

## SAFETY CORNER

### SPF 101

According to the Skin Cancer Foundation, most sunscreens with an **SPF 30 or higher** do a good job of protecting your skin from the sun's harmful rays as long as they are applied liberally and often. Just remember these 2 SPF basics:

Apply at least **1 OUNCE** (enough to fill a shot glass) of **SPF 30** sunscreen **30 MINUTES** before sun exposure.

Re-apply after **2 HOURS** or immediately after swimming, sweating or toweling off.



## Vibration VIBES

**Hand-arm vibration syndrome (HAVS) is caused by vibrating handheld tools** and creates symptoms such as lingering finger numbness, finger blanching (whiteness), shoulder pain, muscle weakness and fatigue. Unfortunately, HAVS can also have more serious consequences. You can experience circulation problems or develop carpal tunnel syndrome if the condition is left untreated. If you work with vibrating handheld tools, such as pneumatic jackhammers, drills and chain saws, here's how you can reduce your risk of developing this syndrome:

- ➔ Use a manual tool or an improved, low-vibration tool instead.
- ➔ Schedule work breaks to avoid constant, continued vibration exposure. The rule is to take a 10-minute break after each hour of using the tool.
- ➔ Ask your employer if job rotation is possible.
- ➔ Hold tools as loosely as possible and vary positions.
- ➔ Wear anti-vibration gloves to keep hands protected and warm (low temperature reduces blood flow to your hands).
- ➔ Visit your health care provider if you experience any of the symptoms described above.



## QuikQUIZ™: National Safety Month

It's **National Safety Month**. Take our safety quiz to see if you know your stuff.

1. Keep 3 points of contact when ascending or descending a ladder.  
 True  False
2. When lifting something, bend from the waist and lift with a straight back.  
 True  False
3. You should always wear safety glasses while operating a nail gun at home or at work.  
 True  False
4. It is okay to wear headphones and listen to music while operating machinery as long as your supervisor and coworkers are aware.  
 True  False
5. You can use portable generators in a garage as long as the garage doors and windows are open.  
 True  False
6. When using a fire extinguisher, aim at the base of the fire, using a sweeping motion to put out the fire.  
 True  False

### ANSWERS:

- 1. True.** Maintain 3 points of contact: Face the ladder and have 2 hands and 1 foot, or 2 feet and 1 hand, in contact with the ladder steps, rungs and side rails.
- 2. False.** When lifting something, stand close to the object, bend your knees enough so that you are squatting and lift with your legs.
- 3. True.** Always wear safety glasses if you are using a nail gun or near someone using a nail gun.
- 4. False.** Never wear headphones while on a construction or an industrial site. It can prevent you from hearing warning signals, backup alarms and coworkers' warnings.
- 5. False.** Never use a portable generator in an enclosed space, such as a garage or any building, even if windows are open. Keep 3 to 4 feet of space clear on all sides and above the generator to ensure adequate ventilation. Never place it near vents, windows or doors.
- 6. True.** Aim at the base and sweep the nozzle from side to side.  
**Tip:** Read the instructions before using the extinguisher.





# Travel Abroad **Safety Checklist**

Now more than ever, travelers need to be concerned about their safety when traveling abroad. The U.S. Department of State advises travelers to learn about travel warnings and alerts by visiting <https://travel.state.gov/content/passports/en/alertswarnings.html>. Do this before planning a trip to any destination outside the U.S. Here are some of their tips:

## BEFORE YOU TRAVEL:

- 1 **Find** out about visa requirements, local laws, customs and medical care in the countries you plan to visit.
- 2 **Enroll** in the U.S. Department of State's **Smart Traveler Enrollment Program** at [step.state.gov](http://step.state.gov). You can receive travel and security updates about your destination, and it will help them contact you in an emergency.
- 3 **Find** out about required vaccinations or health precautions.
- 4 **Learn** how to handle money, credit cards and ATMs at your destination.
- 5 **Get** a letter from your health care provider for any medications (including over-the-counter) you plan to bring. Some countries have strict laws, even for over-the-counter medications.
- 6 **Back** up copies of your important documents electronically. Also, print them and leave them with a trusted adult.
- 7 **Get** insured — health and travel insurance are recommended.



## WHILE THERE:

- 1 **Don't** use your credit card at internet cafés or on public Wi-Fi.
- 2 **Carry** contact information about the country's U.S. embassy or consulate. If you have an emergency while abroad, contact +1-202-501-4444.
- 3 **Don't** carry wallets or cash in your back pocket. Likewise, carry your purse across your body and don't put important documents, credit cards or money in a backpack. **Tip:** Don't carry important documents together.



- 4 **Stay** aware of your surroundings and try not to travel alone — especially at night.
- 5 **Don't** act like a tourist and don't draw attention to yourself.
- 6 **Don't** wear expensive jewelry — your best bet is to leave it at home.

## Are You **Reptile** Ready?

**Looking to add a turtle or lizard to your menagerie?** Choose these types of pets carefully, especially if you have younger children.

**Caution:** Children under 5, adults older than 65 and people with weakened immune systems shouldn't handle reptiles.



**While these pets are fun to have,** and mostly easy to care for, they often carry **salmonella**. Salmonella germs in reptile and amphibian droppings (feces) can contaminate anything the pets contact. If you choose to have a reptile as a pet, follow these rules:

- ✓ **Wash your hands immediately after handling reptiles,** amphibians and anything in the area where they live or roam, such as their habitats, food or equipment.
- ✓ **Don't clean your pet's habitat or accessories in your kitchen** or bathroom sink. Do this outside or in a special tub for this purpose only.
- ✓ **Don't snuggle** or kiss reptiles.

## SHIFTWORK ZONE

### Go Online with **Care**

As a shiftworker, the ability to bank, shop and pay bills online during off-peak hours is indispensable. You don't have to wait until daytime to take care of business. But, going online may increase your risk of identity theft.



#### Protect yourself:

- Create passwords that contain letters, numbers, symbols and unrecognizable strings of characters.
- Never share passwords with anyone or write them down where they could be found.
- Change passwords every 30 days.



Reach your personal best with [www.personalbest.com/extras/17V6tools](http://www.personalbest.com/extras/17V6tools).

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