



Health & Safety



Clever hippos

Colombia drug kingpin Pablo Escobar kept exotic animals in a private zoo, including hippos.

When Escobar's estates were raided and seized in 1993, the animals were taken to different zoos. Except for the hippos. The hippos were problematic to move and they were left on the estate -- one male and three females.

No one paid any further attention to the poor hippos, but they didn't die. They escaped to get to the River Magdalena, which turned out to be ideal for them. They thrived, and today an estimated 80 to 120 happy hippos live in Colombia's rivers. Their numbers could reach 1,400 in 20 years.

In the local rivers they could threaten the beloved manatees and fish so biologists are considering culling the herd.

Decorate with LED lights for holiday safety, value

Nothing beats LED Christmas lights for safety and cost.

There is no comparison between the power drawn by incandescent lights and LED lights.

One thousand incandescent mini lights draw 408 watts. The same number of LED mini lights draw 69 watts, according to Christmas Lights Etc.

This can be a very important difference. For one thing, the LEDs are less likely to overload the typical household circuit. A 15-amp household circuit supports 1800 watts. Nearly every household circuit has several plug outlets running appliances or lights. Adding 400 watts to that circuit might trip the breakers.

Unlike incandescent bulbs, many strings of low-power LED lights can be daisy-chained with zero safety issues.

For example, traditional incandescent C9 & C7 lights come on 25-bulb, 25-foot strands. Only two strands can be safely connected end-to-end, so you would need six different plugs on different household circuits.

The same project with LEDs allows you to connect all the strings end-to-end into the same outlet. In fact, you could connect 40 strings of LEDs without a problem, according to Christmas Lights Etc.

In addition, LED lights:

- * Use 75 percent less energy.
- * Stay cool to the touch.
- * Survive cold weather.
- * Are more durable than incandescent and burn longer.

LEDs got a back reputation early on for being harsh. But newer designs offer choices between warm or bright white.

One caution, blue LEDs have been shown to cause depression and a feeling of sickness in some people.





Broken bones could be a warning sign

It could happen to anyone -- slipping on a patch of ice or tumbling off a stepladder.

You might hear or feel something snap and know instantly that you're in for at least a few weeks in a cast or worse. But a growing body of evidence suggests that for older adults, broken bones might not be just an unfortunate accident -- they could be a warning sign for more significant bone health issues.

According to a commentary published in the Journal of the American Medical Association (JAMA), any adult middle-aged and older who sustains a bone fracture should have their bone health evaluated and be counseled on maintaining bone health in the future.

According to a study published in the same issue of JAMA, postmenopausal women who sustained their first bone fracture faced elevated risk for another fracture later on when compared with women who had no history of fractures.

For women whose first fracture was a result of minimal trauma (considered a symptom of fragile bones), the risk of a second fracture

Across

1. Van. alternative
5. Mountain pass
8. Santa ____, Calif.
9. Maui dance
11. Turnpike fee
12. At the peak of
13. Annotation
15. Genetic material
16. Groups of minutemen
21. "Dream on!"
22. Atlas section
24. Short skirt
25. Fishing gear
26. "Hold on a ___!"
27. Back talk

Down

1. Computer monitor, for short
2. Horseshoe site
3. Nobel Peace Prize city
4. Relating to heat
5. Inhabitants of the Gold Coast
6. Vehicle
7. Scheme
10. "Tarzan" extra
14. Atlanta-based station
16. Mayan Indian

Early settlers

| | | | | | | | | |
|----|----|----|----|----|----|----|----|----|
| 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 | | | |

17. Egyptian fertility goddess
18. Queue
19. Fishing, perhaps
20. Takes a seat
23. Blockhead

[Click Here To Peek at Answers](#)

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

increased by 52 percent. Women who received their first fracture from a traumatic accident such as a serious fall were 25 percent more likely to incur a second fracture. Researchers concluded that a first fracture among postmenopausal women was associated with an elevated risk of additional fractures later on.

But despite the known risks of subsequent fractures, few patients are evaluated for bone loss after a fracture. According to the New York Times, a 2015 study of two million Medicare recipients hospitalized after fractures found that among those who sustained hip or spinal fractures, only nine percent were evaluated for bone loss or offered medications to protect bone density.



The Drawbacks Of Working From Home

Power strip: Use this holiday helper correctly

A power strip is your friend when it comes to Christmas decorations, but use them safely to avoid power interruptions and fires.

The typical household circuit can handle about 1400 watts. One power strip with six or eight outlets in use can well exceed the circuit capacity.

Desktop computers can use 60 to 300 watts per hour. Gamers will soak up power at the top end while regular school or work assignments may use the lower end, with 5 to 10 watts for sleep mode. Inkjet printers use 30 to 50 watts when printing. Commercial printers use 300 to 500.

Never plug two powerstrips into the same wall outlet.

Replace any strip that feels warm to the touch.

Never daisy-chain power strips. In professional settings, that violates both OSHA rules and international fire standards. It is a fire hazard.

Don't use power strips outdoors. There are extension cords designed for outdoor use, but power strips should go indoors.

Turn off a strip when not in use.



6 things you should never plug into a power strip

1. *Space heater.*

Portable heaters cycle on and off, with each on-cycle drawing a surge of current. If plugged into a power strip, this surge usually causes an overload, which can cause a fire.

2. *Microwave.* It pulls a lot of electricity.

3. *Slow cooker.*

They use power continuously over long periods.

4. *Toaster and toaster oven.*

Those red-hot coils inside don't heat up without a lot of current, which can quickly overload a power strip.

5. *Hairdryer, curling iron.*

These draw significant amperage to get hot -- too much for a power strip.

6. *Coffee maker.*

It heats up water using a lot of amps.



Goats come to the aid of firefighters

Last year's wildfires burned up over 4.2 million acres in California, racing through weedy forests and plains and on to houses and entire neighborhoods.

What can be done against raging fires?

Goats. They are at least one tool for private landowners.

Goats can create firebreaks as they munch up dry vegetation. Meanwhile, they are natural recyclers as their droppings fortify the soil, making it richer and capable of holding more water.

Goats care little for terrain and frequently browse on steep hillsides or reach six feet up trees to chow down on vines and leaves -- the stuff that creates what firefighters call 'ladders' for fire.

Cities and counties in the Western states have often used goats to trim weedy areas along highways. But this effort to put goats into firefighting is relatively new.

A whole new industry has evolved to pair goats and fire-susceptible property.

Founded in 2020, the non-profit Goatapelli Foundation can put about a thousand goats on a ranch where the rancher needs them, using dogs to move the hungry herd from place to place and electric fences to focus the browsing. It isn't cheap. Six-days of goat browsing can cost more than \$9,000, according to the New York Times. But it's cheaper than a wildfire.

Pfizer recalls anti-smoking drug Chantix

The pharmaceutical giant Pfizer has recalled its anti-smoking drug Chantix over concerns that long-term use may elevate cancer risk, according to Healthline.

According to USA Today, Pfizer initiated the voluntary recall due to concerns about high levels of nitrosamine, a chemical found in tobacco, tobacco smoke and certain foods. Some nitrosamines have been shown to cause cancer in laboratory animals.

Pfizer is recalling all lots of .5 mg and 1 mg tablets. The Food and Drug Administration advises all patients who take Chantix to continue taking their medicine as directed until their pharmacist provides a replacement or their doctor prescribes a different drug.

November 2021



Looking for a good safety and health newsletter tailored for your use? All Safety Products is happy to co-partner with **Pages** Editorial Services. Visit their website today! www.pagesmag.com Mention **All Safety Products** for a discount off their subscription price!



1-765-677-0486

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------|--------------------------|-----|---|--|---------------------------------|---------------------|
| | 1 ALL SAINTS' DAY | 2 | 3  | 4 | 5 | 6 SADIE HAWKINS DAY |
| 7 POLAR BEAR WEEK | 8 | 9 | 10 | 11 VETERAN'S DAY | 12 | 13 |
| 14 | 15 AMERICA RECYCLES DAY | 16 | 17 | 18 | 19 | 20 |
| 21 NAT'L FAMILY WEEK | 22 | 23 | 24 | 25  | 26 NATIVE AMERICAN HERITAGE DAY | 27 |
| 28 | 29 | 30 |  | | | |