

ON THE SAFE SIDE

Safety & Health Newsletter



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OCTOBER
IS
Fire Safety
Month



October
Is
Fire Safety
Month

Your Health

Study finds
Sleeping in on
weekends doesn't
help your heart

Listen Up!

Protect
Your Ears
from
Hearing
Loss!

The National Fire Protection Association founded National Fire Prevention Week in 1922.

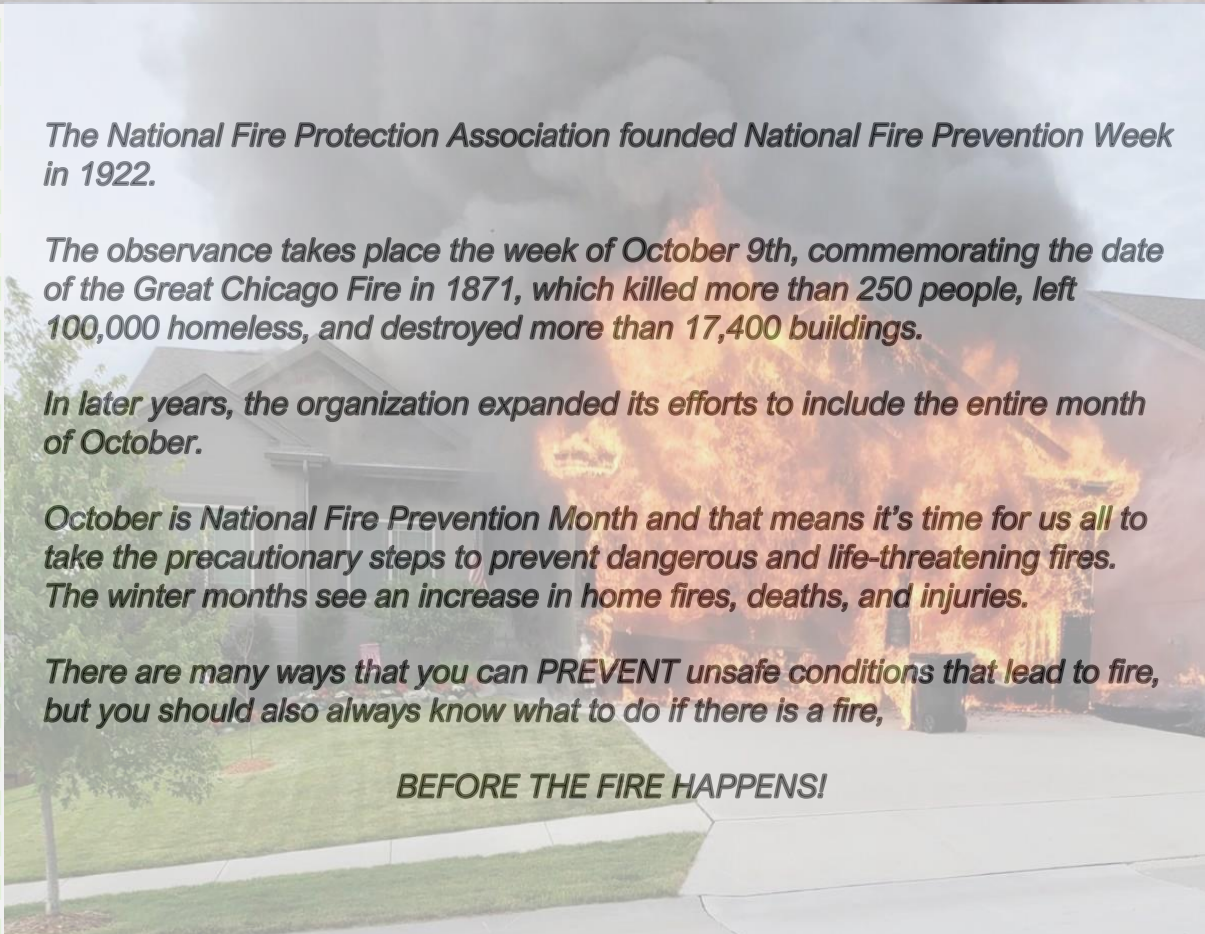
The observance takes place the week of October 9th, commemorating the date of the Great Chicago Fire in 1871, which killed more than 250 people, left 100,000 homeless, and destroyed more than 17,400 buildings.

In later years, the organization expanded its efforts to include the entire month of October.

October is National Fire Prevention Month and that means it's time for us all to take the precautionary steps to prevent dangerous and life-threatening fires. The winter months see an increase in home fires, deaths, and injuries.

There are many ways that you can PREVENT unsafe conditions that lead to fire, but you should also always know what to do if there is a fire,

BEFORE THE FIRE HAPPENS!



Common Causes of Fires

Cooking is the leading cause of house fires in the nation. People oftentimes walk away from a hot stove “just for a minute” — and that “minute” can turn deadly. Other causes are faulty heating equipment and electrical malfunction.

Fireplaces, candles, smoking, and lint build up in dryer vent ducts are some other causes of fires.

Each year there’s an average of 358,000 house fires, according to the National Fire Protection Association. These fires result in 7 deaths every day.



Make sure your heating source is well maintained. Whether it’s a fireplace, wood stove, a furnace or electric heat, check the equipment before using.

Ensure that your appliances are plugged into outlets with the proper voltage and keep combustible items far enough away from a heating source.

Do not leave stove burners or grills unattended.

Dryers are often forgotten which require removal of lint from the screen and drum between loads to prevent buildup. About once a year, clean the dryer exhaust vent and ducts. Replace plastic venting material with flexible metal venting material.



Make sure smoke and carbon monoxide detectors are working properly by testing them monthly and replace batteries annually.

Get a fire extinguisher and make sure it’s not outdated. Place one on each floor of the house and in the garage, too.

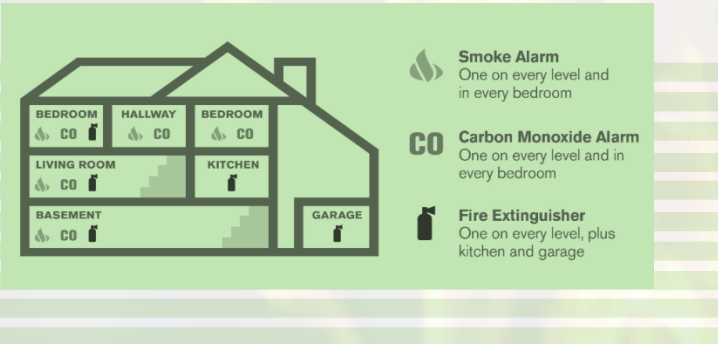
Have an escape plan. Practice fire drills with your family and make sure everyone knows where to go depending on where the fire is in the home. Have at least two ways to get out of the house, too. Set a meeting place for everyone.

In the event of a house fire, do not try to salvage items before leaving the house. Personal effects can be replaced, but lives cannot. Instead, keep valuable documents in a fireproof box for recovery later.

Throughout National Fire Prevention Month, take steps to keep your home and family safe. For more information visit National Fire Protection Association at:



www.nfpa.org



“Sleeping in doesn’t help your heart”



Using weekends to catch up on the sleep you didn't get during the workweek isn't a heart-healthy strategy, a new study claims.

“Only 65% of adults in the United States regularly sleep the recommended seven hours per night, and there's a lot of evidence suggesting that this lack of sleep is associated with cardiovascular disease in the long term,” Anne-Marie Chang, associate professor of biobehavioral health at Pennsylvania State University, said in a press release.



Sleep deprivation is known to lead to long-term health problems including reduced cardiovascular health, diabetes, obesity, depression, and other health issues.

Chang and a team of researchers examined the heart rate and blood pressure of 15 healthy men ages 20-35 during an 11-day inpatient sleep study.

Participants were allowed to sleep up to 10 hours a night during the first three nights, then slept five hours a night over the next five. Two recovery nights – during which they again were allowed to sleep as much as 10 hours – followed.

Findings show that the participants' heart rates and blood pressure increased after each successive day of the study. And despite being given time to recover, at the end of the recovery period the participants' average baseline heart rate had climbed to nearly 78 beats per minute from 69. The average baseline systolic blood pressure rose to 119.5 millimeters of mercury from 116 mmHg.

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“Enough successive hits to your cardiovascular health while you're young could make your heart more prone to cardiovascular disease in the future,” Chang said in the release. “As we learn more and more about the importance of sleep, and how it impacts everything in our lives, my hope is that it will become more of a focus for improving one's health.”

The study was published online in the journal Psychosomatic Medicine.

LISTEN UP!

Protect Your Ears from Hearing Loss!

Hear today, gone tomorrow...

Aging and constant exposure to loud noise are the two most common causes of hearing loss in adults. Other factors that can also cause hearing loss are ototoxic medications, trauma to the inner ear, certain diseases and health conditions, chronic ear infections, and genetic variations.

Whatever the cause may be, no one is immune to hearing loss. Whether the extent is major or minor, the loss is not reversible in most cases.

Most people don't feel any warning signs (like pain or ringing in your ears) until their hearing is already damaged. And **if you think your ears can just get used to the noise, think again.** If loud noises don't bother you as much as they used to, that means you've already lost some of your hearing.



So how can you tell when a noise is **hurting your hearing?** If there's so much noise around you that you need to talk extra loud when your friends are only a few feet away, it's probably hurting your hearing. Time to bring out the earplugs – or go somewhere quieter!



Common Signs of Hearing Loss

- 1 Asking people to repeat themselves often
- 2 Raising the volume at a level too high for others
- 3 Trouble understanding others in noisy places
- 4 Leaning toward people during conversations
- 5 Feeling tired or stressed from conversations

To preserve your hearing, wear earplugs or noise-canceling earphones or headphones in loud environments.

Don't wait until it's too late. Start protecting your hearing now!



Upcoming Events:

→ PPE Roadshow:

- ✧ ORD (October 3rd thru 5th)
- ✧ PHL (October 17th thru 19th)



nsc Safety
Congress & Expo
New Orleans, LA 2023
Professional Development Seminars: Oct. 20-22 and 25-26
Congress & Expo: Oct. 23-25

→ National Safety Conference & Expo 2023

(October 22nd – 27th)



What's wrong with this picture?



Fire exits must remain clear of obstructions and fire doors must be kept closed at all times.

Got Feedback?

Suggestions on Safety topics in upcoming newsletters?

Email: Safety@local591.com