

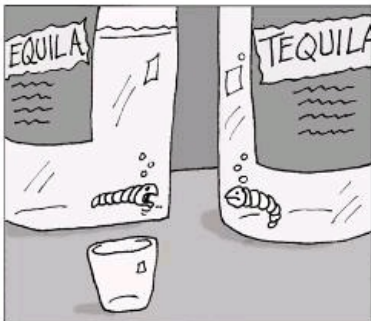
news & notes

SELF-DIAGNOSIS

Most people with a drinking problem aren't aware of it or are in denial. Use this checklist to help you recognize a drinking problem in yourself or others. Do you:

- Lose time from work because of drinking?
- Want a drink in the morning?
- Want a drink at the same time every day?
- Have trouble sleeping?
- Drink to feel more confident or outgoing?
- Become frustrated easily?
- Feel anxious and sensitive?
- Drink alone?
- Let family or job responsibilities slide because of drinking?
- Forget what happened while you were drinking?
- Have major mood swings?
- Feel remorse after drinking?
- Have financial problems because of drinking?
- Find yourself losing weight without dieting or exercising?
- Believe others are to blame for your problems?
- Worry that drinking is affecting your reputation?
- Feel less ambitious since you've been drinking?
- Drink to escape from problems?
- Drink with people or in places you'd otherwise avoid?
- Find your home life is more unhappy because of drinking?
- Believe your job is in jeopardy due to drinking?

Several answers of "often" or "sometimes" may be an indication that alcohol may be hurting you or a co-worker—as well as creating serious on-the-job safety risks.



"Don't drink on the job? And how am I supposed to follow *that* rule?"

EMPLOYEE SAFETY NEWSLETTER

April 2011

Provided by Hierl Insurance, Inc

Don't Drink and Work *Stop substance abuse in the workplace*

This month is **Alcohol Awareness Month**, which is a good time to talk about the problem of workplace substance abuse. Workplace use of alcohol and drugs is a problem that costs American businesses more than \$100 billion annually, according to the U.S. government. If that figure sounds high, consider these statistics:

- Most substance abusers are employed.
- Substance abusers are 2.5 times more likely to be absent 8 or more days a year than other employees.
- Between 30% and 50% of all workers' comp claims are related to substance abuse. (Abusers file 3 to 5 times as many claims as other workers.)
- Substance abusers incur 300 percent higher medical costs than nonabusers.

It's estimated that close to 10 percent of the U.S. population over the age of 12 has a substance abuse problem. Among full-time employees with substance abuse problems, those ages 18 to 25 have the highest rates. However, lots of older workers have dependence problems, too—particularly alcohol dependence.

Employees who work under the influence are 3 times more likely to have accidents than other employees. And, sometimes, when they have an accident, they're not the only one hurt. They may injure co-workers, too. Alcohol can impair:

- Judgment
- Coordination
- Reaction time

Whether it's getting behind the wheel of a company vehicle, operating a piece of equipment, handling hazardous chemicals, or climbing a ladder, any impairment can be dangerous—even deadly. Just imagine the havoc an impaired forklift operator could cause. Or imagine what could happen to a worker who has had a few drinks and is working high up on a scaffold or a powered platform.

This April, pay attention to the statistics regarding substance abuse in the workplace ... so that you don't become a statistic yourself! Be aware of the risks of working under the influence and the damage that alcohol can cause in both your personal and professional lives.

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CANCER-FIGHTING FOODS

Several recent studies point to the benefits of certain foods in preventing certain cancers. Here are the facts:

1. A study conducted at Harvard University found that consumption of **tea, broccoli, and kale**—all of which contain a compound known as **kaempferol**—lower the chance of **ovarian cancer**. The researchers recommend 10 to 12 milligrams of kaempferol a day, the amount found in 4 cups of tea or 2 cups of broccoli.
2. A study conducted at the University of North Carolina found that postmenopausal women who consumed the most of a compound known as **flavonoids** were 46 percent less likely to develop **breast cancer**. **Tea, green salad, tomatoes, and apples** are good sources of the compound.
3. A study conducted at the University of California-San Francisco found that eating 5 daily servings of a half cup each of fruits and vegetables is associated with a nearly 50 percent reduction in the risk of developing **pancreatic cancer**. The vegetables most closely associated with increased protection are **onions, garlic, beans, yams, sweet potatoes, corn, yellow squash, and leafy vegetables**. Fruits are helpful, especially citrus fruits, but less so than vegetables.



Lead Safety

Take these precautions

Lead can be extremely toxic, so take these precautions to limit your exposure:

- Enter a restricted area only if you are authorized.
- Use ventilation systems to reduce the lead concentrations in the area.
- Follow administrative controls, such as job rotation, to limit your exposure to less than 30 days per year.
- Use personal protective equipment (PPE):
 - Coveralls protect your body and underclothing from contamination.
 - Gloves protect your hands from contamination.
 - Protective hats or hoods keep lead out of your hair and ears.
 - Shoe covers prevent lead from contaminating your shoes and home.
 - Face shields/goggles protect your eyes when using a half-mask respirator.
- Practice proper housekeeping and hygiene:
 - Keep all surfaces free of accumulations of lead.
 - Use vacuums with HEPA filters to clean floors and other surfaces. Do not use compressed air. Do not shovel, brush, or use dry or wet sweeping unless vacuuming does not work.
 - Never take food, beverages, or tobacco into areas with high lead levels.
 - When you leave the high lead area, vacuum contaminated clothing or remove and dispose of it. Wash before eating, smoking, or applying makeup.
 - Remove lead-contaminated clothing, leave it in the changing room, shower, and put on clean personal clothing before going home.
 - Store work clothes and personal clothes in separate areas.

Detect Cancer Early

What you can do

April is **Cancer Control Month**, a good time to learn what you can do to detect cancer early—even before you show any symptoms. Follow these five cancer screening guidelines from the American Cancer Society (ACS) to spot the most common cancers as early as possible:

1. **Starting at age 20**, have periodic cancer screenings as part of your regular checkups. Get these areas checked: thyroid, oral cavities, skin, lymph nodes, and sex organs.
2. **Starting at age 21**, women should begin screening for cervical cancer. Get tested every 1 to 3 years, depending on previous results and risk level.
3. **Starting at age 40**, women should have an annual mammogram. Begin breast self-exams in your 20s. If you are at high risk for breast cancer, talk with your doctor about beginning mammograms earlier than age 40.
4. **Starting at age 50**, begin tests for colon and rectal cancers. Tests include flexible sigmoidoscopies every 5 years and colonoscopies every 10. If you are at high risk, speak with your doctor about earlier or more frequent screening.
5. **Starting at age 50**, men should begin screening for prostate cancer. Men at high risk should begin testing at age 45.

The American Cancer Society reports an 82 percent, 5-year survival rate for people who follow ACS-recommended early-detection screening guidelines. Get screened!