



SAFETY SNAPSHOT

OCTOBER-NOVEMBER 2021 • VOLUME 21

Safety on the Job...

4th Quarter Company Safety Meeting

Date & time to be determined; please keep an eye out for a formal invite in your email (paystub).



UPDATE: Lindblad COVID-19 Mask & Vaccine Policy

Lindblad is currently awaiting direction from the Center for Disease Control and federal mandates regarding vaccinations, testing requirements, and PPE. If a client's requirement is more stringent than Lindblad's, we will adhere to the client rules. If you have questions, please contact your supervisor or safety.

What's the difference between an antigen, antibody, and PCR test?

Polymerase Chain Reaction (PCR) testing detects even small amounts of this genetic material in the sample (i.e., nasal swab, saliva). A positive test is almost never wrong in determining that SARS-CoV-2 is present. However, since PCR tests are almost always performed in specialized labs, it is a relatively slow process. Results on tests done as an outpatient are rarely ready in less than a day and may take much longer.

Antigen Tests is much simpler and can be done in many doctor's offices using a nasal or throat swab, and are often referred to as a 'rapid test'. An antigen test is fast – providing results in minutes. It is much less sensitive than the PCR test. There needs to be more

virus present before the test will turn positive. This means that an antigen test may sometimes be falsely negative, meaning a negative result cannot always be trusted. A positive test, suggesting that the virus is present, is usually reliable, although even here false positives are more likely than with a PCR test.

An *antibody test* looks for the body's response to SARS-CoV-2, the virus that causes COVID-19. It is a blood test that is good at determining if you had the disease, but not good for determining if you have the disease. As such, antibody tests should not be used to diagnose the virus.

Source: <https://covid19.nj.gov/faqs/nj-information/testing-and-treatment/what-type-of-covid-19-test-should-i-get-and-when-should-i-get-it-whats-the-difference-between-a-molecular/pcr-antigen-and-antibody-test>



Trailer & Truck Bed Housekeeping

A reminder to sweep trailers free from rocks, gravel, and other projectiles that may become airborne during travel to and from jobsites. Maintain an orderly truck bed; secure tools and materials before beginning your drive.

OSHA Turns Focus to High Heat Exposure

In September 2021, OSHA released an enhanced safety focus on high heat exposure – both indoors and out – to workers. According to OSHA statement, despite widespread under-reporting, 43 workers died from heat illness in 2019, and at least 2,410 others suffered serious injuries and illnesses. OSHA will begin focusing their attention on heat related illnesses, complaints, and inspections of jobsites where heat exposure is prevalent, such as construction and agriculture.

Source: <https://www.osha.gov/news/newsreleases/national/09202021>

Dry Eyes from Staring at Screens

Melbomian Gland Dysfunction is the most common cause of dry eyes and can affect persons as young as 17 years old. This issue can be caused by straining and staring at screens for long periods of time.



To prevent dry eyes, try these tips:

- ✓ Make a conscious effort to blink more often.
- ✓ Use the 20/20/20 rule: look at something 20 feet away for 20 seconds after every 20 minutes of screen time.
- ✓ Keep eye drops handy at your desk or workspace.
- ✓ Avoid fans pointing at your face while working or using screens.
- ✓ Drink plenty of fluids and stay hydrated.

Source: *Save Your Eyes from the Screen Scene*, Victoria Dolby Toews, MPH

...and off the Job...

October is National Fire Prevention Month

The campaign for this year's National Fire Prevention Month is "Learn the Sounds of Safety!". Teach children how to respond to a fire alarm at home and in public settings. Know the possible sounds your alarms may make at home: for example, a single, high-pitched 'chirp' is a sign that the battery is low, whereas three loud 'beeps' signals for a fire (smoke). Learn the sounds your carbon monoxide alarms make, too. Remember to keep hallways and stairwells free from clutter; if mobility is an issue, keep canes and or walkers near the bed at night.



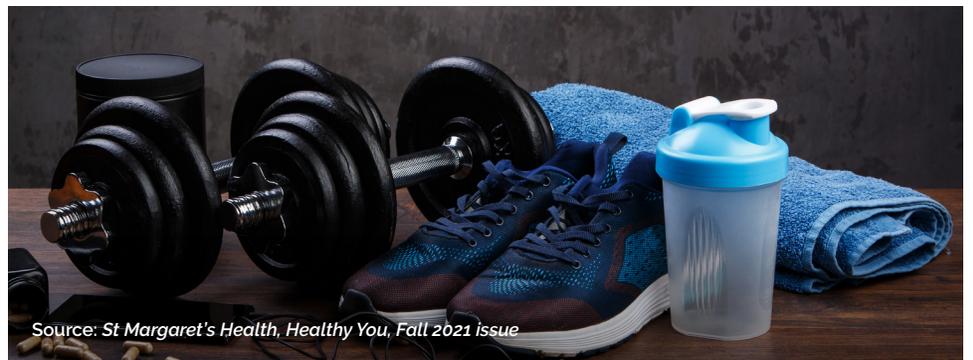
Source: <https://www.nfpa.org/Events/Events/Fire-Prevention-Week/About>

10 Wellness Tips for Fall

1. Get your yearly screenings and check-up. Preventative health care can be life-saving!
2. Practice good hygiene to prevent the spread of germs. Wash your hands and avoid touching your face.
3. Get your vitamin D levels checked – many people do not have enough exposure to the sun and are deficient in Vitamin D; Vitamin D greatly reduces adverse outcomes in those who are sick from COVID19.
4. Reduce sugar and eat more Vitamin C. Vitamin C has many health benefits; processed or junk foods do not.
5. Consider getting the flu shot.
6. Make good sleep a priority. Poor sleep can contribute to weight gain and metabolic issues such as poor blood pressure; it can also reduce your ability to ward off infection.
7. Stay active despite seasonal changes.



8. Eat foods with immune function benefits. For example, garlic, onion, turmeric and ginger offer many health benefits. Foods rich in anthocyanin can help fight bacterial and viral infections, as well as aid your body in fighting cancer and chronic disease. These foods tend to be dark in color – red, blue, purple and black foods. Examples include berries, purple grapes, and red cabbage.
9. Take care of your mental health and de-stress.
10. Drink water and reduce alcohol intake. Alcohol dehydrates and reduces immune function.



Source: *St Margaret's Health, Healthy You, Fall 2021 issue*

A few mushrooms a day may keep cancer away

According to a fifty-year long study with over 20,000 participants, people who eat at least one ounce of mushrooms each day may have a 45% lower risk of getting cancer – specifically breast cancer. Mushrooms contain vitamins and nutrients such as ergothioneine, which is a potent antioxidant and cellular protector.

Source: <https://news.psu.edu/story/655156/2021/04/21/research/higher-mushroom-consumption-associated-lower-risk-cancer>



Suggestions for content you want to read about in the December 2021-January 2022 issue?

Contact the Safety Department.