



Health & Safety

Happy 4th of July!



Social media makes stars of animal babies as zoos struggle during quarantine

In January 2017, the Cincinnati Zoo staff was alarmed that their pregnant hippopotamus Bibi went into labor. It was too soon. At 3 a.m., Bibi gave birth to a 29-pound premature baby, named Fiona, who became the tiniest hippo to ever survive.

Zoo staff launched the social media project The Fiona Show, revealing their heroic efforts to save Fiona's life. They created a viral sensation as Fiona grew, matured, and finally met her mama.

Today, after the coronavirus quarantines closed zoos across the world, they have been plunged them into severe financial difficulties. Zoos have relied on social media to make connections with the public.

Stepping up to ladder safety

In construction settings and at home, using ladders safely can help save lives.

According to the Bureau of Labor Statistics, more than 150 fatalities and 20,000 non-fatal injuries occurred in the workplace in 2015. Ladders ranked 7th on the OSHA Top 10 list of most-cited violations.

But the problem may be worse than that. In a 2010 study, orthopedic surgeons estimated there were 500,000 ladder injuries in one year alone, suggesting the widespread problem is not just in the workplace.

Here are ways to stay safe using ladders:

- 1 Inspect the ladder before use. Ladders can get damaged and a damaged ladder is a dangerous ladder. Take it out of service.
- 2 Don't use a metal ladder near electrical equipment, lines or wiring.
- 3 Do not exceed the weight rating of a ladder.
- 4 Climb facing the ladder.

Maintain at least three points of contact at all times (two feet and a hand or two hands and a foot) when using a ladder.

- 5 Use tool belts to carry your tools rather than carrying them in your hands.
- 6 Avoid over-reaching. Keep the center of your body between the rails when using a ladder.

Transporting Ladders

1 Any ladder you transport must be securely fastened to your vehicle. Here are some general tips:

2 Use heavy-duty, webbed cargo tie downs that are at least 1-1/4-inches wide, with a load limit of at least 1,000 pounds and a 3,000-pound break strength.

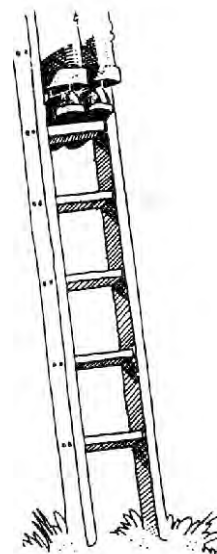
3 Make sure your vehicle rack or anchor points are undamaged. Don't overload.

4 Secure ladder sections together so they won't unfold or extend.

5 If you're using a vehicle rack, fasten the ladder so it overhangs the rack as little as possible.

6 If you're transporting a ladder in a truck with no rack, center it in the bed with the feet against the cab and the top end resting on the raised gate. Fasten both ladder rails to anchor points in the bed. Secure on a rung outside of the bed to an anchor point, tightening the tie down to hold the ladder firmly against the cab end.

7 If the ladder extends beyond the front or rear of the vehicle, you may need to mark the overhanging end.





Help keep Sanitation workers safe

The public can take some simple steps to help keep sanitation workers safe amid the coronavirus crisis.

According to the Solid Waste Association of North America, waste collection increased 38 percent in some areas during the Covid crisis. Sanitation workers have valid concerns about exposure to the virus through trash, according to SWANA.

Some research suggests that the virus can be viable on cardboard for up to 24 hours and remain viable on plastic for three days.

People can break down large cardboard boxes to make them fit inside a recycling bin. Also, taking the time to empty, rinse and dry plastics and glass can help.

To help workers stay healthy:

- Wash your hands before taking out trash and recycling containers.

- Sanitize container lids and handles.

- Don't place plastic gloves, masks or medical waste in recycling bins. Always dispose of them in trash cans.

CDC: DEET repellents safe, effective

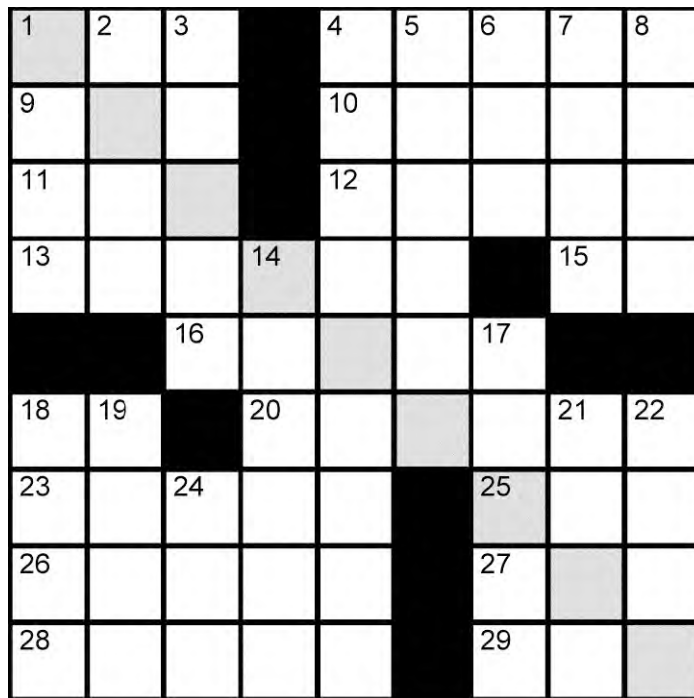
The one chemical that is the most effective at repelling mosquitos is DEET, according to the CDC.

The chemical, N-diethyl-meta-toluamide, is used as

Bridesmaids' friends

Across

1. Tank filler
4. Public row
9. Tolkien beast
10. Cornered
11. Psychoanalysis subject
12. Lubricated
13. Turbine parts
15. Coiffure
16. Adagio and allegro
18. Cellist Yo-Yo --
20. Render harmless
23. Roast host
25. ___ goo gai pan
26. Lots and lots
27. Keep out
28. Political exile, for short
29. B & B



Down

1. Attendee
2. Cornstarch brand
3. "Ivanhoe" author
4. Most tempestuous
5. Potato chips, in London
6. Sushi fish
7. Call for
8. Poi source
14. Dropsy, today
17. Poets' feet
18. ___ mortals
19. Kind of charge card
21. Reddish-brown
22. "September ___" (Neil Diamond hit)
24. Spending limit

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

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

the active ingredient in most commercial repellents and is designed to be applied directly to the skin.

Concentration

You may have noticed that DEET products contain various concentrations from 4 percent to 100 percent. Higher concentrations do not mean DEET works better. Instead, the higher the concentration the longer the application will be effective.

Basic precautions:

- Don't get repellent in your eyes.
- Don't breathe in or swallow DEET.
- Don't put repellent on wounds or broken skin.
- Although DEET can be applied to children over two months old, never apply it to the hands, eyes, or mouth of young children.
- Use only outdoors.



"I'll say it was good. There were times I even stopped looking at my phone."

Swollen legs? Move often in hot weather

If you get some puffiness around the ankles or an unpleasant tautness in your calves, you have swollen legs. It's a condition everyone experiences at one time or another, like during a spell of hot weather, a whole day standing on your feet, or after a long car trip.

Normally, your body maintains the right amount of fluid in tissues by performing a delicate balancing act. You drink fluid and get rid of it when you breathe, sweat, or urinate. But sometimes not enough fluid leaves your tissues, and the result can range from a little puffiness to swelling.

These are the most common causes:

* **Immobility.** When you walk, run, or move about, leg muscles contract, promoting blood flow. If you stand still, or sit still as you do on a long airline flight, blood can pool in your veins. This makes it difficult for fluid to move from body tissue back into vessels.

* **When your work keeps you standing or sitting in one spot during the day, use your legs whenever possible. Shift your weight from one foot to another. Change positions in your chair. Take opportunities to walk about.**

* **Heat.** Hot weather can cause your blood vessels to expand, making it easier for fluid to leave them and enter tissues. During hot weather, it's even more important to move about as much as possible while working.

* **Salty foods.** When you take in more salt than your body needs, the body dilutes it by retaining fluids and making you thirstier.

* **Medications.** Some commonly used drugs such as steroids, blood pressure medications, antidepressants, hormone replacement medications and anti-inflammatory drugs can affect how fast fluid leaves your vessels.

* **Menstruation and pregnancy.** Changing levels of hormones can affect the rate at which fluid enters and leaves the tissues.

Doctors at the Mayo Clinic say you should see your doctor promptly if your leg swelling is sudden, painful, persistent, in one leg, or accompanied by shortness of breath, weight gain, or redness.



Be careful out there this summer

Beautiful grass and long stretches of park land offer an open invitation for summer activity. But it can be an invitation for aches and pains if your body isn't prepared for vigorous exercise.

The long quarantine period means that people might not be as ready for summer exercise as they have been.

Orthopedists at Northwestern Memorial Caremark Physical Therapy Center in Chicago say these are the most common summer sports injuries and how to prevent and treat them.

Running: Knee cap pain. To prevent it, build up miles gradually. Warm up slowly. Stretch before running. Treatment includes rest, strengthening thigh muscles.

Tennis: Tennis elbow (tendinitis). Improve your technique. Gradually build up time of play, which should be no more than two hours a day. Rackets should have properly fitted grip and string tension. Treatment includes rest, strengthening the forearm with exercises.

Golf: Low back pain. Practice proper swing mechanics. Condition for strength and flexibility. Do stretching exercises before playing. Treatment includes rest, stretching, strengthening exercises, adjusting your swing.

Cycling: Neck and backache. To prevent aches, raise the handlebars and change position often. Treatment includes rest, strengthening.

Volleyball: Condition for strength during the season. Stretch and warm up gradually. Treatment includes rest, stretching, strengthening the rotator cuff with exercise.

Basketball: Ankle sprain. Condition and stretch. Tape ankles before playing if you are prone to sprains. Treatment includes Rest, Ice, Compression, Elevation (RICE).

The key to fraud is printed right on your checks

A small charge of \$10 might not generate too much concern or suspicion. But, beware, small amounts coming out of your checking account can be fraud.

Automated Clearing House (ACH) fraud is a common way to steal. The criminal only needs your account number and the bank routing number. Be aware that any time you type in your checking account and routing number online you are offering a bad actor all he or she needs to steal from you.

Criminals get your checking account information through phony websites, phishing schemes, spoofed email from entities such as the IRS, and even work at home schemes.

Or, if you send them a check. That's all it takes.

Such fraudulent ACH transactions can be labeled many things, including "Bank Card draft" or "Bank payment" and seem legitimate at a glance. Consumers have 60 days to alert their banks and recover funds, but businesses may only have one day.

July 2020



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	July is National Ice Cream Month! 		1 Canada Day	2	3 Dog Days of Summer 	4 Independence Day 
5	6	7	8	9	10	11
12	13 Democrat Convention	14	15	16	17	18
19	20	21	22	23 Comic Con. San Diego	24	25
26	27	28	29	30	31	



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