Don't Blow It Off ❄️

## Snow blowers. What would we do without them?

However, as handy as they are, they can be dangerous, too. Follow these guidelines to keep safe:

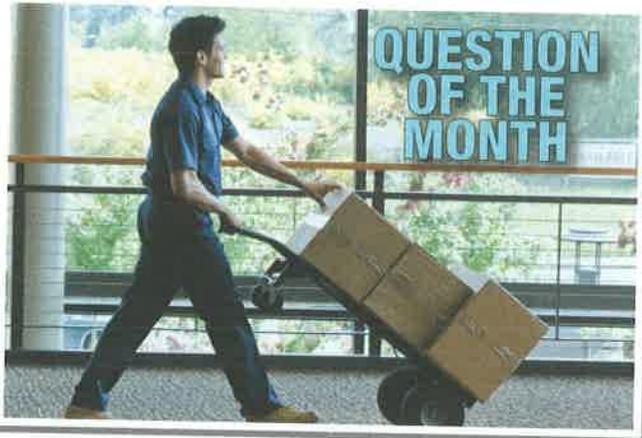
**Remove** any objects on sidewalks and driveways before a heavy snowfall.

**Check** the area once more before using the snow blower.

**Turn off** the snow blower if it jams and wait about 5 seconds or until you are sure all rotating parts have stopped before attempting to fix.

**Use** a stick or broom handle to clear impacted snow. NEVER use your hand to clear snow.

**Keep** all shields in place and don't remove the safety devices on the machine.



If I need to lift a heavy item and no one is around to help, what should I do?

**Answer:** If no one is around to help you lift a heavy object, either wait for help and perform a team lift or follow these steps:

- Use a dolly or hand truck to lift the item. Place the heavier objects on the bottom, and balance the load over the axles.
- For 2-wheeled dollies, use your legs – not your back – to shift the load into a travel position.
- Push loads; don't pull them.
- When pushing a dolly or hand truck, keep your knees bent and your back straight.
- When moving a dolly through a doorway, stop, turn the dolly and pull it through the doorway.
- To avoid getting pinned against something in a tight space, position the dolly or hand truck ahead of you.
- Make sure your loads are low enough to see over.

How to perform a team lift: If you have others to help you, perform a team lift by first selecting people of similar height and strength. Then assign a leader to help direct the lift. Finally, determine a set of commands to be used while lifting such as "walk, turn, down."



## Reptile Risks and Rules

That new pet lizard will surely be a hit this holiday season, but reptiles should be handled carefully. Be wary of bites, but also the salmonella bacteria, which can be dangerous to humans. Follow these reptile rules to enjoy your new pet safely:

**Handle with care.** Do not grab, squeeze or shake your reptile friend or he may get frightened and bite.

**Trim its claws.** If your reptile has claws, keep them trimmed so they don't scratch skin.

**Wash your hands.** Wash your hands with soap and water immediately after touching, holding or feeding your reptile.

**Clean the cage.** Make sure you keep the reptile's environment clean and the substrate free of waste. Dangerous bacteria can build up in the cage or tank when it's not kept clean. Make sure you dispose of waste immediately.



## Driving Under the Influence

Drinking, drugs and driving shouldn't be in the same sentence. However, people often get behind the wheel when they are under the influence. The consequences: deadly. The solution: Plan ahead. Designate a driver, call a cab or stay where you are.



**If you've ever jogged or taken a brisk walk after a stressful day,** chances are your mood improved along with your body's release of tension. But the mental health benefits of exercise go beyond short-term effects.

Physically active people tend to be less depressed than inactive people, according to population-based research. Clinical studies have shown regular exercise can significantly reduce depressive symptoms in patients, sometimes better than antidepressant medication. Early evidence also suggests exercise may relieve anxiety and reduce panic attacks, while vigorous exercise has helped people quit smoking.

## 10 Ways to Lose 10 Pounds



**Dropping 1 to 2 pounds per week is a healthy rate of weight loss** and may help your body adjust to the changes without slowing your metabolism. Plan the first few weeks of your weight loss in detail. Create exercise routines and menus to keep you on track until they're automatic. Here are some guidelines:

- 1. Use the 500 Formula to lose 1 pound a week.** Cut 500 calories a day by using an extra 250 calories with exercise and by consuming 250 fewer calories (such as skipping a fancy coffee drink and cookie).
- 2. Avoid keeping** high-calorie, high-fat and sugary snacks at home and at work. Snack on fruit instead.
- 3. Aim for 30 minutes of cardio exercise** (walking, biking or swimming) most every day. Get your provider's okay first, if you're not used to regular workouts.
- 4. Keep a food and fitness journal.** Record everything you eat and drink to learn your true intake and any eating patterns to avoid. Log in your exercise, too.



## Making Sense of Vitamin D



**Could you be D-deficient?** Vitamin D is a hormone produced by the body in response to sunlight. It also occurs in fatty fish such as salmon and is added to some foods such as milk and orange juice. If your D level is low, you most likely wouldn't notice any symptoms. Factors that may lead to deficiency:

- Darker skin may absorb less sunshine to make vitamin D.
- After age 50 our skin tends to make less D.
- Unhealthy kidneys are less able to convert vitamin D.
- People with milk allergies or lactose intolerance may consume less D.
- People who live north of the line connecting San Francisco and Philadelphia.

**Supplements and safety** – Heavy doses of vitamin D may lead to excess calcium in the blood that can damage the blood vessels, heart and kidneys. In response, the Institute of Medicine has set a safety limit of 4000 IU per day. **Best advice:** Consult your health care provider before exceeding your daily requirement.

*"Small opportunities are often the beginning of great enterprises." – Demosthenes*

- 5. Keep moving throughout the day.** Add household chores, stretching and walking breaks to boost your metabolism and energy.
- 6. Include strength building 2 to 3 days a week.** It helps build and protect your lean body mass and boost metabolism.
- 7. Skip sugary and alcoholic beverages** that can add hundreds of empty calories.
- 8. Drink plenty of water,** before, during and after exercise and before meals so you don't confuse hunger for real thirst.
- 9. Avoid skipping meals.** And make sure your food tastes *good*.
- 10. If you see no progress in 3 to 4 weeks,** consult your health care provider, a personal trainer or registered dietitian.



*With some dedication, you can adopt these habits for a long and healthy life.*



# Get-Fit Gifts for Everyone

**A top gift pick to consider is one of the wireless fitness tracking devices.** These packable tools can monitor steps walked, heart rate, and calories in and out all day long. Some of these monitors can easily slip into a pocket or clip onto a waistband. More gift ideas:

- > **Pocket diet and exercise journal** – a winning tool for weight watchers who enjoy recording the details of their progress.
- > **Resistance bands** – great for muscle training, ideal for travelers or at-home exercisers who don't have much workout space.
- > **Free weights** – beyond dumbbells, check out sandbells or kettlebells.
- > **Sports bag** – from fashionable to no-nonsense, and always useful.
- > **Lessons** – for yoga, tennis, golf, dancing, skiing – you name it.

- > **Personal blender** – for mixing energizing smoothies.
- > **Wearable gear** – comfortable, fun tanks, shorts, leggings and windbreakers.
- > **Exercise DVDs** – for convenient at-home workouts, everything from yoga, dance and core exercise to stretching and strengthening for all ages and fitness levels.
- > **Exercise floor mat** – a must for Pilates, stretching or yoga.

> **Personal trainer session** – an excellent way to identify and tailor a fitness plan.

> **Green tea gift bag** – nothing like a soothing cup of tea to help folks relax.



*No matter what you choose, a gift that raises health awareness is a gift that can last a lifetime.*

## Physical Therapy 101

**Physical therapy (PT) can literally put your life back in motion.** It is used to treat many debilitating conditions ranging from arthritis to back pain. The best results with PT include pain relief and improved mobility, and it often helps avoid surgery.

Physical therapists use exercise, manual therapy, education, and applications such as heat, cold and electrical stimulation. People of all ages, from newborns to the very elderly, benefit from physical therapy.



Depending on your condition, your therapy may focus on preventing or correcting problems that affect:

- muscles, tendons, ligaments and bones (musculoskeletal system).
- nerves and related muscles (neuromuscular system).
- heart and related blood vessels (cardiovascular system).
- lungs and breathing (pulmonary system).
- skin wounds or burns.

**The keys to success:** Seek help early before the problem worsens, and follow your therapist's directions. If you find your PT exercises become a little tedious, focus on the potential rewards – less pain and more strength and flexibility to lead a healthier, fuller life.



## Eating for ENERGY

*By Cara Rosenbloom, RD*

**If holiday parties and round-the-clock cheer leave you feeling a little sluggish,** it's a great time to steer your choices toward whole foods that supply long-lasting energy.



Just as cars rely on gasoline to run smoothly, people rely on food to provide the body with fuel. Energy in foods is measured in units called calories. And while all foods contain calories, some are more high-powered than others – just like regular vs. premium gasoline.

**What about sugar?** Foods that mostly contain sugar will provide a quick burst of energy, but as soon as your body burns through it, you'll feel sleepy again and crave more sugar. It's a vicious cycle.

For ultimate endurance, choose foods that contain fiber and protein instead. These 2 vital nutrients are digested slowly, so they provide a steady stream of energy and leave us feeling full longer. **Bonus:** Protein also stimulates brain cells to help us feel more alert.

Add high-fiber vegetables, fruit and whole grains to protein choices, including:

- Lean meat and poultry
- Fish
- Greek yogurt
- Cheese
- Eggs
- Legumes

These foods also contain B-vitamins and magnesium, which are required to release energy from carbohydrates.

**Fatigue and a lack of energy may be signs of dehydration.** Often a glass of water is the best solution to restore your energy.



Smart Moves toolkit is at [www.personalbest.com/extras/Dec13tools](http://www.personalbest.com/extras/Dec13tools).

**Next Month:** Top Health Hints for 2014