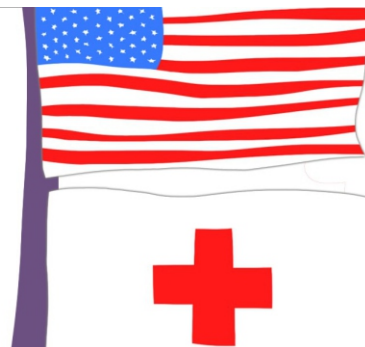




Health & Safety

AMERICAN RED CROSS MONTH



Some Americans reluctant to invest

More than half of Americans (55%) say they don't invest in the stock market, according to a survey by MetLife.

The company surveyed 8,000 U.S. adults over the age of 18. Those ages 18 to 34 are more likely to opt out of investing.

More women (59%) than men (44%) don't invest.

But, according to CNBC, Americans who have a retirement plan don't seem to realize they are actually investing, not just saving. A third of people surveyed by MetLife said they had a retirement plan.

Fear is one factor for people avoiding investing. Everyone knows the markets go up and down. The fear is you put your hard-earned savings into the market and lose it all. But, the fact is, the stock market has returned 10 percent annually over the last 100 years. Compare that to a savings account that returns much less than 1 percent.

To start investing, set goals. If you need the money in five years or less, use high-interest savings accounts or CDs.

For long-term goals, buy ETFs or Index funds.

Workplace Eye Wellness Month

When you should get help for an eye injury

Eye injuries are alarmingly frequent. Each year, more than 25,000 Americans visit the emergency room due to a workplace eye injury, according to the American Academy of Ophthalmology (AAO).

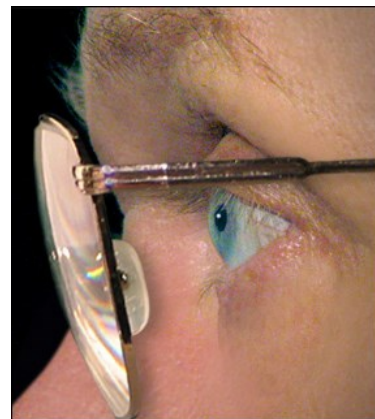
Yet that's only part of the problem - in fact, nearly half of all eye injuries occurred in the home. More than 40 percent of those were associated with home repairs, yard work, cleaning and cooking. And more than 78 percent of people were not wearing eyewear at the time of injury.

According to the AAO, if you see any of these signs in yourself or others, seek medical attention immediately:

- * The person has obvious pain or trouble seeing.
- * The person has a cut or torn eyelid.
- * One eye does not move as well as the other.
- * One eye sticks out compared to the other.
- * The eye has an unusual pupil size or shape.
- * There is blood in the clear part of the eye.
- * The person has something in the eye or under the eyelid that can't be easily removed.

This month is Workplace Eye Wellness Month. The AAO has a number of articles on eye injuries and proper protective eyewear. Above all, make sure your eyewear is OSHA-approved, and take time to clear an area of hazards before working there.

If you're working in an area with flying objects, dust or particles, wear safety glasses with side protection; with chemicals, wear goggles; and those doing welding tasks or work involving lasers and fiber optics should wear specialized eyewear.



Contagious disease and the spread of virus

As the first reports of the 2019 coronavirus emerged from Wuhan, China, it was easy to trace its path: First, to cities in mainland China, then Taiwan, then east, next the U.S. and Europe.

The first handful of cases originated in Wuhan, China and traveled with infected people to other locations.

There are no vaccines for 2019-nCoV, the name it is called by the Centers for Disease Control and Prevention. Treatment supports patients through respiratory involvement.

The virus appears to have originated in a live and dead animal market in Wuhan, where it mutated to pass between humans, probably by droplets spread in coughs and sneezes.

As viruses go, the early mutations of the 2019-nCoV were dangerous and infectious, but not as rampantly infectious as some viruses. At the time of this writing, it was still unknown how infectious the 2019-nCoV is and whether it would become a serious health threat throughout the world.

However, the CDC wrote in January 2020 that 2019-nCoV is related to MERS and SARS, two viruses that spread quickly, but mainly among people with close contacts.

Some viruses are exceptionally virulent. One example of a pandemic virus is from the infamous 1918 flu outbreak. It appeared first in March 1918, a mild

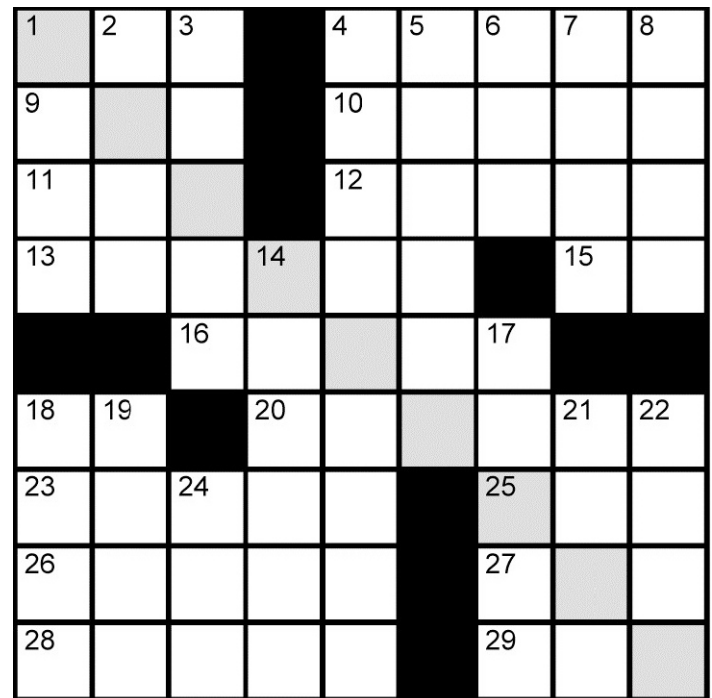
Across

1. Rx watchdog
4. Fountain order
9. Napkin's place
10. Prepared
11. Long-eared beast
12. Ms. Williams in aquamusicals
13. Certain laundry load
15. Refusal
16. Wooden shoe
18. In attendance
20. MOMA artist
23. Some cooking fats
25. "The Three Faces of ____"
26. Harden
27. Freelancer's enc.
28. "I thought ____ never leave!"
29. ____ Grove Village, Ill.

Down

1. Imperfection
2. Short run
3. Orbital point
4. Purified a drug by crystallization
5. Rent collector
6. Granola grain
7. Gulf of ____, off the coast of

Basketball Move



Yemen

8. Apprentice
14. Garish
17. The ones here
18. Dismounted
19. Trig function
21. Face shape
22. Onion relative

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

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



form that spread quickly. By August 1918, the virus spread was quick and deadly. At Camp Devens, Mass., six days after the first case was reported, there were 6,674 cases. A person infected on day 1 could be dead by days 3-5. The third wave of the pandemic occurred in the winter of 1919 and had disappeared by that spring.

It wasn't until the 1960s that researchers identified that influenza virus as H1N1 using new, more advanced technologies.

In the case of 2019-nCoV, the virus was identified within weeks of its appearance. Worldwide health organizations mobilized to isolate the virus and, they hoped, prevent transmission.



"This memory foam mattress isn't working. I still can't remember where I put my glasses."

March is National Kidney Month Some painkillers may harm kidneys

If you regularly take over-the-counter painkillers, especially for a long period of time, consider checking with your doctor about a kidney function test.

OTC pain and fever reducers are not dangerous. But, over time, some painkillers can have negative effects.

Some examples of painkillers that are metabolized by the kidneys are ibuprofen and naproxen sodium. But others can have an impact on kidneys too.

If you already have impaired kidney function, be absolutely sure you are following the doctor's orders on painkillers.

If you have taken painkillers over time, you might want to ask a doctor about it.

Your doctor can order a simple blood test called a serum creatinine level. This test measures the amount of a waste product in your blood that is normally removed by your kidneys.

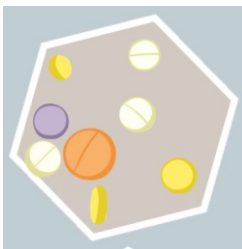
If your kidneys are not working as well as they should, the creatinine level will be increased in your blood. The results of the serum creatinine test can be used to estimate your glomerular filtration rate (GFR). Your GFR number tells your doctor how much kidney function you have. Your doctor can also order a urine test for the presence of protein. Persistent protein in the urine may be an early indication of kidney damage.

Here's how kidneys work

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several important jobs to do. Consider this: They produce the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

Each kidney has millions of tiny nephrons that act as filters. Beginning about age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pres-



sure, diabetes, or both, some nephrons will lose their ability to filter blood.

In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

*Get treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

* Know what's in "natural herb supplements." Some substances can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, Ginkgo biloba, and ginseng all contain natural anticoagulants. They could cause internal bleeding in people taking blood thinners.



Poison Prevention Tips Beware of packages that look similar

When Jeff and Kathy Campbell's daughter awoke coughing one night, her parents stumbled into a dark kitchen for cough syrup but returned instead with a spoonful of Dermaton, a tick and flea killer.

The pesticide contained a substance that can cause severe breathing problems, fluid in the lungs, and congestive heart failure.

"It was amazing how much the bottles were alike," said Jeff Campbell. When Rachel complained about its taste, the Campbells recognized the pesticide's smell and rushed Rachel to the hospital.

According to a news release from the Home Safety Council, 92 percent of all poisonings occur in homes. Although cleaning solutions are the most common cause of poisonings, overdoses of medicines and mistaken identity also cause numerous poisonings.

Many times accidental poisonings involve overdoses of seemingly safe over-the-counter medicines. For instance, an overdose of iron supplement is potentially fatal and swallowing an eye drop bottle's contents can produce

low blood pressure and comas.

The storage of poisonous materials can also lead to potential poisonings. Using soft drink bottles to hold paint thinner, turpentine, or gasoline invites children to taste them. Containers for pesticides, solvents, and cleaners can easily be mistaken for bottles of mouthwash and cough medicine. Sweet-smelling or good-tasting products, like perfumes and anti-freeze, are particularly attractive to children.

The Safety Council recommends:

* Evaluate where hazardous substances are stored and eliminate situations that could lead to a poisoning incident.

* Store products in their original containers with the manufacturer's recommendations.

* Store harmful products away from food and medicines.

* Make sure all medications have child-resistant caps.

* Know how to quickly find the telephone number of a poison control center.

March 2020



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For St. Patrick's Day: A familiar dish with a twist

*Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavored butter that your mother used to make?*

One of Ireland's more famous foods is the humble potato which, when abundant was the source of song, and when scarce, the source of suffering.

A potato blight touched off starvation and ignited the complicated events that devastated west and south Ireland between 1845 and 1849, the years of the great Potato Famine. In those years, more than one million people died and another million emigrated, many to Canada and the U.S.

The famine and the potato live together in folk memory of the Irish, along with this simple, and familiar dish: Colcannon, meaning white-headed cabbage.

Even non-Irish will know the dish well as mashed potatoes. The traditional Irish mash was an inexpensive daily main dish. It adds a little cabbage or kale, perhaps with scallion, leeks or chives. Bacon or ham pieces can also be added.

Leftovers are fried up in the morning for breakfast with pork slices.

Here is one recipe from Taste of Home.

Ingredients

1 medium head cabbage (about 2 pounds), shredded
4 pounds medium potatoes (about 8), peeled and quartered
2 cups whole milk
1 cup chopped green onions
1-1/2 teaspoons salt

1/2 teaspoon pepper
1/4 cup butter, melted
Minced fresh parsley
Crumbled cooked bacon



LICENSED UNDER CCX2.0 FLICKR VEGAN TEAM

Directions

Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.

In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.

Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon.