

# OnTrack to Wellness

Brought to You by the NYC Transit HR Benefits Wellness Team

February 2019

Safety Around the Clock. .... 2.2019



February is American Heart Month.

## EXERCISE Caution

**Approximately 600,000 Americans die from heart disease annually**, according to the American Heart Association. While exercise is 1 way to combat this deadly disease, proceed with caution if you've been inactive, have recently experienced a heart attack or heart problem or have these heart disease risk factors:

- ✓ Sedentary lifestyle.
- ✓ Obesity.
- ✓ Diet high in saturated fat.
- ✓ Type 2 diabetes.
- ✓ High blood pressure or hypertension.
- ✓ Unhealthy cholesterol.
- ✓ Smoking.
- ✓ Family history of heart disease.



### To be safe:

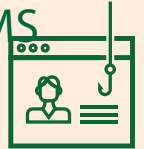
- **See** your health care provider before beginning an exercise routine or playing a new sport.
- **Warm** up your muscles with low-intensity activities (such as walking) for 5 to 10 minutes before any exercise. Stretch gently at the end of physical activity to reduce strain.
- **Pace** yourself. Start slowly and don't do too much your first few times. And, if your regular workout gets interrupted for a few days, start back slowly.
- **Don't** exercise when it's too hot, humid or too cold outside.
- **Stay** hydrated.
- **Know** the signs of a heart attack: tightness, pressure or pain in chest; shortness of breath; dizziness or lightheadedness; unusual heart rhythms (palpitating, skipping); unusual sweating; discomfort in arms, back, neck, jaw or stomach or discomfort radiating from 1 body part to another, such as from your chest to your shoulder. **Call 911 within the first 5 minutes after your symptoms begin — time is critical.**



Learn more about exercise and heart disease risks at [heart.org](http://heart.org).

## SAFETY CORNER

### Avoid Tech Support SCAMS



"Virus detected! Click here or call this number for a free security scan and repair." If you've received a message like this on your device, the Federal Trade Commission advises you to ignore it.

**It's a tech support scam.** Cyber thieves use this ruse to get your money or even get you to download malicious software that can steal your personal information. Warning: Some of these companies can look legitimate by using company logos and websites that closely resemble the actual company support page.

**If you suspect something is wrong with your device,** call the company support that sold it to you; do not call numbers, click or download anything. Also, if someone asks you to pay for tech support with a gift card, cash,

## Preventing Forklift Tipovers



**There are 2 types of tipovers that can occur on a forklift** — a forward or a side tip. Tipovers can occur when you drive too fast, change direction, turn or travel on a grade or incline.

**To prevent tipovers, be sure to follow these OSHA recommendations and requirements:**

- ALWAYS** operate the forklift in accordance with the manufacturer's specifications.
- BUCKLE** your seatbelt before you start and drive the forklift.
- FOLLOW** the required speed limit.
- SLOW** down on slippery or wet surfaces.
- KEEP** a clear view of your travel path, look in the direction you are traveling and don't attempt to run over any objects in your path.
- NEVER** carry passengers.
- DO NOT** engage in stunt driving and horseplay.
- REDUCE** speed on turns and turn the steering wheel in a smooth, sweeping motion. Don't turn too sharply and remember that the rear of the forklift swings in the opposite direction of the turn.
- NEVER** turn on a grade or with forks elevated.
- SLOW** down and sound the horn at cross aisles or where vision is obstructed.
- STOP** before changing directions.

## Foil the FLU

Flu season often peaks between December and February, but can last until May. Prevent the flu by following the Centers for Disease Control and Prevention (CDC) advice:

**Get vaccinated.** The CDC recommends getting vaccinated by October, but February is not too late if vaccines are still available. Important: Talk to your health care provider before getting a flu shot if you are feeling sick, you have had Guillian-Barre Syndrome or have an allergy to eggs or vaccine ingredients.



**Wash your hands with warm, soapy water often.** Use hand sanitizer if soap and water are not available.

**Avoid contact with sick people.** If you're sick, stay home and limit contact with others.

**Avoid touching** your eyes, nose and mouth.

**Clean and disinfect surfaces** that may be contaminated with germs.

**Practice a healthy lifestyle** by getting enough sleep, exercising, managing your stress, eating nutritious food



Burn Awareness Week is February 3-9.

## Cook Up SAFETY

**It all boils down to safe practices when it comes to preventing burns in the kitchen.** Here are the ingredients to make sure you or your little ones don't end up in the emergency room:

➔ **Use the back burner** to prevent little hands from reaching hot pots. If you need to use front burners, make sure pot handles are turned inward.

➔ **Keep hot foods away** from counter or table edges.

➔ **Use oven mitts** or potholders to move heated pots or dishes. **Caution:** If the mitt is wet, it can cause scalds when combined with heat.

➔ **Open containers from oven or microwave slowly** and away from your face — steam can burn.

➔ **Never leave a pot or pan** that is cooking on a burner unattended.

➔ **Don't leave home** if you have something baking in the oven.

➔ **Set your water heater to 120°F or lower to prevent scalds.** Install scald-prevention tempering valves or thermostatic mixing valves.

➔ **Know that microwaves heat unevenly** so stir all foods or drinks before eating or drinking. Avoid heating baby bottles in a microwave for this reason. Instead place them in warm water to heat.

➔ **Use a frying pan screen** to prevent hot oil from splattering. Never add water to a pan with hot oil or it could splatter.

➔ **Buy a Class ABC extinguisher to put out kitchen fires.** The Class K extinguisher is often used in commercial kitchens. If you don't have an extinguisher handy, use a lid to put out a grease fire — never throw water, flour or cooking powders onto a grease fire. Instead use baking soda or salt.



## Handling Hammers: Dos and Don'ts



**Most of us use a hammer for various projects** — some people use one every day. Here are some dos and don'ts regarding hammer use:

**DO** select the appropriate hammer for the job and one that has a cushioned handle to protect you from vibration and impact.

**DO** hold the hammer properly and avoid awkward positions when using it to prevent strains.

**DO** check the hammer to make sure the head is firmly attached to the handle.

**DO** use a hammer with a striking face diameter that is approximately ½ inch larger than the top of the tool (punch, chisel, wedge, etc.) being struck.

**DO** look behind and above you before you swing the hammer.

**DO** strike your hammer squarely with the striking face parallel to the object being struck.

**DON'T** use a hammer for any other purpose than what it is designed to do.

**DON'T** strike another hammer, stones or concrete with your hammer.

**DON'T** use a hammer if the head is loose or if the handle is cracked or splintered.

**DON'T** use hammers with sharp edges or any hammerhead with dents, chips, cracks or excessive wear.

**DON'T** strike an object with the side of the hammer.



SMART MOVES TOOLKIT including this issue's printable download, **Weight-Loss Aid: Exercise**, is at [personalbest.com/extras/19V2tools](http://personalbest.com/extras/19V2tools).

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