

**NO ONE
GETS HURT**

Safety Tidbits

When it gets difficult is often right before you succeed. –Chris Garrett



The human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, about 12,000 women in the United States get cervical cancer.

Knock, Knock.
Who's There?

Minnie!

Minnie Who?

(Sing it with me!) Minnie a tear has to fall, but it's all in the game of love...

Knock, Knock.
Who's There?

Wendy!

Wendy Who?

Wendy moon hits your eye like a big pizza pie, that amore!

Cervical Cancer Awareness Month - Cervical cancer was once a leading cause of cancer death for women in the United States. Currently, it ranks 3rd in frequency for both diagnosis and cause of death among the gynecologic cancers and 14th for all cancers affecting U.S. women. Between 1955 and 1992, both incidence and mortality rates declined dramatically due to the introduction and implementation of Pap test screening. Most invasive cervical cancers are found in women who have never been screened or have not had a Pap test within the past 5 years. Based on figures from 2008-2010 the lifetime risk of developing cervical cancer among U.S. women is approximately 1 in 151. **Key Statistics:**

-In 2014, an estimated 12,340 new cases of invasive cervical cancer will be diagnosed in U.S. women and an estimated 4,030 U.S. women will die from the disease.

-Most women with cervical cancer are diagnosed before the age of 50; from 2006-2010, the median age was 49. However, older women remain at risk. More than 20% of new cases are diagnosed in women over 65. Cervical cancer in women younger than age 20 is rare.

-When detected at its earliest stage, cervical cancer has a 5-year relative survival rate of approximately 91%. For regional disease, it is nearly 57%. If cancer has spread to distant organs, 5-year survival drops to approximately 16%. In general, the prognosis is affected by the extent of disease at the time of diagnosis.

-There were approximately 250,000 cervical cancer survivors living in the U.S.

Whoa – where did that guy come from? - Due to the New Year and the resolutions that go with this annual event, I am seeing more and more bicyclists, joggers and walkers out in the early morning hours... *but just barely!* In fact, I didn't notice the moped in front of me until I was almost on top of him – the tail light was tiny and the operator was wearing a dark jacket.

Motorists: Please be extra careful driving around town in the early mornings and at dusk – Keep an eye out for these folks, they are just trying to get some exercise. And remember to scarp the ice off all your windows before hitting the road or you could hit something else!

Joggers, Walkers, Bicyclists, etc.: Please think about spending some money on a reflective vest/belt or light colored gear; look into personal mini strobe lights or reflectors; or even use reflective tape to make yourself more visible. Many early morning commuters are in a hurry and they are not expecting you, so you need to stick out or you may be hit! Nobody wants that... thanks for listening - **Safety Always!**

Mining Deaths Higher in 2013 than in previous years - In 2013, 42 miners died in work-related accidents at the nation's mines, according to preliminary data released by MSH A. This number marked an increase from the 36 miners who died in 2012. While mining fatalities occurred at a record low rate for the first three quarters of 2013, 15 miners died during the last quarter of the year. "Mining deaths are preventable, and those that occurred in 2013 are no exception," said Joseph A. Main, Assistant Secretary of Labor.

To Get to Zero we need every worker to make a *personal commitment to safety*. It has to become core value. The 42 miners along with the thousands of other workers who died on the job in 2013 were not strangers – they were very special people to someone. They were fathers or mothers, sons or daughters, husbands or wives, etc.

Workers and their families need the reassurance that they will return home safe and healthy after every shift. ***This year, Make Safety Personal!***

Step up or Speak out whenever you see an unsafe condition or an at-risk act!

Dare to Be

Steve Maraboli

When a new day begins, dare to smile gratefully.

When there is darkness, dare to be the first to shine a light.

When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.

When life seems to beat you down, dare to fight back.

When there seems to be no hope, dare to find some.

When you're feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When love hurts you, dare to love again.

When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.

When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.

When you feel great, dare to help someone else feel great too.

When the day has ended, dare to feel as you've done your best.

Dare to be the best you can, and at all times, Dare to be!"