



Autumn Health and Safety Tips

Follow these tips to help you and your family stay safe and healthy this autumn!

Keep your kids safe and healthy.

Get involved with your kids' activities at home and at school to help ensure they are safe and healthy.

Take steps to prevent the flu.

The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often. Stay home if you get sick.

Get smart about antibiotics.

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic, and therefore stronger and harder to kill. See your doctor or nurse to find out if your illness is bacterial or viral.

Have a safe and healthy Halloween.

Make Halloween festivities fun, safe, and healthy for trick-or-treaters and party guests. Remember don't drive under the influence of alcohol or prescription medications.

Test and replace batteries.

Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.

Keep food safe.

Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures. Chill promptly.

Learn your family history.

National Family History Day is observed on Thanksgiving Day. Over the holiday or at another family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future together.

Be prepared for cold weather.

Exposure to cold temperatures can cause serious health problems. Infants and the elderly are particularly at risk, but anyone can be affected. Know how to prevent health problems and what to do if a cold-weather emergency arises. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning.

Don't drink and drive.

Alcohol use impairs skills needed to drive a car safely. It slows reaction time and impairs judgment and coordination. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let others drink and drive.



Wash your hands.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It's best to wash your hands with soap and clean running water for 20 seconds. If that's not possible, use alcohol-based hand rubs.

For more information, visit:

www.cdc.gov/family/autumn/index.htm

Source: U.S. Department of Health and Human Services Centers for Disease Control and Prevention Office of Women's Health

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USAG Bavaria Safety Points



FALL CLEANUP TIPS!

Typical fall cleanup tasks such as raking, pruning, and cleaning gutters can cause back pain, muscle strain, repetitive motion injuries, tendinitis, and carpal tunnel syndrome, as well as other injuries and accidents. The Centers for Disease Control and Prevention report that approximately 42 million people seek emergency room treatment for yardwork-related injuries each year.

While performing cleanup during official duty time all employees fall under Army, OSHA, and applicable German host nation safety laws and requirements. This means all requirements must be met and any injuries that occur will be considered work related. All USAG Bavaria Local National, NAF, and DA employees injuries must be reported through USAG Bavaria Garrison Safety Website: www.bavaria.army.mil/docs/Safety_Accident_Notification.pdf. Tenant units and Associate organizations, contact your respective Safety departments for reporting injuries.

1. Warm Up, Cool Down, and Take Breaks

Walk and stretch before you exert yourself. This helps prevent your shoulders, neck, and back from being strained especially with repetitive motions like racking or lifting heavy bags of debris. When you're finished gentle stretches will help relieve muscle tension. Take periodic breaks to stretch your muscles and drink water to stay hydrated.

2. Dress Appropriately

Depending on the weather wear appropriate clothing. Lightweight, natural fibers provide warmth without trapping sweat, and long-sleeved shirts and long pants protect skin from bugs, scratches, and sun. Wear sturdy, closed-toed shoes or boots with slip-resistant soles to prevent injuries and minimize the risk of falling.

3. Choose Proper Personal Protective Equipment (PPE).

Employees need to be provided and trained on the proper selection and wear of PPE. Examples are wearing safety glasses to keep eyes protected from flying dirt and debris while using a powered push mower or blower; earmuffs or plugs when using gas powered equipment, gloves for handling shovels, rakes or picking up items. Unless being accomplished by a trained professional employees should not come in contact with or be directed to use any toxic chemical, i.e. lawn fertilizer, insect poison etc..

4. Find the Right Equipment

For example, use a rake that is comfortable for your height and strength, and look for ergonomic handles. If the rake handle isn't padded, wear gloves to prevent blisters. Make sure you are properly trained for the equipment being used. **In Germany you must be certified to use a chainsaw on public grounds.**

5. Use Proper Posture and Movements

There's a tendency to favor our dominant arm when doing yard work, which is a habit to avoid. Make sure to switch arms often so you'll work the muscles on both sides of your body equally and prevent overworking certain muscle groups. When picking items up, bend at the knees, not the waist. Vary your

movements and alternate your leg and arm position. Do not overfill leaf bags, and remember wet leaves are especially heavy. To avoid injury, you should be able to handle bags comfortably, without straining.

6. Ladder Safety

If used supervisors are required to train employees on the proper use of ladders. Some key points are making sure the ladder is in good repair with no loose hinges, rungs, or screws. Place it on a firm, level surface and check to be sure it's fully open and locked. When climbing, wear shoes with nonslip soles and ask someone to hold the ladder in place. Always face toward it when climbing and descending, and never sit or stand above the level indicated by the manufacturer. **Never use metal ladders near any power lines or electrical sources, only non-conductive ladders can be used in these locations (wood, fiberglass).**

7. Training:

No employee should be given a task without proper training. OSHA stipulates it is the employer's responsibility (supervisors), to ensure personnel are briefed and trained on job tasks for the purpose of employee protection. In addition to the topics mentioned earlier here are a few other area's supervisors should consider if they apply;

- The employer shall instruct each employee in the recognition and avoidance of unsafe conditions and the regulations applicable to his work environment to control or eliminate any hazards or other exposure to illness or injury.
- Employees required to handle or use poisons, caustics, and other harmful substances shall be instructed regarding the safe handling and use, and be made aware of the potential hazards, personal hygiene, and personal protective measures required.
- Employees required to handle or use flammable liquids, gases, or toxic materials shall be instructed in the safe handling and use of these materials and made aware of the specific requirements contained in Subparts D, F, and other applicable subparts of this part (1926.21).

References:

Center for Disease Control; www.cdc.gov/niosh/docs/89-110/

29 CFR* 1926.450(a)(11); 29 CFR 1926.450(a)(10); 1926.951(c)(1); 1926.21