



July is Fireworks Safety Month

According to the Consumer Product Safety Commission, an estimated 10,500 injuries due to fireworks sent people to U.S. emergency departments in 2014. Of those injuries, approximately 7,000 of them occurred between June 20 and July 20.

TopSafety Takeaway: Leave the firework displays to professionals.

Nailing Down Safety

Nail guns are great — they are convenient and easy to use. However, used improperly, nail guns pose serious hazards. According to OSHA, unintended nail gun discharge is 1 of the most common causes of injuries when using a nail gun. If you use one, follow these guidelines:

Use a nail gun that has a safety catch and a non-slip grip. Never dismantle any safety features.

Understand the type of trigger on your nail gun. **Note:** There are 4 kinds of triggers — full sequential triggers, single sequential triggers, contact triggers and single actuation triggers — and each is activated differently. OSHA states that the safest is the full sequential trigger.

Read the instructions before operating the nail gun.

Alert others on the worksite that you will be using a nail gun.

Wear high-impact safety glasses when working with or near someone with a nail gun. A hard hat and earplugs are also recommended.

Don't use a malfunctioning nail gun.



Never point the nail gun at anyone.

Check wood surfaces for knots, nails, straps or objects that could cause a recoil or ricochet before nailing.

Hold the nose of the gun pressed firmly against the material before pressing the trigger.

Keep your hands at least 12 inches away from the nailing point.

Turn off the power if you are walking with a nail gun or leaving it unattended.

Portable Pool Precautions

Drowning is the leading cause of death for children ages 1 to 4, and swimming pools pose the greatest risk for drowning, according to the Centers for Disease Control and Prevention. Small portable or inflatable pools pose a particular danger because the sides can collapse and can cause someone to easily fall into the water and drown.

If you own — or visit someone who owns — a portable pool, consider these precautions:

❖ **Always supervise your child.** Don't be tempted to text, play games or scan your smartphone. Don't read or leave the pool area when children are near the water.

❖ **Teach your children to swim at a young age** and consider making them wear a life jacket as a precaution — even around small amounts of water. Air-filled flotation toys such as water wings or rings are not designed to keep swimmers safe.



8 Safety Tips for Working Expectant Moms

Pregnant? Planning to get pregnant? If you are, in addition to your normal safety procedures, follow these 8 safety tips to protect you and your baby:

1 **Know the possible dangers** from toxins, radiation or other harmful exposures at your workplace. Work with your supervisor to take steps to avoid or reduce contact with these hazards.

2 **Avoid lifting heavy objects during pregnancy.** If your job requires lifting something more than 25 pounds, ask for a reassignment while pregnant.

3 **Don't stand for long periods.** If your job requires standing all day, be sure to take sitting breaks. Also wear support hose and comfortable shoes. **Note:** Standing long hours can increase risk of high blood pressure or premature birth.



4 **Avoid sitting for long periods.** Take frequent breaks to get up from your desk to stretch and walk around. While sitting, try elevating your feet on a footrest or box to reduce potential swelling and take pressure off your lower back. **Note:** Select a chair with a firm seat and lower back support.

5 **Talk to your health care provider** before making any travel decisions — especially when thinking about traveling far from home.

6 **Try not to overschedule yourself or overdo it.** Remember, most pregnant women tire easily, especially during their first and third trimester.

7 **Check with your health care provider** about taking any supplements such as folic acid and prenatal vitamins.



8 **See your health care provider regularly.**

Zip Line Safeguards

The thrill of zooming through the air on a zip line never gets old. Most are safe; however, if you plan on flying about on a zip line, here are a few things to keep in mind:

Use a professional zip line company that:

- ✓ Provides a professionally trained operator.
- ✓ Maintains their zip lines and has records to prove they inspect and maintain their lines regularly.
- ✓ Follows Association for Challenge Course Technology standards. This trade group sets minimum standards for zip line companies regarding construction. **Note:** States have different guidelines when it comes to zip line safety.



Think twice about riding a zip line in inclement weather and never ride one during a lightning storm. (Remember, a professional company would not operate during a storm.)

Wear the appropriate safety gear including a secure harness, a helmet, gloves, goggles and pads.

Check the zip line for quality and strength. If you notice fraying, splitting, wear, cracking or other damage, stay clear.

SAFETY CORNER

UV Safety Month is a good time to check your sunscreen expiration date. Toss out any sunscreen that:

- ◆ Is past its expiration date.
- ◆ Is more than 3 years old.
- ◆ Has an obvious change in color or consistency.



Note: If you apply sunscreen often and generously, it shouldn't last more than a year. **Generously** means using 1 ounce (about a shot glass) of a broad-spectrum sunscreen with an SPF of 30 or more to cover exposed body parts.



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