

FEBRUARY & March
2010

San Benito County Safety & Health Newsletter



Announcements

- Training “Creating and Sustaining an Energized, Engaged, and Effective Workforce for Stressful Times” by Tom McKee – On March 25th Contact Dina Bies for details 636-4000

Individual Highlights:

Be A Mentor	1
Workplace Checklist	1
Talk Back to Worry	2
Food Rules	3
Attack of movie	4
What's Wrong With this Picture	6

Be A Mentor

Safety guidelines should always be part of a new employee's orientation; however, there's a lot to remember, and employees need to be reminded. Why not be a M-E-N-T-O-R?

Monitor co-workers to make sure they know how to do things safely. Gently point out anything they may be doing that might be considered unsafe.

Encourage everyone to take the time to use safety precautions such as wearing protective gear and making sure machine guards are secure.

Notify your co-workers and supervisor about hazards – both seen and unseen.

Take action. Start by “walking the talk” and making sure others are on the lookout for hazards. Report any problems, or fix them yourself if you're able.

Open up discussions about safety at the lunch table. You can do this without sounding preachy. For example: Share examples of how protective gear prevented an injury to yourself or a co-worker.

Recruit others to be mentors.

Workplace Housekeeping Checklist

An untidy workplace raises everyone's chances of slipping, tripping or falling. Check to see that you are practicing good housekeeping to reduce the risk of injury to yourself and others.

- Floors are clean, dry and free of hazards.
- Unnecessary tools, equipment, parts and materials are removed from the work floor.
- Personal items are stored safely and properly out the way.
- Exits, walkways and work areas are clear of obstructions.
- Materials are stacked neatly.
- Trash and scrap are placed in the proper receptacles.
- Bins and boxes are not filled to overflowing.
- Good housekeeping is a habit practiced around the clock.
- Close file cabinets and drawers immediately after using them to avoid a tripping hazard.
- Immediately clean up all spills. Even a small splash of water or coffee on the floor can lead to a fall.

“TALK BACK” to Worry



Worry seems to be widespread these days, and stress is taking its toll. What is worry? Its interest on a debt you may never owe. It's suffering in an imaginary life while the real one passes you by. What is worry really worth?

Is something weighing heavily on your heart and mind? Ask yourself: Can I control this thing I'm worried about? If the answer is yes, ask yourself, what do I want to happen? What are some of the ways I might make it happen? Decide which of these choices is the best. (If you're not sure, pick one at random.) Then do it.

if you can't control the situation causing your worry, the following techniques may help:

Take the “Busy Bee” approach – Get involved in an activity to push your worries aside. Activities in which you are physically and/or mentally active (talking to a friend, gardening) are usually more distracting than passive activities such as watching TV.

Learn to let go – of and accept what you can't change. Devote your energy to the things in life that you can change!

Practice relaxation techniques – Try deep breathing, “mini vacations”, muscle tension/relaxation or meditation.

Stop the thoughts – Think the word “STOP!” and immediately focus on a pleasant thought or activity.

Write down – your worries in a notebook as they come, but don't read them until later. Set aside a time to read them, then tear them up and throw them away. (They're not worth holding on to, are they?)

Talk back to worry by asking:

- ***What's the worst thing that could happen?***
- ***Although I don't want it to happen, could I survive it? How?***
- ***How likely is it that my worst fear will happen?***
- ***What proof do I have?***
- ***What are some of the possible good outcomes?***
- ***Of all the times I've worried, what percentage of the time have my worries come true?***
- ***When my fears did come true, what did I gain by worrying ahead of time?***

Food Rules To Ignore



Dieting rules abound but can you tell fact from fiction?

TRUE or FALSE:

1. All calories are equal.
2. Skipping meals hastens weight loss.
3. Going vegetarian is a sure way to lose weight.
4. Eating at night causes weight gain.

MULTIPLE CHOICE:

5. This “fattening” food should be avoided when dieting:
a) Bread b) Pasta c) Neither
6. Which types of food keep you full longer?
a) Fats b) Proteins c) Carbohydrates
7. Some fad diets can cause:
a) Gallstones b) Heart Rhythm Abnormalities c) Both a and b
8. Which food helps you burn calories?
a) None b) Celery c) Grapefruit

ANSWERS:

1. **TRUE.** But eating fruits and vegetables and foods rich in fiber and water will help you feel fuller than eating an equal calorie portion of some other foods.
2. **FALSE.** Skipping a meal can trigger overeating at your next meal, slow your metabolism and cause you to burn fewer calories.
3. **FALSE.** High-fat, high-calorie foods can sabotage any diet plan – vegetarian or not.
4. **FALSE.** It’s not when you eat, but what and how much you eat and how much exercise you get that makes a difference.
5. **C.** Calorie for calorie, bread and pasta are no more fattening than other foods. However, vegetables might keep hunger at bay longer.
6. **B.** Though fats digest slower, new research shows that proteins help you feel more satiated and control your appetite.
7. **C.** Fad diets can cause many health problems. Stick to a reasonable, balanced diet plan instead.
8. **A.** No foods burn calories to assist weight loss.

How did you do? If you got 6 or more answers correct, you’re a food fact expert.

Fright Night: Attack of the Giant Movie Snacks!



The lights dim, the projector cranks and illuminates the dark theater, the movie is about to begin, but first...

Let's all go to the lobby, let's all go to the lobby, let's all go to the lobby-y-y... to get ourselves a treat!

The infectious jingle burrows into your soul and, suddenly, you're humming it in the lobby and getting yourself a treat. But beware of gorging yourself on gummy worms, popcorn and Reese's Pieces; you may be taking in much more than just a motion picture.

You could be adding loads of unwanted fat and calories to your diet. Don't let a bad movie throw an unnecessary plot twist into your regularly formulaic diet story.

Popcorn at the movies is an American classic, but obesity is looking to run the closing credits on this feature. With the size of popcorn and soda at the theaters in a state of seemingly constant growth, not to mention the prices increasing faster than the national debt, a small soda and regular popcorn can empty your pockets and expand your waistline faster than you can say, "Juju Fruits."

The sizes can be misleading: A small soda is usually 16 ounces, medium is in the vicinity of 32 ounces, and a large is roughly the size of a kiddie pool. Industry insiders suggest that this is because people will pay more for something if they are getting more perceived value.

So theaters will continue to increase prices -- and when patron complaints become too much to ignore -- they increase size. And when they can't make something any bigger, they give you a free refill.

That's right, numerous theaters are offering free refills on their large-size popcorn and cola. If three gallons of Mello Yellow and 15 pounds of buttery popcorn aren't enough to tide you over for the next 90 minutes, get a free refill and have your daily recommended allowance of fat and calories for the next few days in one sitting.

Here are some hard fats-and-calories numbers for a few of the most popular hazards to one's diet you can find at the local snack bar. By their numbers:

- **Popcorn:** At the low end, a medium box with no butter has a modest 951 calories, no fat, and no cholesterol. At the other end, a large bucket (around 20 cups!) with butter delivers 1,238 calories and 78 grams of fat, 49 of them saturated — approximately two days' worth.
- **Nachos:** 40 chips with four ounces of what they call cheese conveys 1,101 calories — roughly equal to two large McDonald's fries orders or two Quarter Pounders with (actual) cheese — and 59 grams of fat, 18.5 of them saturated.
- **Pretzel:** The large, soft kind with cheese topping delivers 643 calories and 14.5 fat grams, three of them saturated, and four of them trans fats — amounts worthy of a dinner entree.
- To wash this stuff down, you may grab a **Coke**. If it's a 32-ounce medium, calculates 236 calories, but a 44 ounce Cherry Coke and your slammed with 572 calories. With just a medium popcorn and Coke, you're at nearly 1,200 calories, and we haven't even gotten to the candy counter yet, where you will find...
- **M&Ms:** The 5.3-ounce plain bag contains 750 calories and 32 grams of fat, the same size peanut version just nudges the calories up to 786, but with just over 39 grams of fat. Other choices include the 6.7-ounce bag of Skittles

(765 calories, nine grams fat), the 4.4-ounce box of Starburst (440 and 10.5), the king size Twix bar (475 and 23.8), the four-ounce box of Milk Duds (495 and 17.5), and the 4.75-ounce box of Junior Mints (432 and 13.5).

So what should you eat?

And in answer to your obvious question, the least dietetically destructive movie snack bar treat is...not Raisinets, whose 3.5 ounce box provides not only a respectable 380 calories and 16 grams of fat, but a bonus of four milligrams of cholesterol.

In fact, the low-impact winner is our old pliant friend, the 3.5-ounce bag of Gummi Bears, whose 130 calories and zero grams of fat will go easy on your heart even as they fill the spaces between your teeth like some sugary, gelatinous spackle, becoming a source of future revenue for your dentist.

In short, the concession stand at the typical American motion picture theater is a veritable mine field for dieters. Other than that, enjoy the movie!

What's Wrong With This Picture?????



I hope you all are enjoying this safety newsletter.
If you have any safety stories/information or suggestions you would like
posted, please send me an email.

Dina Bies
481 Fourth Street
Hollister, CA 95023
(831) 636-4000
(831) 636-4010 fax
dbies@cao.co.san-benito.ca.us