



Health & Safety



Skip the vegan diets for cats and dogs

Humans are going vegan, but their pet cats and dogs can't do the same.

According to the BBC, the number of people following a plant-based lifestyle in the U.S. grew about 600 percent between 2014 and 2017.

According to the ASPCA, a vegan diet is not appropriate for cats at all, no exceptions.

As obligate carnivores, cats require meat to survive, and can develop severe health problems, including potentially fatal heart problems and blindness, without vital nutrients found in meat. They also require the high caloric density that meat provides, and are not well-adapted to digesting plant matter.

While dogs are naturally omnivorous and have adapted to digest plant matter, they still thrive on a protein-rich diet that includes meat. Veterinarians caution that a vegan diet for dogs is a difficult undertaking that's more likely to cause harm than meet a dog's nutritional needs.

Your best bet if your dog has food sensitivities is to consult with your veterinarian or a licensed nutritionist.



Fire Prevention Week theme for 2021:

'Smoke alarms: The sound of fire safety'

Do you know the sounds of fire safety?

Smoke and carbon monoxide alarms make specific sounds for different situations:

- * A continuous set of three loud beeps -- beep, beep, beep -- means smoke or fire. Get out, call 9-1-1, and stay out.

- * A single chirp every 30 or 60 seconds means the battery is low and must be changed.

- * Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the entire unit must be replaced.

Homeowners sometimes unplug or remove the device after a false alarm. That's a very dangerous move.

* The kitchen fire alarm is the one most likely to be removed because residents burn toast or food and don't want to be bothered by the sound. Then they don't bother to put it back in place. In home fire deaths, some 23 percent of smoke alarms had been purposely disconnected.

- * Cooking is still the number one cause of home fires and injuries.

One of the most significant things you can do during Fire Prevention Week (Oct. 3-9, 2021), is to update your smoke alarm system.

- * Replace batteries and check the alarm to be sure it works.

- * Install another smoke alarm in a different area of the house, such as near bedrooms. Interconnected alarms that sound at the same time increase safety.

- * Consider having smoke alarms hard-wired into the electrical system. Permanent installation eliminates the task of changing batteries. Hard-wired alarms worked in 91 percent of home fires in recent years, while battery operated units worked only 75 percent of the time. More than half of smoke alarms in reported fires and two-thirds of alarms in homes with fire deaths were battery operated.





Store it right to prevent back injuries

At home or on the job, storing heavy items properly can cut your risk of back injuries.

Some heavy items should not be stored on the floor, which might seem counter-intuitive.

People tend to store heavy items on the floor, since it offers the best stability and support. Heavy objects won't fall and cause injury when stored on the floor.

But while that's great for storage, it is terrible for retrieval.

Heavy objects that are frequently lifted should be stored at waist level rather than on the floor or shoulder level.

Lifting a heavy object from the floor -- even when you lift properly -- is twice as risky as lifting an object while you stand upright, according to Safety and Health Magazine.

That makes perfect sense when you think about it. To retrieve something from the floor, you'll have to bend down to get it. Even if you lift with your legs and bend your knees, you are still lifting the weight of your body plus the object, putting stress on your back.

Heavy items stored

Across

1. Acknowledges applause
5. Silent
9. Region
10. Song for Carmen
11. Bridle part
12. Congers
13. Devise
15. Biblical beast
16. Trunk item
22. It's hailed by city dwellers
23. Aggravate
24. "A Prayer for ____ Meany"
25. Possesses
26. ____-ran
27. Earned

Down

1. John Candy role
2. Snack often twisted apart
3. Small dam
4. Tiny republic of Europe
5. Vortex
6. Fertilizer chemical
7. Slant
8. Comfort
14. "What's the ____?"

Devil's fire add on

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			

16. Greek portico
17. Ratchet bar
18. Hatchets
19. Corn Belt state
20. Peel
21. Alternatively

[Click Here To Peek at Answers](#)

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

shoulder level or above are not only at risk of falling, but also put strain on the neck and shoulders.

At waist level, you can easily hold an object close to the body to move it while you maintain a straight spine.

If you do have to take something off the floor, lift properly:

- * When you must lift a load from the floor, keep your head up, back straight, bend at the hips -- not the waist -- and lift with the legs.

- * Do not twist your body as you walk. Instead, shift your whole form.

- * When you're ready to set down the load, use your leg muscles to lower it to the floor, clear of fingers and toes.



"This job does require some travel, but nothing more than crossing the road."

150 years after the great fires: Everyone is responsible for fire safety

One day in October of 1871, flames consumed millions of acres of city and country as fires swept through Illinois, Michigan and Wisconsin.

Today, 150 years later, the deadly, but coincidental events of the first week of October 1871 are remembered during Fire Prevention Week, Oct. 3-9, 2021.

The tragic history of the fires remind us that everyone must take responsibility for fire prevention.

The most famous of these fires is the Great Chicago Fire -- not the deadliest or the most extensive of the fires that week, but notorious after it left 100,000 homeless, 300 dead and leveled the near north side. The fire started Oct. 8 and raged two more days, fueled by the wooden structures and roads and intensified by the dry conditions after a long summer drought.

The fire was widely believed to have started in a barn belonging to Catherine O'Leary when, as the lyrics of a famous ditty say, her cow kicked over a lantern. She was exonerated by an investigation in 1997 but the popular belief in her guilt ruined her life.

Less well-known was the Peshtigo, Wis. fire that started the same day and burned more than a million acres, including 12



towns. Still the deadliest wildfire in history, the Peshtigo fire is estimated to have killed from 1,500 to 2,500 people.

Small fires for land clearing in the area were common, but on the day of the Peshtigo fire, a cold front moved in from the west and produced strong winds that fanned the small fires and created a firestorm.

Meanwhile in Holland, Manistee and Port Huron, Mich., about 200 fires raged, consuming vast swaths of dry forest and reducing towns to ash. At least part of the cause was the severe drought that plagued the Midwest that summer.

How a town died by fire, but not by flame

In the 1800s, it was possible to start a town, but not to save it from nature and bad decisions.

The town of Singare, Mich. was a town started by a fellow from New York who wanted to build a port town to rival Chicago and Milwaukee, and it was ended by the great fires that raged through the Midwest 150 years ago in October 1871.

But, flames didn't kill the town. Bad decisions did.

The little town stood on the Lake Michigan shoreline at the Kalamazoo River. It became a prosperous place by 1850, servicing the city of Chicago and the surrounding area with lum-



ber transported over the lake.

In 1871, when fires consumed vast tracts of the Midwest, the town of Singare was unaffected. But after the fire, demand for lumber soared as cities and towns rebuilt. So they cut down the trees around Singare to sell. All of them.

Then the winds from Lake Michigan blew sand over Singare. With no trees to halt erosion or to break the wind, the town quickly descended into ruin. By 1875, sand covered the town and the residents had to evacuate.

Today, people play and enjoy the Michigan dunes, many unaware that under their feet lie the houses, hotels, and stores of a town that sold its trees.

Are your thumbs killing you?

You might not think that you're getting a workout when you text with a friend or scroll through your social media accounts, but at least one part of your body might disagree.

"Texting thumb," often formally diagnosed as de Quervain's tenosynovitis, is a repetitive stress injury that results in inflammation in the tendons of your thumb, according to Houston Methodist. When angry tendons rub in their narrow channel, the result is pain that begins at the base of the thumb, and in severe cases, can radiate up through the side of the wrist and to the lower arm. The pain usually occurs in the dominant hand.

The thumb is the most likely culprit, but other fingers aren't safe from mobile device overuse. "Smartphone finger" might cause pain at the base of the affected finger, clicking sounds when you move your pinky, stiff fingers in the morning and at

fingertip numbness.

If you're experiencing texting thumb or smartphone finger, you can try a few things to see if the pain subsides.

- * Take a break from your devices to see if your pain subsides.
- * Hot and cold therapy can help. Try ice for inflammation or heat for stiffness.

- * Over-the-counter pain relievers like Tylenol or Advil can relieve discomfort.

If your pain is especially persistent, you can try a splint or brace to keep those joints stable. But if the pain continues, call the doctor.



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31 Halloween						