

SAFETY SNAPSHOT

JANUARY-FEBRUARY 2021 • VOLUME 18

Safety on the Job...

2020 Statistics for Lindblad Construction

238,164

hours worked in 2020

1 OSHA recordable injury; the employee returned to work without restrictions.

8 motor vehicle accidents
5 responsible vehicle accidents

Zero
environmental events



How healthy is your home work station?

According to a recent study performed by the University of Cincinnati, home work stations are improperly set up more often than not. Based on their findings, some recommendations include:

- ✓ Elevating your computer screen by setting it on books or a box to promote better posture.
- ✓ Use a seat that is not too soft, and not too hard. Consider placing a pillow or rolled towel behind your back to provide lumbar support.
- ✓ Good lighting in the work area prevents headaches, fatigue, and straining of the eyes.
- ✓ Work from standing and sitting positions, and take breaks to move around. The body is not intended to be in a static position for hours on end.

Source: www.safetyandhealthmagazine.com/articles/20251-how-healthy-is-your-home-workstation-researchers-identify-key-ergo-issues

ANONYMOUS Safety (Text Message) Hotline

This hotline allows employees to communicate anonymously with Lindblad Safety. It is important to remember that the text hotline is truly anonymous; we cannot communicate with you unless you provide your name or phone number. It is crucial to include specific information that may be helpful in resolving the safety issue that you or others are experiencing.

Add **779-203-9167** to your contacts.

- Anti-fog wipes and anti-fog sprays may be used.
- Padded glasses may also prevent fogging – the straps are removable.



Please contact Safety if supplies are needed or if you have an idea or method for preventing fogging from mask use!

Preparing for your Winter Work Day

Check the weather before leaving the house. Know what weather is in store for the day so that you can be prepared for the weather. See backside of Safety Snapshot for a National Oceanic & Atmospheric Administration provided Wind Chill Chart.

Always warm up and stretch before beginning work. Cold muscles are at greater risk of injury. Warm up in vehicles as needed.

Dress in layers. This includes keeping your head, hands, and feet warm and protected from cold weather. Remember, if your jobsite requires FR the outermost layer must be FR, and natural fabrics such as cotton and wool are required as the base layer.

Hydrate. Drinking plenty of fluids supports proper muscle function.

Wear shoes with good traction. Lindblad Safety has winter boots and yak-tracks available at the shop. Contact Safety if you need winter footwear. Always walk with measured steps and take the safest path to your destination.

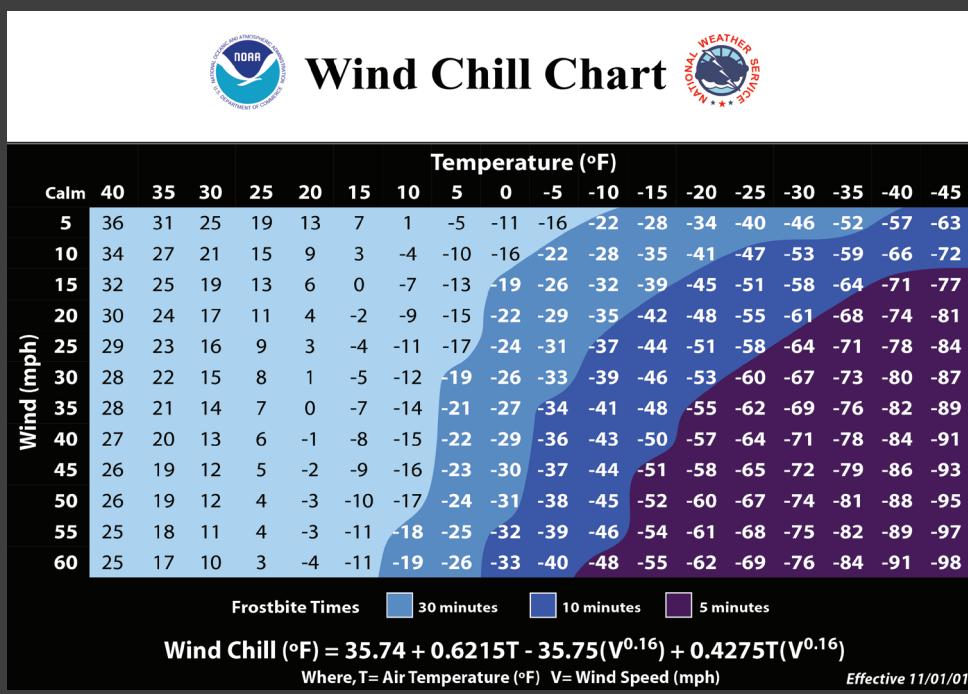


Source: CIP Solutions Newsletter

...and off the Job...

Preparing for the Cold Temperatures

Before heading out, consider the wind chill versus the actual temperature when dressing and preparing for your day.



Daily Drinking & Adverse Health Effects

A recent study performed by the National Medical Center found that daily alcohol consumption has the following impact on men & women when compared with non-drinkers:

Risk of Obesity & Metabolic Syndromes (Heart Disease, Stroke, Type 2 Diabetes)		
# of Drinks Per Day	Men	Women
½ - 1 drink per day	10% more likely to develop obesity and metabolic syndrome	9% more likely to be obese, 6% more likely to develop metabolic syndrome
2 drinks per day	22% increased risk of obesity; 25% increased risk of metabolic syndrome.	*Data not provided.
More than 2 drinks	34% higher risk of obesity; 42% greater risk of metabolic syndrome	22% higher risk of obesity, 25% increased risk of metabolic syndrome

Source: www.safetyandhealthmagazine.com/articles/20600-alcohol-and-your-health-researchers-look-at-the-effects-of-daily-drinking

'Winter Blues' or Depression?

Shorter, gloomy days can take its toll on someone's mood, but is this depression? According to the National Institute of Mental Health, Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. Most individuals are able to stave off winter blues by keeping busy, remaining active during daylight hours, and maintaining normal sleep/wake patterns. If you believe you or a loved one may be experiencing SAD, consider the following symptoms of depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies or activities
- Decreased energy, fatigue, or being "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Restlessness or irritability
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

For depression resources or help, visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website, or call 1-800-662-HELP.



Suggestions for content you want to read about in the March-April 2021 issue?

Contact the Safety Department.