



# Health & Safety

## Restore Our Earth

April 22 is Earth Day

### April 30 is Arbor Day

#### Plant a tree

Founded by J. Sterling Morton of Nebraska in 1872, Arbor Day is a day to encourage the planting of trees.

Trees are an energy-saving home improvement. They can be as important to energy conservation as insulation or weather-tight windows and doors. They save energy by cooling with shade in the summer and by providing a windbreak in winter. Three strategically placed shade trees can reduce air conditioning costs by 30 percent.



Deciduous trees shed their leaves during the winter. They provide shade and block heat during hotter months. By dropping their leaves in the fall, they admit sunlight in the colder months. Place these trees on the south and west sides of buildings. Shade hard surfaces, such as driveways, to minimize heat load.

Evergreens retain their leaves or needles throughout the year. As windbreaks, they can help conserve a significant amount of energy that would otherwise go toward home heating. Place them on the north side of your home. Evergreens also provide shade in the summer.

### Staying aware of hazards

There's a law against it. There are procedures to prevent it. There's even a checklist to show that you prepared for it.

And when it comes to real life, if you aren't thinking about it, are you ever really safe?

Probably not, because procedures, regulations and checklists don't make people aware of dangers as situations change.

The key is something called situational awareness.

### Think Safety



Suppose you are a jet test pilot. You will be flying jets that may not have been tested or may have only been tested a few times. Danger is present at every moment and the pilots must be acutely aware of their situation from second to second.

But suppose you are a pilot who has flown the same plane hundreds of times. Or you are a construction worker who has worked on scaffolds thousands of times, or a painter who has used the same ladder a hundred times. What is your level of situational awareness now? You might assume the ladder is safe, that the scaffold is properly constructed, or that the plane is reliable. But in a second, the situation can change.

Cory Worden, safety advisor the the City of Houston Department of Health, says workers might train themselves to think as fighter pilots do:

**OBSERVE:** See changes in conditions, hazards or threats.

**ORIENT:** Remember and consider what you can do to counter the hazards.

**DECIDE:** On the best path of prevention or action.

**ACT:** Take the best path now.

When you think about it, these steps can apply to any situation and any potential hazard, from walking in a dark parking tower to working on a highway construction site. A situation that seems safe could instantly change with traffic, weather, pedestrians, the use of heavy equipment -- any distraction or change in conditions.



## The sad fate of the hermit crab

It's just a small creature, a fellow perpetually looking for a home, but it's not a small thing to discover that human trash lures them to their death.

If you wonder about the impact of plastics on the beaches and waters of the earth, look no further than the fate of the hermit crab.

The quirky hermit crab, with its soft outer shell, lives its life searching for a secure home. Hermits find shells or other objects in which to shelter and protect themselves. As they grow, they leave one shelter and search for another. In return, they aerate and fertilize the soil and disperse seeds.

### Plastic traps

But the hermits seem to be dying. They mistake plastic for homes, but the plastic is too slippery and they can't get traction. They die inside bottles and containers.

Scientists were looking for plastic pollution on the group of 27 islands off Australia in the Indian ocean, when they discovered something eerie. They did find plastic pollution, of course. On the Island of Cocos, they found an estimated 414 million pieces of plastic. And then they noticed something else. Inside the plastic bottles and containers were dead hermit crabs. They estimate more than 570,000

## Glamorous kin of coffee family

**Across**

1. Pesky insect
5. Artist's inspiration
9. Lion's den
10. Snack often twisted apart
11. Site of the Taj Mahal
12. Campus V.I.P.
13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position discipline
23. Last name in fashion
24. Wax-coated cheese
25. Sixth Jewish month
26. Bone-dry
27. Cravings

**Down**

1. Happy
2. Serpent of Hindu myth
3. Breezy
4. Product identifier
5. Characteristic of the present
6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament passes
17. Went on horseback
18. Biology lab supply
19. Assistant
20. Complain
21. Commits a faux pas

1	2	3	4		5	6	7	8
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[Click Here To Peek at Answers](#)

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

crabs have been killed by plastic on Cocos alone. About 8,000 miles away on Henderson Island in the South Pacific, they found 61,000 more dead hermits in plastic. The phenomena does not appear to be limited to these two islands. Scientists expect a cascade of death for hermit crabs in all of their native environments. Beach cleanups can help, they say, but plastic pollution endangers every creature, even the smallest.

### Global cleanup

According to earthday.org, this Earth Day (April 22), will see a global initiative to clean up the globe with people from India to Tennessee cleaning up rivers and water sources.

The question is whether cleanup will be too late for the lowly hermit crab. Scientists don't yet know.



"And I'll huff and I'll puff until you give me your Netflix password!"

## Fall protection again tops list of OSHA violations

Reporting its most frequently cited violations, OSHA found that violations of fall protection standards topped the 2020 list for the 10th consecutive year.

Ladders rose to the top five from the sixth-ranked spot in 2019. Respiratory protection climbed from fifth to third.

Here is the full list:

1. Fall Protection – General Requirements: 5,424 violations
2. Hazard Communication: 3,199
3. Respiratory Protection: 2,649
4. Scaffolding: 2,538
5. Ladders: 2,129
6. Lockout/Tagout: 2,065
7. Powered Industrial Trucks: 1,932
8. Fall Protection – Training Requirements: 1,621
9. Personal Protective and Life Saving Equipment – Eye and Face Protection: 1,369
10. Machine Guarding: 1,313

## Inspect your ladder before use

Before starting spring clean up and chores, be sure to inspect your ladder. Look for:

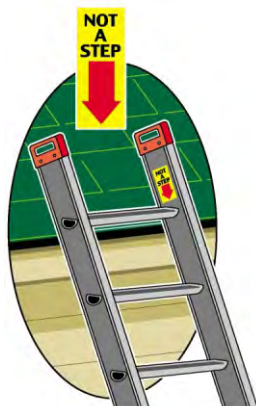
- \* Tight bolts.
- \* A wobble in the ladder.
- \* Missing steps or tread.
- \* Loose or broken steps.

A ladder with any of these problems may need to be replaced.

Be sure the ladder is right for the job and that you are using it properly. Never step on the top rung of a ladder. This makes the ladder unstable and prone to tipping.

Before you set up your ladder, make sure it isn't close to power lines, and if the ladder tips, make sure that it won't collide with power lines on the way down.

Ladder injuries account for more than 500,000 injuries and 300 deaths in the U.S. annually, according to the Centers for Disease Control and Prevention.



## How to treat lower back pain

Lower back pain can be caused by a number of conditions, some serious, but if it occurs suddenly or after activity, then it could be a muscle strain.

Strains are caused by activity and impact, according to Spine Health.

\* Heavy lifting. Lifting improperly can cause back and muscle strains.

\* Sudden impact. Jarring motions from sports, a fall or a car accident.

\* Repetitive motions. Common in sports such as rowing, golf or baseball.

\* Poor posture and weak abdominal and back muscles. Slouching puts added strain on lower back muscles. Tight hamstring muscles can also add strain to the back over time.

\* New activities can put new, sudden strains on muscle groups.

Anti-inflammatory medicines, available over the counter, such as ibuprofen, aspirin or naproxen can reduce inflammation. Acetaminophen can minimize pain by interfering the pain signals to the brain. Doctors might prescribe a muscle relaxant to reduce muscle spasms.

Lie flat to sleep or rest so you can reduce strain on the back.

At home, limit strenuous activity and stop heavy lifting for one or two days. Then get back to regular activity so muscles don't become stiff and weak.

Ice packs can help right after the strain. Apply for 10 to 20 minutes at intervals throughout the day.

After two days, apply a heating pad for 10 minutes before getting out of bed or before painful movement.

Massage therapy can increase circulation and relax muscles. Short walks of three to five minutes can also help.



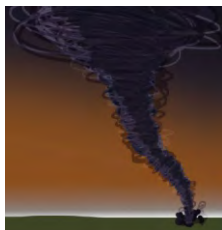
## During tornado season, watch for the debris cloud

An approaching cloud of debris can often signal an oncoming tornado, even if a funnel is not visible. Before a tornado hits, the wind may die down and the air may become very still.

If you live in a mobile home, take shelter in a building with a strong foundation as soon as a warning is issued.

You often hear that, if caught in the path of a tornado while driving, you should get out and lie in a ditch. That would be better than staying in the car. But getting in a ditch should be a last-ditch attempt to survive the storm. If tornados are predicted for your area, avoid driving and remain near a sturdy building.

Never shelter under an overpass. You will die or sustain se-



vere injuries. There are no handholds in an overpass. The wind becomes stronger underneath and can fill the space with deadly flying debris.

Never stop under an overpass. You will prevent people on the road from getting to shelter and you will have no extra protection yourself.

Have disaster supplies ready. You'll need a flashlight and extra batteries when the power goes out, plus warm clothing and rain-proof clothing. Emergency food and water and a nonelectric can opener, as well as medicines, cash, credit cards and sturdy shoes. Take your cell phone into your shelter, but don't expect it to work after the storm.

In case family members are separated, ask an out-of-town relative or friend to be a contact.





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# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maundy Thursday	2 Good Friday	3
4 Easter 	5	6	7 Internat'l Beaver Day	8	9	10 Nat'l Siblings Day
11	12	13 Ramadan	14	15 Tax Day 	16 Emancipation Day	17 Park Week begins
18 Nat'l Volunteer Week	19	20	21	22 Earth Day 	23	24
25	26 Help a horse day 	27	28	29	30 Arbor Day 	