

What'd He Say?



Wear Hearing Protection

Research shows that 2/3 (67%) of hearing loss in the U.S. is noise-induced, much of it job-related.

The study analyzed audiometric testing from 5,290 people between the ages of 20 and 69. More than 13% of those tested suffered from noise-induced hearing loss (NIHL). That corresponds to 24 million people in the U.S.

Researchers believe a total of 36 million have some sort of hearing loss. Your ears have no natural protection, so if you are not wearing protection you are prone to damage.

Remember: *Hearing loss often occurs painlessly and before you know it... it's too late.*

Earplugs and muffs are very inexpensive, but hearing aids are not. The increase in iPods & ear-bud use has led to a serious rise the number of non-occupational hearing loss cases.

Why was the Energizer Bunny arrested? *He was charged with Battery!*

Did you hear about the guy who had his Visa card stolen?

Now it's everywhere he wants to be.

Respect Electricity - Extension cords are used so often we forget about the hazards they pose. These cords carry electricity that can hurt or even kill you, on or off the job. In the home, a teething puppy or toddler may chew on a cord while it is plugged in and get electrocuted – so be aware of the danger. Never run cords under a carpet or rug as they can overheat and cause a fire. On the job, cords may get run over or pinched in a door and suffer internal damage. So be sure to inspect them before each use.

If the cord appears cut or damaged, if bare wires exposed, don't use it until it is repaired. If the plug has loose wires or the any of the metal prongs are broken or blackened — have it fixed before you use it. Cords that have been runover can have internal damage and short out. Remember jerking a cord from an outlet can damage the cord. Always unplug them carefully, prior to rolling them up. Don't let them get caught/smashed in doorways; block the door open. Always use a GFCI with an extension cord – it could save a life! And **remember the difference between a GFCI and a surge protector - a surge protector may save your equipment... But, **IT WON'T SAVE YOUR LIFE!****

A Few Basic Tips for Success

Be Trustworthy, Honest and Dependable – To be truly successful you must maintain your integrity and accept responsibility: without these two the rest won't matter.

-Put People First – Get involved in people's lives. Help others meet their goals and realize their dreams.

-Add Value – No matter what you do, if you aren't adding value you won't be around long. Successful people go the extra mile and understand it is just a part of the journey.

-Find a Good Mentor – Most successful people have one or more mentors to guide them and help keep them on the road to success.

-Follow Your Passion – The happiest people both professionally and personally follow their passion. Do what you love and you will be an inspiration to others. Just remember passion can be a double-edged sword.

-Be Persistent and Stay Positive – remember success is a marathon not a sprint. Many people fail because they quit not knowing success was just around the corner.

-Give Something Back – Nobody can do it alone. Give some of your time or resources to help those who come after you.

A Good Foundation is Important - Shower Shoes make poor Footwear. I was first introduced to flip flops (shower shoes) in the 60s - we tried to use them to avoid getting athletes' foot, but they made showering a life or death experience – so most kids decided to chuck the shower shoes and risk athletes' foot. Today, the average American takes between 5-10,000 steps a day, so our footwear is hardly an inconsequential choice. A 2012 survey found that, of US adults over the age of 21, more than 50% of those polled reported having foot pain, at the time of the survey. While no single shoe is perfect, flip flops appear to be the riskiest pick of all. Even though thong-like sandals provide some cushioning benefit over bare feet alone, studies show they're responsible for throwing human gait kinetics out of whack. **The body is forced to compensate, and what starts as stress on the arch, heel, and the rest of the foot can eventually manifest as soreness in the legs, hips, and lower back. You'll feel it when you're older!**

Plantar fasciitis, an inflammation of the connective tissue along the bottom of the foot, is one of the most common flip-flop induced injuries Roughly 20% of sufferers develop a chronic condition, making plantar fasciitis even worse.

If you must wear flip flops, here are a few tips:

- **Time it right.** Replace flip-flops every 3-4 months, and don't wear for extended durations.
- **Opt for leather!** They are less likely to cause irritation, including blisters.
- **Wear selectively.** Beach walking, pool deck trolling, and a quick run to the grocery store.
- **Buy quality.** Find those approved by American Podiatric Medical Association.

Remember: One Short Cut can lead to a Lifetime of Pain – Work Safely!