



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.**

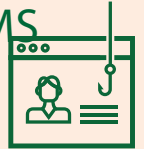


Learn more about exercise and heart disease risks at heart.org.

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.

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