

May is Building Safety Month.



Pardon Our Dust

If you work at a construction site regularly, you may be breathing in harmful dust. This could lead to respiratory problems, such as silicosis, asthma, chronic obstructive pulmonary disease or lung cancer. Take these steps to be safe:



- ➔ **Wear the proper PPE** provided by your employer; there are respirators that are mandatory for certain types of workplace dust. Learn more at [osha.gov](https://www.osha.gov).
- ➔ **Know what materials contain silica;** if inhaled, it can cause lung disease. Take precautions, such as wearing OSHA-required respirators. For example, concrete, brick, stone, glass and ceramic, as well as certain paints and coatings, can contain silica.
- ➔ **Check PPE for damage** or wear and replace if necessary.
- ➔ **Use engineering controls**, such as wet processes when appropriate, a vacuum instead of a broom, good housekeeping and controlling disposal of dust.
- ➔ **Quit smoking.** Smoking can increase the risk for occupational lung disease.
- ➔ **Get regular checkups**, including evaluating lung function with spirometry (a breathing test that measures how well your lungs work) as recommended by your provider.

5 WAYS to Prevent Skin Cancer



There are more than five million cases of skin cancer diagnosed in the U.S. annually, yet it is preventable. The American Academy of Dermatology recommends the following five guidelines for skin cancer prevention:

- 1 **Stay** out of the sun between 10 a.m. and 4 p.m.
- 2 **Avoid** tanning and getting sunburned.
- 3 **Apply** a broad-spectrum (UVA/UVB), water-resistant sunscreen with SPF 30 or higher every time you are outdoors. **Tip:** Apply one ounce (about two tablespoons or enough to fill a shot glass) to your entire body 15 minutes before going outside. Reapply after two hours or after swimming or sweating, according to the product's directions.
- 4 **Examine** your skin for changes every month.
- 5 **See** a dermatologist annually for a professional skin exam.

May is Safe Jobs for Youth Month.

Keep your teen safe by knowing the labor laws in your state.



May is Electrical Safety Month.

Errant Electrical

With more people working and schooling from home, electrical safety needs to be top of mind. An average of 51,000 electrical home fires occur each year, according to the Electrical Safety Foundation International, and the U.S. Consumer Product Safety Commission reports nearly 400 electrocutions occur annually in the U.S. Many of these unfortunate tragedies can be prevented by taking these precautions:

Leave electrical repairs to licensed experts.

Avoid overloading outlets and unplug small appliances when not in use.

Inspect electrical and extension cords for damage regularly and avoid using if they are damaged.

Never plug a space heater or fan into an extension cord or power strip.

Don't run electrical cords under rugs or across pathways.

Use the proper wattage for lamps and lighting.

Learn the warning signs of an overloaded circuit, including dimming of lights when devices are turned on, buzzing sounds from switches or outlets, and discolored outlets.

Use arc-fault circuit interrupters (AFCI) or AFCI circuit breakers and receptacles in your home to protect against arc fault-caused fire.

Childproof your home with tamper-resistant receptacles if you have small children or if small children visit your home.



Gardening Gloves 101

It's a beautiful day — perfect gardening weather. Grab your sunscreen, tools, a hat and gardening gloves for protection. Gardeners wear gardening gloves to keep their hands clean, but more importantly, to protect them against injury, insect bites, chemicals, infection and disease.

Wearing the correct gardening gloves can help minimize your risks against these hazards. Here's a quick rundown of some of the available types:

Gloves with forearm protection: These are great to protect your hands and forearms when weeding through thick brush and taller plants, especially when there are thorns and poisonous plants.

Gloves with grip capabilities: These gloves typically have a tighter fit and provide a better gripping capability when using tools. They can also protect you against wetness and different oils.

Water-resistant or waterproof gloves: These gloves help to protect your hands against moisture, which can cause chafing or chapped hands.

Bionic-style gloves: These gardening gloves are made for people who have extra-sensitive or arthritic hands.

Gloves come in many styles, sizes and materials. Fit, dexterity and durability should be top of mind when selecting the best and safest fit for you. **Tip:** Use gardening tools, such as a hand shovel or trowel, not your hands, to dig.



SAFETY CORNER

Motorcycle Awareness Month

Sharing the road with motorcycles takes awareness and understanding. Use the following six strategies to reduce injuries and fatalities on the road.

- 1 Check for blind spots and check again.
- 2 Keep a safe distance.
- 3 Understand that motorcyclists may need to adjust their position within a lane.
- 4 Don't always trust turn signals.
- 5 Give yourself time to stop.
- 6 Learn the **SEE** strategy, which is a space management system that will allow you to avoid collisions. **SEARCH** to scan and identify factors that could create risk; **EVALUATE** the roadway and decide what to do and **EXECUTE** (carry out) the action.



May 22 to 28 is Safe Boating Week.

Follow all boating rules and check the weather before you head out.



May is Bicycle Safety Month.

Choose the Right Helmet

Bicycle helmets have come a long way in protecting your head against severe head injury, including the 2007 introduction of the Multi-directional Impact Protection System (MIPS) for helmets. The MIPS is a thin liner inside the helmet that allows the outer shell to slide a few millimeters across the skull on impact. This reduces the rotational force and energy transferred to the head, protecting further against concussions.



When choosing the correct helmet, here are some guidelines:

Check the labels. Make sure it is U.S. Consumer Product Safety Commission certified, meaning that it was tested for safety, and meets the federal safety standard. You can also check for labels that state the helmet is ASTM, Snell or ANSI certified. **Note:** MIPS adds an extra level of protection.

Get the right fit. A bike helmet should be snug but not too tight. It should sit level on your head and no more than an inch above your eyebrows. Test the fit by pushing the helmet side to side and front to back and give it a twist. The helmet should only move a little. Adjust straps or knob to loosen or tighten.

Take proper care of your helmet. Store it away from direct sunlight and in a room that doesn't get too hot or cold. Clean your helmet by wiping it with a cloth. You can use warm water and a mild soap but never soak your helmet.

Replace your helmet. Follow the manufacturer's guidelines. Helmets should be replaced after one impact even if you don't see any damage. You should also replace if you see any cracks, deterioration or if there is any other damage. **Note:** The Consumer Product Safety Commission recommends replacing your helmet five to ten years after you buy it, based on amount of use and condition.



The **Smart Moves Toolkit**, including this issue's printable download, **Q&A: How to stop worrying?**, is at personalbest.com/extras/21V5tools.

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