

VPP Viewpoints

Viewpoint 1

May is National High Blood Pressure Education Month. Almost one-third of people with high blood pressure don't even realize they have these potentially dangerous conditions. The goal of NHBPEP is to reduce death and disability related to high blood pressure through programs of professional, patient and public education. For health information, visit the website of the National and Lung Health Information Center

Viewpoint 2

Fad Diets: What You May Be Missing—Weight-loss advice comes in hundreds of disguises. Examples of FAD Diets include those that

1. Ban a specific food or food group
2. Suggest that food can change body chemistry or
3. Blame specific hormones for weight gain. No food can cause weight loss or gain. These diets don't teach healthy eating habits. The truth is that people are eating more total calories and getting less physical activity and this is the cause for their weight gain. So—get moving, eat a wide variety of foods and monitor your portion size.

10 RED FLAGS that Signal Bad Nutrition Advice:

1. Advice that promises a quick fix
2. Dire warnings of dangers from a single product or regimen
3. Claims that sound too good to be true
4. Simplistic conclusions from complex studies
5. Dramatic statements that are refuted by reputable scientists
6. Lists of 'good' or 'bad' foods
7. Recommendations to sell a product
8. Recommendations based on a study without review
9. Recommendations based on a single study
10. Recommendations from studies that ignore individual differences

Viewpoint 3

OFFICE ERGONOMICS: Ergonomics attempt to adapt the job to fit the person, rather than forcing the person to fit the job. When the job fits the worker opportunities for stress are reduced, and many potential injuries and disorders are eliminated. To help prevent ergonomic-related problems at your work station, consider the following:

1. Periodically, relax the arms by letting them hang down.
2. Keep the shoulders relaxed, neck straight and elbows in the side.
3. Avoid slumped sitting positions, rounded shoulders, sway back, or an overly straight, stiff position.
4. Adjust the chair height so that feet rest flat on the floor and knees are at the same height the hips.
5. Adjust the chair properly to where the keyboard is at a comfortable height.
6. Keep commonly used items located within arms' reach.
7. Use a shoulder rest on the telephone receiver or headset to prevent an awkward neck position and switch sides periodically.

Viewpoint 4

'Booster Seats: Graduating too soon' Safety belts are designed for adults and many children are too small to get a proper fit without using a booster seat. Many parents—eager to see their child achieve another milestone—move the child from a car seat to seat belts too soon. Before going to seat belts, children need to 'graduate' to a booster seat. However, not all booster seats are equal when it comes to being the right fit for your child. Here is a fit test to determine if a booster seat fits your child:

1. Place your child on the booster seat and fasten the lap and should seat belts around the child.
2. Use the seat belt guides on the boost seat for the lap and shoulder belts.
3. Check to be sure the lap belt rests on the top of the thighs or low on the hips.
4. Check to be sure the shoulder belt is positioned on the bony shoulder not the neck or face.
5. NEVER place the shoulder belt under the arm or behind the back.

Viewpoint 5

YOU Drink, YOU Drive, And YOU Lose! Impaired driving is one of America's most often committed and deadliest crimes! No matter what you drive—a car, a truck, SUV, or motorcycle—if you are caught driving while impaired you will be arrested.

Law enforcement will be out in force on St Patrick's Day cracking down on drunk drivers. Always follow these tips:

1. When you plan on consuming alcohol, designate a sober driver before and give that person your keys.
2. If you're impaired, call a taxi, use mass transit or call a sober friend/family member to get you home safely.
3. Promptly report drunk drivers you see on roadways to law enforcement.
4. Wear your seat belt while in a car, or use a helmet and protective gear when on a motorcycle as your best defense against an impaired driver.
5. REMEMBER: Friends don't let Friends drive drunk. If you know someone who is about to drive or ride while impaired, take their keys and help them make other arrangements to get where they are going safely.

Viewpoint 6

"Least Known, Most Common Household Hazards": Public awareness of the dangers of asbestos, lead paint, mercury and water quality has grown in recent years. With better understanding and focused efforts, many of these hazards are being controlled and even eliminated from the environment. However, as technology changes new hazards emerge.

Because children are most vulnerable to hazards in the home; attention must be given to protecting them. Children are naturally curious and less aware of the risks so they more frequently become victims of hazards in the home.

Agencies such as the Consumer Product Safety Commission (CPSC) and local health departments can offer advice and guidance, but their advisories rarely receive widespread media attention. The CPSC recently released a list of what it considers the "Top Five Hidden Home Hazards". Check this list. You may be surprised at how many of these hazards exist in your home!

Viewpoint 7

Preventing the Flu: Good Health Habits Can Help Stop Germs—the single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illness. Some actions to consider:

1. AVOID CLOSE CONTACT: avoid close contact with people who are sick., when you are sick, keep your distance from others to protect them from getting sick too
2. STAY HOME WHEN YOU ARE SICK: if possible, stay home from work, school, and errands when you are sick.

3. COVER YOUR MOUTH AND NOSE: cover your mouth and nose with a tissue when coughing or sneezing.
4. WASH YOUR HANDS: cleaning your hands often will help protect you from germs
5. AVOID TOUCHING YOUR EYES, NOSE OR MOUTH: germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

PRACTICE GOOD HEALTH HABITS: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food

Viewpoint 8

“Have a Safe Trip..Really” Think about how many times during the course of a month you say ‘have a safe trip’ to love ones, coworkers, even total strangers. Then, ask yourself how often you take your own advice. Here are some things to consider the next time you ‘hit the road’.

1. SHARE YOUR ITINERARY WITH FRIENDS---tell someone there when you’re leaving, where you’re going, when you plan to arrive and return
2. WATCH YOUR MOUTH—sometimes we unwittingly give out way too much information while we’re on the road, particularly on airplanes due to the false intimacy that tends to develop among passengers...you talk about the length of your layover, where you live, how often you fly, where you’re staying...there are bad people who will take advantage of this information
3. FOLLOW A CLOSED DOOR POLICY---as soon as you enter your hotel room double check that the entire door locks work. It ‘s also prudent to note where the stairwells are and to count the doors that separate your hotel room from an exit in case of emergency evacuation.
4. BE CAR SMART---if you’re using a rental, don’t flash its key ring with the company logo. Consider maintaining an AAA membership in case you need roadside assistance, and know what to do when your vehicle is disabled.
5. WALK LIKE YOU MEAN IT—periodically scanning 360 degrees while you’re strolling around your destination is a good way to stay alert and let others know you are aware of your surroundings. Ditch the portable music player once you’re off the plane; walking around with it slows your reaction time.

Viewpoint 9

“Driving in icy conditions”---please take note of these tips from the Iowa Department of Transportation to stay safe and be sure to share with your friends and family:

1. Slow down! Wear seat belts and don't drink and drive.
2. Put extra distance between yourself and the car in front of you.
3. Don't slam on the brakes, your wheels could lock up causing your car to slide.
4. If your car starts sliding, take your foot off the gas, keep your foot off the brake and turn your wheels in the direction the car is sliding to straighten it out.
5. Drive on interstates and one way roads whenever possible. (Head-on collisions are the greatest killers on icy roads)
6. Turn on your lights to see and be seen
7. Clear snow and ice off the headlights, taillights, mirrors and license plates. Stop the car when necessary to keep windows clear.
8. Be aware that bridges, ramps and overpasses may freeze first.
9. Check that wipers are not frozen to the windshield.

Viewpoint 10

FIRE FACTS: Fire is the most likely disaster that you and your family may encounter. It is the fourth leading accidental killer in the U.S. behind motor vehicle accidents, falls, and drowning. Each year more than 4,000 Americans die and more the 25,000 are injured in fires. 84% of fires are accidental, such as those caused by poor electrical wiring or careless behavior. ACTIONS TO CONSIDER BEFORE A FIRE;

1. Develop and practice an escape plan. Make sure all family members know what to do.
2. Draw a floor plan with at least 2 escape routes from every room.
3. Practice alerting other household members...one idea is to keep a bell and a flashlight in every room
4. Practice evacuating blind folded. (in a real fire smoke will make it hard to see)
5. Practice staying low to the ground when escaping
6. Choose a safe meeting place outside the house

Viewpoint 11

“Managing Stress”—every one of us experiences stresses at some point in our lives—when we work, travel and spend time with family and friends. Stress is not always unpleasant or harmful and the amount of stress varies from person to person. However, the American Psychological Association states that 43 percent of all adults suffer adverse health effects from stress.

Some of the most common sources of stress at work are:

1. Change in the workplace
2. Unclear Job responsibilities
3. Heavy workload
4. Role conflicts
5. Slow career progress
6. Limiting Management Styles
7. Poor Working Conditions
8. Family Problems

Viewpoint 12

Actions to consider BEFORE a Winter Storm:

1. Insulate the walls and the attic area :(caulk and weather-strip doors and windows, install storm windows or cover the windows with plastic from the inside.
2. Keep the pipes from freezing: wrap the pipes in insulation or layers of old newspapers (cover the newspapers with plastic to keep out moisture), let faucets drip a little and know how to shut off the water valves.
3. Acquire safe emergency heating equipment. Install and check the smoke detectors and CO2 detectors.

Viewpoint 13

Know the difference between a Thunderstorm WATCH and a Thunderstorm WARNING

Thunderstorm WATCH= Conditions are right for severe thunderstorms to form. When your area is under a severe thunderstorm WATCH, continue to stay tuned to TV/Radio for possible warnings.

Thunderstorm WARNING= A severe thunderstorm has been spotted by a trained observer or detected on radar.

Take action immediately. A storm is classified severe if it produces hail at least ¾ inch in diameter, winds 58 mph or higher, or tornadoes.

Viewpoint 14

KNOW THE 4 ELEMENTS OF VPP!

1. Management, Leadership and Employee Involvement
2. Work Site Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

Viewpoint 15

“Hazard Awareness—Create a Family Disaster Plan” Learning about the hazards that may strike your community and the risks your family faces will help you get started in protecting your loved ones before, after and during a disaster. Gather and review your community’s plans for evacuation, warning systems and signals—then create a personalized plan that includes:

1. Escape Routes (include a meeting place)
2. Family Communications (how you will contact one another)
3. Utility Shut-off and Safety (natural gas, water, electricity, etc.) and record the information
4. Insurance and Vital Records, review them.
5. Special Needs –find out about community resources for transportation, etc.
6. Caring for Animals-identify shelter, proper ID, veterinary records, providing carrier and leash (pets are not allowed in shelters)
7. Safety Skills—ensure that family members know how to use a fire extinguisher, administer First Aid/CPR.
8. Assemble a Disaster Supply Kit—include a minimum of 3 days’ supply of water, food, first aid kit, tools, sanitation and hygiene items, clothing and bedding.

Viewpoint 16

What to do BEFORE a tornado—and approaching cloud of debris can mark the location of a tornado even if a funnel isn’t visible. The wind may die down and the air may become very still. You may hear the sound of a loud roar, similar to a freight train. Some actions to consider:

1. Pick a place where your family members can gather if a tornado is in your vicinity. Your basement, center hallway, bathroom or closet on the lowest floor.
2. If you are in a high-rise building and don't have enough time to get to the lowest floor, find a place in a hallway near the center of the building.
3. Avoid all exterior walls and windows—and at work places with wide-span roofs such as cafeterias or auditoriums
4. Get under a sturdy piece of furniture and use your arms to protect your head and neck.

Viewpoint 17

“How to Prepare for Storms when the power goes out”—because storms are capable of causing complete destruction to large portions of our electrical systems, it is important to take all necessary steps if severe weather is forecasted. Here are some ‘Things to do’:

1. Stay up-to-date on changing weather conditions
2. Update your personal list of emergency phone numbers
3. Familiarize yourself with how to report a power outage
4. Set refrigerator/freezer controls to coldest settings
5. Plan how you will feed your family
6. Plan for alternate lodging
7. Learn how to manually open and close garage and other security doors
8. Fill your bathtub with water
9. Fill your car's gas tank
10. Fully charge your laptop and cell phone
11. Know the radio stations that cover your local area

Viewpoint 18

Safety Tips for a ‘Cold Wave’: A cold wave is a rapid all in temperature in a short period of time requiring greater than normal protective measures.

1. Dress properly: wear several layers of loose fitting clothing, wear a hat and scarf because the head and neck lose heat faster than any other part of the body.

2. Remember the obvious, you can see snow but you cannot always see ice. Avoid sudden braking or accelerating too quickly and harsh steering in slippery conditions.
3. Everyone is potentially at risk during a cold wave. The treat to you depends on your specific situation, so proceed with caution. Pay attention to weather advisories, particularly those that inform you about wind chill.

Viewpoint 19

Safely Decorating for the Holidays! Every year lots of fires are started during the holiday season! Here are some tips to keep your celebrations safe:

1. Live trees need water daily—NEVER let your Christmas tree go dry...a tree absorbs over a gallon of water in the first 24 hours and a quart or more per day!
2. Use only 'UL' tagged Christmas lights—they are tested for safety by Underwriters Laboratories. Be sure to unplug lights when you are away from home or go to bed.
3. If you have pets or small children decorate lower limbs with unbreakable ornaments that can be safely knocked on the floor or handled. If you make paper decorations use flameproof materials

Viewpoint 20

"Top Halloween Safety Rules"—Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could save everyone some trouble. Having a safe Halloween will make it all worthwhile. Three ways to stay safe:

1. Know the route your kids will be taking if you are not going with them. The best bet is to have an adult taking them.
2. Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.
3. Explain the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well. If they are caught vandalizing, make them clean up the mess they've made.

Viewpoint 21

Child Safety Seat Facts—one of the leading killers of children in the U.S. is trauma in motor vehicle crashes; the proper use of child safety seats would have prevented most of these deaths. Three things to know to about correct use of Child Safety Seats:

1. Follow the manufacturer's instructions, and be sure the child meets the weight requirements for the seat.

2. Ensure the harness is threaded through the correct slots and adjusted snugly and that the safety belt is in the right place to hold the safety seat in the car.
3. Make sure the seat is facing the proper direction and that if your car has a passenger-side airbag, which the safety seat is in the back seat of the car.

Viewpoint 22

Space Heaters are widely used as an alternative heat source. They post certain hazards so remember the following information when using them:

1. Use only space heaters labeled with U.L. or A.G.A certification. Always make sure that your smoke and carbon monoxide detectors are working and that you have proper ventilation.
2. Make sure your space heater is in good working condition. All space heaters need frequent checkups and cleaning.
3. Maintain adequate clearance in all directions around all space heaters. Give the heater adequate clearance—3 feet minimum from walls and combustibles, such as clothes, curtains, beds or other furniture.
4. NEVER leave children unsupervised in a room with a space heater.

Viewpoint 23

SIMPLE STEPS FOR LOW-TECH HOME SECURITY—increasing incidents of daytime break-ins have people wondering what the best ways to safeguard their residences are. Here are three ways to detect potential intruders:

1. Make sure you lock your doors and windows and do not hide the keys outside.
2. Trim hedges near the doors and windows.
3. Leave the interior and exterior lights on—motion detectors are a good choice so that the outside light comes on if someone approaches the front or back door.

Viewpoint 24

SPILL PREVENTION CONTROL & COUNTERMEASURES: Who is required to have annual SPCC Training?? This training is mandatory annually for all OIL-HANDLING EMPLOYEES...

1. Employees that manage petroleum storage tanks, above ground or underground as well as employees that handle or maintain equipment that contain 55 gallons of petroleum or more.
2. Employees that handle or maintain containers that have a capacity of 55 gallons of petroleum or more of petroleum.

3. Employees that handle, manage, or maintain containers of animal or vegetable fats that have a capacity of 55 gallons or more.

Viewpoint 25

November 30-December 5 is National Influenza Vaccination Week, with the cold weather upon us; employers and employees need to take necessary precautions to prevent and treat cold-related health problems.

1. Wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
2. Drink war, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol. Eat warm high-calorie foods such as hot pasta dishes.
3. Be sure that employees working in extremely cold conditions, take frequent, short breaks in warm dry shelters to allow their bodies to warm up. Try to schedule outside work for the warmest part of the day.

Viewpoint 26

Auto Safety Checks—time to start getting your vehicle ready for WINTER. October is 'Auto Care' month...Here are three ways to make sure your vehicle is prepared for winter driving:

1. Check all fluids, oil, coolant and windshield washer, replace as required.
2. Check tire pressure when tires are cold. Inflate tires to the recommended pressure. Properly inflated tires will increase traction, fuel mileage and will wear longer. Replace tires as needed.
3. Get an engine tune up, check battery and clean terminals. Pack an emergency safety kit for the trunk with a blanket, extra clothing, gloves, hat, jumper cables, snack food, small shovel, flashlight with new batteries and kitty litter for traction.

Viewpoint 27

WHY WASH YOUR HANDS??? According to some statistics, only one in 3 people wash their hands after sneezing or coughing, fewer than one in five wash their hands after handling money, and only about two-thirds of adults wash their hands after using the restroom. Three things to remember when washing your hands:

1. Adjust water to a warm temperature and wet hands, lather with a small amount of soap, using friction thoroughly clean all surfaces including between fingers.
2. Rinse hands under running water, hold hands in a downward position.
3. Use paper towels to dry hands thoroughly and use the same paper towel, turn off the water.

Viewpoint 28

Safety Tips for Your Thanksgiving Turkey

1. First, remove neck and giblets from cavity. Clean the bird thoroughly before cooking. Rinse inside and out with cool water and pat dry with paper towels.
2. Cook to 160 degrees in thickest part of thigh and juices run clear.
3. Refrigerate leftovers, in a covered container, plastic bag or aluminum foil. Refrigerated leftovers may be kept up to 4 days...frozen leftovers may be kept up to 3 months.

Viewpoint 29

October is Fire Safety month—Remember to GIVE WAY TO EMERGENCY RESPONDERS! GO RIGHT FOR SIRENS AND LIGHTS! Three ways to protect yourself from fires:

1. Change your smoke detector batteries (your local fire department urges you to develop the habit of changing the batteries when you change your clocks back to standard time in the fall)
2. Plan and Practice your escape routes—create at least two ways to escape and practice them with the entire family.
3. Install a fire extinguisher in or near your kitchen and know how to use it (recommend a multi or all purpose type)

Viewpoint 30

LARGE FURNITURE TIP-OVER DANGERS—The US Consumer Product Safety Commission recently reported that the number of TV tip-over deaths has doubled in the past two years. Parents and caregivers must be warned of the dangers of TVs and heavy furniture tipping over and killing young children. These tragedies occur when children climb onto, fall against, or pull themselves up on TV stands, shelves, bookcases, dressers, desks and chests.

Industry standards require that TV stands, and other furniture pass a stability test, and if found otherwise the product can be subject to a safety recall.

Three things you can do to prevent tip-over hazards are:

1. Verify that furniture is stable on its own. For added security, anchor to the floor or attach to the wall.
2. Place electrical cords out of a child's reach and teach children not to play with the cords.
3. Remove items that may tempt kids to climb—toys and game and remote controls from the top of the TV and furniture.

Viewpoint 31

General Winter Weather terms: Ever wonder what the local weather meant by something in their forecast? If you understand, you can prepare accordingly!

1. Snow showers: snow falling at varying intensities for brief periods of time. Accumulation is possible.
2. Flurries: light snow falling for short durations—no accumulation expected.
3. Freezing rain: rain that falls onto a surface with a temperature below freezing which causes it to freeze to surfaces, forming a coating or glaze of ice. Accumulations can cause a significant hazard.
4. Sleet: rain drops that freeze into ice pellets before reaching the ground, usually does not stick to objects, however, it can accumulate like snow and cause a hazard.
5. Winter Storm Watch: severe winter conditions, such as heavy snow or ice are possible within 48 hours. Prepare now.
6. Winter Weather Advisory: winter weather conditions are expected to cause significant inconveniences and may be hazardous. Caution should be exercised.
7. Winter Storm Warning: severe winter conditions have begun or are about to begin. Stay indoors!

Viewpoint 32

Fireplace Safety Tips: The fireplace in your home is a source of warmth and relaxation for your family and friends, but like any home appliance it must be properly maintained and good for the environment inside out to keep it safe for all to enjoy.

Three ways to keep your fireplace safe:

1. Have your fireplaces cleaned and inspected annually, and never leave a fire unattended.
2. Make a fire that fits your fireplace, when building a fire place logs at the rear.
3. Keep a fire extinguisher on hand.

Viewpoint 33

SHARE THE ROAD! Research shows that $\frac{3}{4}$ of crashes involving a motorcycle or bicycle involves a four-wheeled motor vehicle. Considering these crash statistics and the increasing number of two-wheeled vehicles—the key to a safer traffic mix is learning to share the road. Three things you can do to safely share:

1. Oil spills, potholes, gravel or debris may require the motorcycle or bicycle to adjust position within the lane; this room is needed to maneuver safely. Do not share a lane.
2. Look for motorcycles and bicycles in your search pattern, they are small and may be difficult to see!
3. Allow at least two seconds following distance between you and any vehicle. Don't tailgate.

Viewpoint 34

“Protect yourself and your family from carbon monoxide poisoning”—according to the United States Fires Administration (USFA) carbon monoxide poisoning claims more than 500 lives each year and send another 15,000 people to the emergency room for treatment. As you turn on your heater and settle in for the winter it's important to know some ways to protect your family from this odorless, colorless, toxic gas.

1. At lower levels of exposure, carbon monoxide causes mild effects that mimic the flu such as headaches, dizziness, disorientation nausea and fatigue. Ways to keep safe are:
2. Install a carbon monoxide detector in your home and check it regularly to be sure the battery is working.
3. Have a qualified professional check all fuel burning appliances, furnaces and chimney systems at least once a year.
4. Open your garage door before starting your car and do not leave the motor running in an enclosed area.
5. If you suspect carbon monoxide poisoning, call 911, and get the victim to fresh air immediately, and open windows.

Viewpoint 35

How to PREPARE for storms—severe storms are capable of causing complete destruction to large portions of our electric system! Even with an all-out effort, some people could be without power for days.

1. Here are some things to do:
2. Stay up-to-date on changing weather conditions and updates your personal list of emergency phone numbers.
3. Familiarize yourself with how to report a power outage
4. Set refrigerator and freezer controls to coldest settings and plan how you will feed and house your family.

5. Learn how to manually open and close any garage door, security door or gate.
6. Fill your bathtub with water, fill your car's gas tank, and fully charge your laptop and cell phone.
7. Know the radio stations that cover your local area.

Viewpoint 36

STUPID HURTS! (Contributed by Mr. Ron Miller) Three things to think about to 'use your head' about safety:

1. When in doubt, use the KISS principle (keep it simple, stupid!)
2. A word to the wise isn't necessary—it's the stupid one's who need advice to think twice.
3. Ignorance can be fixed, but stupid is forever.

Viewpoint 37

Combating Chronic Fatigue—one of the most common complaints people face today is lack of energy. According to a recent survey, nearly half cited daily tiredness as a number one health concern! Chronic fatigue is most often caused by stress, poor nutrition, dehydration, inactivity and depression. If you are affected by this cycle you can start to feel better by making some basic changes.

Three things you can do to safeguard your health are:

1. Make activity a priority. As days and weeks pass add a bit more activity each day and you will reap the benefits of these changes.
2. Change your eating habits...pay more attention to the food you eat, think of food as fuel to make your body run more efficiently.
3. Maintain good posture, your body uses a lot of energy when it has to work to support itself. Good posture improves energy levels.

Viewpoint 38

MOTORCYCLE SAFETY—most importantly 'knows your bike and how to use it! Get formal training, take refresher courses. Call 1-800-446-9227 for the rider training nearest to you. Here are three things to know to stay safe:

1. BE VISIBLE! (People driving cars often don't see motorcycles)

2. Dress for safety—wear bright colors, long sleeves and long pants, over the ankle boots and gloves, a helmet and eye protection (the only thing between you and the road is your gear!)
3. Know and follow the rules of the road (signal your moves in advance and give yourself time and space to react to cars)

Viewpoint 39

TORNADO SAFETY—of all the winds that sweep this planet's surface, tornadoes are the most violent. Three ways to stay safe:

1. When a WARNING is received, take cover immediately.
2. Stay away from windows, doors, and outside walls! Protect your head!
3. In schools, office buildings, hospitals, factories and shopping centers, go to pre-designated shelter areas, interior hallways on the lowest floor are best.

Viewpoint 40

Sidetracking Your STRESS—if you are like most Americans, you deal with stress on a daily basis. Sources of stress are good things such as an upcoming wedding or promotion or bad things like out-of-control debt or legal problems. Either way it can cause physical ailments such as headaches, sleep disorders, backaches, fatigue, irritability, upset stomach and other mental and emotional symptoms such as anxiety and depression.

NOBODY CAN AVOID STRESS ALTOGETHER and some are actually good for you. Here are 3 ways to reduce and manage stressors:

1. Make a list of things in your life that because you stress (awareness can give you an idea of what causes you to tense up and you can plan how to avoid or handle situations differently)
2. Put fitness first. (Exercise at least 5 days a week, it helps relax those too tight muscles and produces endorphins which are chemicals in the brain that counteract stress.)
3. Build loving relationships and supportive networks. (The warmth of human connection to friends, neighbors and coworkers is a great buffer for stress!)

Viewpoint 41

The Silent Killer—falling asleep at the Wheel. Pull over and park the car if you experience these danger signals! Here are three things to know to stay safe.

1. Your eyes go out of focus and you have trouble keeping your head up.

2. You can't stop yawning and you can't remember the last few miles you've driven.
3. You drift between lanes or miss traffic signals.

Viewpoint 42

"Safe Office Practices--specifically office equipment" Three ways to stay safe:

1. Drawers on desks and file cabinets should have safety stops
2. Office machines should be placed away from the edges of tables or desks
3. Post signs at shredders or other equipment warning workers of any hazards associated with loose clothing, long hair, dangling jewelry, noise, etc.

Viewpoint 43

Materials Storage--in general, all materials should be stored in areas specifically set aside for that purpose. Clear walkways must be maintained in storage areas and on storage shelves, stack larger items on the bottom and smaller items on top. Also items should not be stored within 18 inches of the ceiling.

Here are 3 things you can do to store materials safely:

1. Do not stack boxes, papers, and other heavy objects on file cabinets or window ledges where they could spill or fall off.
2. Flammable and combustible fluids are to be stored in safety cans in approved, identified, cabinets, NOT in drawers, filing cabinets or personal lockers.
3. Mechanical rooms are not to be used as storage rooms.

Viewpoint 44

DOORS--all exit doors, if locked from the outside, must be able to be opened from the inside without a key. Where there are double exit doors, both doors must be operable from the inside whenever the building is occupied. Glass doors should have some conspicuous design, about 4 1/2 feet above floor level and centered so that people will not walk into them.

Here are three things to know to keep safe around doors:

1. Approach a solid door away from the path of the opening door.
2. Reach for the door now so that, if the door is suddenly opened from the other side, the hand receives the impact rather than the face.

3. Open the door slowly, especially if the door opens outward.

Viewpoint 45

"No Fall Insurance"--Falls are the most common office accident, learning to recognize and correct slip, trip and fall hazards is your best insurance. Three ways to prevent falls:

1. Make sure your pathway is clear before you walk.
2. Clean up spills immediately.
3. Always use a stepladder for overhead reaching.

Viewpoint 46

EYE PROTECTION--USE IT! What can be more precious than your sight? What if you could no longer read this? Eye injuries of all types occur at the rate of over 2000 per day. Hazards include chemicals, flying objects, harmful light radiation, particles and dust. Here are 3 things you can do to keep your eyes safe:

1. Utilize your Personal Protective Equipment (PPE)--wear safety glasses, goggles or face shields as directed. Inspect your PPE for damage daily, clean as needed and replace if broken or cracked.
2. Know how to use an emergency eyewash station, know where stations are located. Hold both your eyelids open, wash your eyes for at least 15 minutes and seek medical attention.
3. Wear sunglasses to shield your eyes from UV rays when working outdoors, choose impact resistance lenses and wrap around protection.

Viewpoint 47

IMPAIRED DRIVING IS A CRIME AND WILL NOT BE TOLERATED. "Impaired driving is one of America's most-often-committed and deadliest crimes. That's why law enforcement will be out in force across the nation through Labor Day weekend cracking down on drunk drivers."

Here are three things you can do to stay safe:

1. Whenever you plan on consuming alcohol, designate a sober driver and give that person your keys.
2. Wearing your safety belt while in a car or using a helmet and protective gear when on a motorcycle is your best defense against impaired drivers.
3. Remember, 'Friends don't let friends drive drunk.' Help them make other arrangements to get to where they are going safely.

Viewpoint 48

Fireworks and celebrations go together, especially during the Fourth of July. However, fireworks can be dangerous! They are explosives that can cause permanent eye and ear damage, serious burns and can blow our fingers and limbs. The best advice is to attend organized fireworks events in your community instead of using them at home. However, if fireworks are legal where you live and you decide to set them off on your own, be sure to follow these 3 tips to keep yourself/others safe:

1. NEVER allow children to play with or ignite fireworks and be sure people are out or range before lighting them.
2. Read and follow all warnings and instructions.
3. Keep a bucket of water in case of a malfunction or fire.

Viewpoint 49

The U.S. Consumer Product Safety Commission (CPSC) is urging people to use caution and common sense when tending to their lawns and gardens this spring. CPSC recommends taking the following precautions to prevent injuries from lawn and garden equipment.

Three ways to stay safe:

1. Dress appropriately for the task—wears long pants and long-sleeved shirts (to avoid injuries from thrown objects such as sticks or rocks)
2. Make sure that the safety devices on the equipment are in place and functioning properly before starting work.
3. Never assume children will remain where you last saw them. Be alert and turn off the mower if children enter the mowing area. Use extra care when backing up or approaching corners, shrubs and trees. Young children move quickly and are attracted to mowers and mowing activity, especially if they have been given rides on mowers before.

Viewpoint 50

Services Voluntary Protection Program viewpoints will be coming your way every Monday to spread the word about VPP and make a safer work environment for all of the employees at Wright-Patterson, VPP belongs to all of us and we need to know what we can do! The state of Ohio ranks #7 out of the top 10 states in the United States in lightning casualties (deaths and injuries)—Lightning is most likely to happen in the spring and summer months in the late afternoon or evening. Here are three things to know to stay safe:

1. The best shelter from lightning is a substantial building INDOORS away from windows.
2. Stay away from tree, electrical poles or other tall objects outdoors.

3. If you or your children are involved in outdoor recreational activities, verify that scout leaders, coaches, umpires, referees, and camp counselors have guidelines for postponing outdoor events BEFORE thunderstorms approach! Safety of participants and spectators must be the #1 priority.

Viewpoint 51

AVOID OUTDOOR ELECTRICAL HAZARDS—one of the sure signs of spring is a large jump in the number of people performing work outside, whether at work or around their homes. The Electrical Safety foundation International (ESFI) is encouraging people not to be so enthusiastic about getting back outside that they fall victim to electric shock.

Three ways to stay safe:

1. Water and electricity don't mix...avoid damp conditions, including wet grass when using electricity.
2. Ladders, even wooden ones, when carried upright can contact power lines, often with fatal results.
3. Outdoor power tools and appliances must be unplugged when not in use.

Viewpoint 52

How to Keep Your House Safe While You're Away—if you want to worry less on your trip and increase the chances of finding your home

The way you left it, run through this checklist:

1. Don't put out a virtual welcome mat...discussing your detailed plans on your websites and cell phones.
2. Take basic home security measures. Leave a few interior and exterior lights on connected to a timer, or invest in an alarm or motion detector lights.
3. Unplug before you unwind...unplug as much as you can, TVs, coffee pots, clock radios, microwaves, computers etc.
4. Sit on it—a house sitter, even one who visits occasionally can help keep up appearances at home.
5. Don't forget about Fido and Fife—Pet sitters are great and you get the added advantage of making sure your mail is picked up and your plants are watered or choose a safe and clean kennel recommended by your veterinarian.
6. Take out the garbage—if you forget to take it out once, you never forget it again.

