

# OnTrack to Wellness

Brought to You by the NYC Transit HR Benefits Wellness Team

May 2019

Safety Around the Clock. .... 5.2019

## Managing Food Allergies at Work

Many of us spend most of our waking hours at the workplace, and for food allergy sufferers, that can be a challenge. Take these steps to avoid problems:

**Talk about it.** Be up front from the beginning by informing your supervisor and coworkers about your allergies. Ask your supervisor about reasonable accommodations if your allergies are severe.

**Educate coworkers.** Let them know the signs of an allergic reaction, where you keep your epinephrine auto-injector and what to do in an emergency. Explain that food allergies are serious and can be fatal.

**Invite coworkers to ask questions.** Become a resource for others about food allergies.

**Let coworkers know they can help.** Share how they can prevent any food reactions at work. For example, ask them to check with you before planning a food-related office event.

**Generate awareness.** Ask your employer if you can post signs that your office or area is an allergen-free zone. Consider asking to hang a food allergen poster in your office cafeteria or common area.



Safe Jobs for Youth Month.

## 5 WAYS to Stay Safe this Summer

School is almost out and with that, thousands of teen workers will start looking for summer jobs. According

to UC Berkeley, every 6 minutes a U.S. teenage worker is injured enough to go to an emergency room and 30 to 50 die each year because of workplace incidents.

**Prevent injuries and fatalities by following these 5 guidelines:**

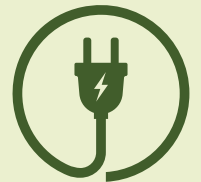
- 1 **KNOW** the employment laws in your state.
- 2 **WEAR** any safety gear required by your employer and follow all the rules.
- 3 **REPORT** unsafe conditions to your supervisor. If nothing is done about the unsafe conditions, tell your parents. To file a confidential complaint, visit [osha.gov/workers/file\\_complaint.html](https://www.osha.gov/workers/file_complaint.html).
- 4 **ASK** for help when needed and don't be afraid to ask questions.
- 5 **FOR** more details and information about your rights, specific job hazards and safety requirements, visit [osha.gov/youngworkers/resources.html](https://www.osha.gov/youngworkers/resources.html).



May is Electrical Safety Month.

## Brush Up on BASICS

It's never too late to review the basics when working with electricity:



**Inspect all cords** for damage or wear before using them. Repair or replace damaged cords and electrical equipment immediately.

**Know where circuit breakers and electrical panels are located** in case of emergency. Don't block access to them.

**Use the correct extension cords** rated for the amperage or wattage level that you are using and only use extension cords temporarily. According to Electrical Safety Foundation International, extension cords will rapidly deteriorate over time with continuous use. This can create a fire hazard.

**Make sure extension cords are taped** to walls or floors, if necessary. (Never nail or staple them.)

**Replace fuses** with the correct size.

**Stop using outlets** if they become warm or hot and replace with new ones.

**Install and use ground fault circuit interrupters (GFCIs)** if you are working with electricity in damp or wet areas.

**Always use ladders made with non-conductive side rails** (e.g., fiberglass) when working with or near electricity or power lines.

**Place halogen lights away from combustible materials** such as cloths or curtains. Halogen lamps can become very hot and may be a fire hazard.

# Good Road Habits for New Riders

**Remember — warmer weather means more motorcyclists will be on the road. And some of these bikers may be first-timers.**

## Motorists:

- **Check your mirrors** for blind spots.
- **Use extra caution** at intersections; look twice.
- **Don't be distracted** by calls, texts or conversation.
- **Give bikes** the full lane.

## New riders:

- **Choose the best motorcycle** to fit your riding skill level.
- **Take a motorcycle safety course.**
- **Inspect your bike** before use.
- **Wear the proper riding gear** including a helmet that at least meets the D.O.T. helmet standard certification or the Snell Foundation certification. **Note:** Snell certification is not a requirement by law, but according to the Motorcycle Legal Foundation, the foundation goes above and beyond the minimum criteria to thoroughly test helmets.
- **Know and follow all legal requirements** for using a motorcycle.
- **Avoid riding** in poor weather.
- **Ride defensively** and position your bike to avoid blind spots.
- **Respect all traffic laws** including using your signals.



May is  
Motorcycle  
Awareness Month.

# COMMUTING by Bicycle

Nationwide, the number of people who commute to work by bicycle has increased by approximately 60% in the past decade, according to a 2014 U.S. Census Bureau report and American Community Survey. Bicycle commuting not only reduces carbon footprint, but also promotes a healthier lifestyle. **National Bike to Work Day is May 17** — give it a try, but stay safe.

## HERE'S HOW:

- **Plan your route.** Select routes with minimal traffic. It could take a few minutes longer, but safety and reduced stress could be worth your time. Use designated bike lanes if they are available.
- **Check your bike** before traveling. Inspect tires, brakes and lights and keep your bike maintained.
- **Obey all traffic signs,** signals and lane markings.
- **Wear a helmet and bright clothing** so you are seen. In the evenings, wear reflective gear and use flashing tail lights.
- **Pass with care.** Travel in a straight line unless passing. Indicate your intention to pass with your voice, horn or bell. Pass on the left when the lane is clear.
- **Watch for parked cars.** Drivers may not notice you as they pull out of a space or swing open their doors.

# SAFETY CORNER

## MOLD-FREE Home

### Preventing mold in your home

can help avert significant health issues, not to mention keeping your home in tiptop shape. Use these tips to maintain a dry, mold-free abode:



May is Building  
Safety Month.

**INSTALL** a whole-house dehumidifier or use a portable dehumidifier in damp areas of your home, such as laundry rooms or basements.

**USE** a drain pan under your water heater and washing machine. Wash pans with bleach before reinstalling them.

**POSITION** downspouts away from the house.

**KEEP** your home well ventilated. Install and use exhaust fans in bathrooms and kitchens (make sure they vent to the outside).

**FIX** plumbing leaks immediately.

**CLEAN** fabrics in your home routinely and keep them dry.



May is  
Bike Safety Month.

- **Look out for hazards** such as potholes, uneven pavement, cracks and debris. Also remember that biking in the rain can be hazardous due to slick conditions.



The **Smart Moves Toolkit** including this issue's printable download, **Eating the Mediterranean Way**, is at [personalbest.com/extras/19V5tools](http://personalbest.com/extras/19V5tools).

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