



Health & Safety



You can tame heartburn with a healthy lifestyle, study suggests

Five factors appear to prevent about 40 percent of symptoms of Gastroesophageal reflux disease (GERD).

That conclusion comes from a research letter published in JAMA Internal Medicine.

Researchers found those who followed five healthy lifestyle choices had 40 percent less GERD symptoms every week:

- Healthy body weight with body mass index of between 18.5 and 24.9.
- Not smoking.
- Limit coffee, tea, soda limit to 2 cups per day.
- Healthy diet.
- 30 minutes of daily moderate to vigorous physical activity.

Carrying extra weight is a key factor since weight at the waist can push on the stomach, forcing stomach acid into the esophagus.

Are you working, driving in zombie mode?

Everyone has had the experience of driving somewhere familiar then suddenly realizing they didn't remember the drive.

That loss of focus is called autopilot, and it can be as dangerous at work as it is on the road.

One technique to keep yourself out of autopilot is becoming a sort of fortune teller, safety consultant Tim Page-Bottorff told Safety and Health Magazine.

Start the day with a question: When and where will I be likely to go into zombie mode? What time do I go on autopilot? What would be the most dangerous situation to be on autopilot?

These question can raise awareness of potentially unsafe situations and send a mental cue to zap yourself back into the moment.

On the job, in the car or even cutting up vegetables for dinner -- wherever you tend to zone out, try the STOP technique:

Stop what you are doing.

Take a deep breath.

Observe your surroundings.

Proceed with awareness.

Anything that interferes with situational awareness puts people in danger, whether they are driving or climbing a ladder. Talking on a cellphone or wearing headphones are common distractions that can be dangerous.





National Safe Boating Week: Engine cut-off switches now required

A new law aims at preventing severe injuries and death from runaway vessels on recreational waterways.

Every year, the Coast Guard responds to cases where boat operators are thrown from boats, but the engines keep running. Operators and passengers end up in the water while the boat continues its course, or starts to move in a circle. In the water, people can be mowed down by the boat or suffer serious propeller injuries. Runaway boats pose a serious danger to other boaters and first responders.

The U.S. Coast Guard announced in March that all recreational vessels less than 26 feet in length will be required to use an engine cut-off switch.

An engine cut-off switch is a device that cuts the engine if the operator moves from the helm or the outboard -- typically a lanyard clipped around the operator connects to the switch, which turns the engine off when tension is put on the lanyard.

Some wireless devices are also now available.

Not all small boating activities will be required to

Bear's Eye or Black Caps

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Across

1. Pi follower
4. Lock opener
7. Actor's goal
9. Wait
10. Soybean paste
11. Farm females
12. Entices
14. ___-Wan Kenobi
15. Ray of natural light
19. Very small
20. Film crew member
22. Thin
23. Viscount's superior
24. Chicken ___
25. Chesapeake, e.g.

Down

1. Engine speed, for short
2. "Aquarius" musical
3. Approximately
4. Tropical fruit
5. Genesis locale
6. Thumbs-up
8. Sandwich, Edam or Champagne
9. Surround, as a castle
13. Wane
15. Fodder holder
16. Popular computer operating system
17. Spirited horse
18. Oscar winner Sorvino
19. Recipe amt.
21. Layer

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

[Click Here To Peek at Answers](#)

have the switches. Low-speed activities, such as fishing or docking, don't require the use of a cut-off switch. But every boat under 26 feet long with an engine of three horsepower or more should have a cut-off switch. The switch doesn't have to be used when fishing, docking or trailering.

Coast Guard rules apply only to federally navigable waterways. However, seven states have their own cut-off switch laws. The states are: Alabama, Arkansas, Illinois, Louisiana, Nevada, New Jersey, and Texas. According to Boat US, most states will adjust their regulations to match federal law in coming years.

The consequence for violating this law is a \$100 civil penalty for the first offense.



"Jumped over moon. Impressive."

Skin Cancer Awareness Month: Learn to perform a self-check

May is Skin Cancer Awareness Month, and it's a great time to start good skin health habits to protect yourself against skin cancer. According to the Skin Cancer Foundation, more than 9,500 people are diagnosed with skin cancer every day. Skin cancer is the most commonly diagnosed cancer in the U.S.

Prevention

Sun protection is an easy way to reduce your risk of developing skin cancer. According to the American Academy of Dermatology (AAD), here is how to protect themselves from the sun's damaging rays:

- Seek shade. The sun's is strongest from 10 a.m. to 2 p.m.
- Wear long-sleeved shirts, pants, hats and sunglasses. Look for clothing with a UPF label.
- Wear broad spectrum sunscreen of at least SPF 30 or higher, even on cloudy days. Reapply about every two hours.
- Never use tanning beds.
- Use extra caution near water, snow and sand.

What to look for

The AAD also encourages regular skin checks. Brigham Health Hub recommends self-skin checks using the ABCDE rule:

- A: Asymmetry (the two halves look different).**
- B: Borders (irregular or poorly defined edges).**
- C: Color (dark black or multiple colors).**
- D: Diameter of greater than six millimeters, or about the size of a pencil eraser.**
- E: Evolving size, shape or color.**

If you see any suspicious spots, talk to your doctor right away. See a dermatologist regularly for preventative skin checks.

One change since COVID-19 is a blessing for arthritis sufferers

There's one thing COVID-19 did for arthritis sufferers that has been a constant blessing: No more handshaking.

When you suffer from aching fingers and joints, a handshake is the worst possible way to be introduced. People want to offer a firm handshake, which turns a happy greeting into a nightmare for some.

Handshakes might come back into fashion, but they just may remain optional, especially for older people. From now on, we never have to feel bad about not accepting a handshake and we don't even need to explain it. Just keep your hands away and say, "I prefer the elbow bump."

Another way to avoid a handshake is to respond to an outstretched hand with your palm down. This courtly gesture is usually (but not always) responded to more gently. With your hand down, the other person tends to cup their hand under yours, rather than giving a punishing joint squeeze.

You can also take the initiative, by gently enclosing the other person's hand between both of yours. Or by going past the outstretched hand and shaking the wrist. This also forces the other person to shake the wrist.



Man turns honey thieves into taste testers

Ibrahim Sedef keeps bees in the best location in the world.

Trabzon province in Turkey, near the Black Sea, has a climate that is perfect for bees.

Sedef and his bees make flower honey, chestnut honey, cherry honey and the famed and rare Anzer honey. Anzer honey comes from the nectar of 90 flowers that grow in the mountains on the Anzer plateau. About 8 ounces sells for \$34.



Gourmet honey tasters consistently rate Anzer as the best in the world, but it's expensive, and part of that cost is in security. For while Anzer is perfect for bees, it's also great for bears.

And bears love honey.

Sedef has enclosed his hives with a steel bar cage, easy for bees to come and go, but more difficult for bears. Difficult -- but not impossible.

On YouTube, you can watch Sedef's video of bears gleefully destroying hives, climbing on Sedef's workshop and generally making a party out of honey theft. The video of Sedef cleaning up the mess is in Turkish, but you won't need a translator.

Recently, in the most brilliant taste test in all of marketing, Sedef decided to set up a bear picnic with samples of each honey, including Anzer. He set up a night vision camera to record the action.

The bears surely did come to the honey (without bee stings) picnic. They sniffed each bowl and they chose Anzer. In multiple tests, the bears always ate Anzer first.

Bee-made, bear approved.



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