



Health & Safety



Birds of a feather video chat together

Pet parrots are smart, sociable — and lonely, but that could change.

A group of 18 lonely parrots recently made friends through video calls.

Researchers studied 18 parrots whose humans taught them how to ring a bell. When the birds rang the bell, their humans responded by holding up a tablet with pictures of other participating parrots. The birds used their beaks or tongues to select a photo and start a video chat with the other bird.

Researchers expected the birds to react to each other with aggression, but they didn't. They quickly found some favorite friends and sang, danced, groomed and mirrored each other through the screens.

Once they learned to video chat, they repeatedly requested it, according to The New York Times.

Even though the experiment has now ended, some birds still call their friends.

Swim safety:

Drowning people may not look frantic

As local swimming pools and beaches open this June, it's a good time to review the basics of keeping people safe in the water.

Kids ages four and under are especially vulnerable, according to the Journal of Safety Research, but anyone of any age can find themselves in trouble in the water -- and it rarely looks dramatic. People don't flail around and yell for help, as you might see on television.

A drowning child may make no movement at all. He could simply sink to the bottom of a pool, arms out to the side. In fact, in 10 percent of child drownings, an adult will be watching the child and have no idea the child is drowning, according to Divers Alert Network. Of the 750 children who drown each year, about half are within 25 yards of an adult.

Noisy swimmers are not usually in a critical situation, although there is a pre-drowning moment when a victim may be able to scream, wave and reach for life-saving equipment -- so never ignore thrashing in water.

The Instinctive drowning response has five qualities:

1. No calls for help. Breathing becomes primary and drowning victims will have no chance for speech.
2. Mouths sink below the surface and then reappear. Victims quickly exhale and inhale but have no time to call out as they sink quickly again.
3. Arms extended to the side. Victims press down on the surface to lift mouths out of the water. But they can't wave for help.
4. They can't reach for rescue equipment or move toward a rescuer. They have no voluntary movements.
5. Bodies are upright with no kicking. A drowning person can struggle on the surface between 20 to 60 seconds before totally submerging.
6. A drowning person may also be moving, appearing to slowly climb an invisible ladder. They may be trying to swim, but not getting anywhere. They may try to roll over on their backs.

Watch for these signs and let silence in the water be a warning.





Cancer vaccines may save lives

Could vaccines turn life-threatening cancers into a thing of the past? Early research suggests that mRNA cancer vaccines, often customized specifically for individual patients, have the potential to significantly improve survival rates for certain cancers.

Vaccines work by teaching the body how to identify and fight microbes, according to cancer.gov. Traditionally, vaccines have targeted viruses, tiny and not-quite-living microbes that don't respond to antibiotics. Viral vaccines don't target the virus itself directly, and instead teach the immune system how to identify and attack specific viruses.

For some time now, researchers at various universities, companies, and other organizations have been searching for a mechanism to teach the body how to more effectively find and destroy cancer cells. Because cancer is an internal process, the immune system struggles to fully differentiate between healthy cells and cancer cells, which allows the cells to spread unchecked. While some cells in the immune system can identify the mutated cells, they are usually overwhelmed.

Across

1. Dieter's target
5. Ryan of "When Harry Met Sally"
8. Balcony section
9. Ardent
11. Part of BYO
12. The euro replaced it
13. In a subservient manner
15. Eyelid woe
16. Cutters with U-shaped frames
21. Carnival attraction
22. Perjurer
24. Cartoon bear
25. "Green Gables" girl
26. Ring count
27. Clutter

Down

1. Soar
2. Weaver's apparatus
3. Chill
4. West Side Story composer
5. Language of India with a palindromic name
6. Bad to the bone

Water Feature

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			

7. Lass
10. Pro Golfer Jason
14. "___ magic!"
16. Sauté
17. Funny one
18. Just beat
19. Sommelier's suggestion
20. Without: Fr.
23. ___ judicata

[Click Here To Peek at Answers](#)

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

While traditional vaccines typically use a whole virus or similar microbe, mRNA vaccines use smaller proteins to teach immune cells how to spot proteins present in cancer cells or on a virus's outer coating. When the immune system can quickly identify the rogue cells and viruses, it's much easier to destroy them.

Meanwhile, traditional cancer treatments often target fast-growing cells. Chemotherapy, for example, kills cells as they split into two. Since cancer cells multiply more rapidly than healthy cells, chemotherapy tends to kill off cancer cells more quickly than healthy cells. Still, chemo will kill many healthy cells and damage the body. Cancer vaccines, however, may ultimately prove both effective and much easier on patients.



"Dad, if a phone receives a text in the forest and nobody is around to hear the alert sound..."

AI may help identify safety hazards

It might not be long before artificial intelligence will be able to spot safety issues and hazards in the workplace, according to OSHA.

That makes sense because if there is one thing AI can do, it is to sort out anomalies in large data sets.

Using video feeds and security cameras, AI may learn to predict a likely slip, trip or fall zone and even analyze the differences between them.

AI could alert managers to improper or insufficient personal protective equipment, improperly fitted PPE, and make recommendations. It may even save workers time with reporting and complaint requirements.

With vehicles, we might see AI plotting optimal routes, directing vehicles, and issuing alerts for potential accidents.

The data AI may provide will give employers a lot of information on unreported accidents and prevention strategies.

Summer work zone safety

Highway work zones can be annoying, but they are also a reason for drivers to exercise caution and remain aware.

Many states impose serious penalties for aggressive and reckless driving through work zones, which is one of the most dangerous jobs for highway workers and hazardous to drivers as well. About 40,000 crashes a year happen in work zones, and in four out of five cases where an accident results in a fatality, it is the driver who is killed.

Here is how to keep yourself and the workers safe:

- * Keep a safe distance from the car in front of you. The most common accident in a work zone is a rear end collision.

- * Stay alert for changing circumstances. Don't text or talk on the phone when driving through a work zone.

- * Respect posted speed limits.

Going 45 miles per hour through a five mile work zone, instead of 55 miles per hour, adds only 1.2 minutes to your trip.

- * Obey the flaggers. They are not loafing, they are working in a dangerous situation.

- * Find alternate routes that aren't work zones.

Most crashes in work zones involve drivers who follow too closely, change lanes unsafely, fail to yield, or drive too fast.

Dangerous lawn mowers

Lawn mower accidents cause more than 74,000 injuries every year, according to a new study by the Johns Hopkins Bloomberg School of Public Health and Rice University. More than 5,000 of those accidents involve children and about 600 led to amputations.

Push mowers and self-propelled mowers cause almost three times as many injuries as riding mowers. Children should be kept in the house while a power mower is being used.



Are obesity drugs finally here? What you should know

If you watch any television at all, you've probably seen the commercials for the diabetes drug Ozempic, with a catchy jingle set to the tune of the Scottish rock band Pilot's 1974 hit "Magic." And even though onscreen text informs viewers that Ozempic is not a weight loss drug, the commercial still touts weight reduction as a benefit. The marketing clearly works -- according to CNN, pharmacies filled more than twice as many Ozempic prescriptions during the last week of February 2023 compared with the same week in 2022.

While Ozempic can only be prescribed off-label as a weight loss aid, a higher-dose version called Wegovy, developed specifically for weight loss, received approval from the U.S. Food and Drug Administration (FDA) last year. Tirzepatide, marketed by drugmaker Eli Lilly under the brand name Mounjaro, may become the most potent anti-obesity medication on the market if the FDA grants Lilly's application for fast-track approval as a weight loss drug, according to the Associated Press.

All three medications, part of a class of drugs called GLP-1 receptor agonists, mimic hormones that activate after eating to help regulate blood sugar and slow digestion. The slowed digestion leaves patients feeling full for longer after each meal, which leads to lower overall caloric intake. In addition to GLP-1, Mounjaro targets a second hormone that Eli Lilly says can affect even more significant weight loss.

According to the Associated Press, the drugs seem to be effective for the long-term treatment of obesity, and, by extension, can lower risks for conditions associated with obesity. In clinical trials for Mounjaro, participants lost as much as 22 percent of their body weight, compared to just 3 percent in the placebo group.

It's not all smooth sailing, though -- common side effects including nausea, vomiting, constipation, diarrhea, and stomach pain. Medicare and most private insurance plans also don't cover weight loss drugs, so patients must pay the full cost, which can top \$1,300 each month. And if they stop taking the drugs, the weight usually comes right back.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	
4	5	6	7 Boone Day Kentucky	8 World Ocean Day	9 Chicago blues fest	10 Belmont Stakes
11 King Kamehamea Day, Hawaii	12	13	14 	15 U.S. Open	16	17 Newport Flower Show
18 Father's Day	19 Lightning Safety Week	20	21 Summer begins	22 Smithsonian Folklife Fest	23	24
25 Log Cabin Day, Michigan	26	27	28 Fireworks safety week	29 U.S. Senior Open	30	