

Working and Fatigue DON'T MIX

You close your eyes for a minute and wake up to find the vehicle you're driving or the machine you're operating is spiraling out of control. These are scenarios no one wants to face, but they happen more often than we think. Research, including a U.S. National Health Interview survey, point to a correlation between fatigued workers and a greater number of injuries on the job. Most at risk are night shift employees and those who sleep fewer than 5 hours. In addition to sleepiness, signs of fatigue are memory lapses, difficulty concentrating and slower reaction times. To prevent fatigue on the job, follow this advice:

- ✓ **Get at least 7 to 9 hours of sleep** a night.
- ✓ **Develop good sleep habits**, such as going to bed at a consistent time; sleeping in a cool, dark room; exercising, but not right before bed; removing electronic devices from the bedroom; and avoiding caffeine and alcohol before bedtime.
- ✓ **Don't drive** if you are tired.
- ✓ **Take frequent breaks** (with your employer's OK) in addition to formal breaks during the work day.
- ✓ **Make sure workplace lighting is good** and report broken lighting fixtures.
- ✓ **Keep temperatures cool** if you can.



National Drowsy Driving Prevention Week
is November 4 to 11.

5 Surprising Winter Driving Hazards

If you live in or are traveling to a region that gets cold or snowy, you know that driving can be tricky. However, here are 5 often-overlooked hazards:

1. Freeze-ups.

Although it's recommended to wash off salt from your vehicle, it's best not to wash your car when the temperature is below freezing. Locks can freeze and water accumulated on windshields can freeze wiper blades.



2. Slush. Remove slush from behind your tires so it doesn't accumulate, freeze and impede your vehicle's ground clearance.

3. Gas levels. A full tank ensures you won't run out of gas in freezing weather, and it will prevent water condensation in your tank, which could lead to problems with your fuel lines.

4. Sleepiness. With the heat turned up inside the car, it's easy to get sleepy behind the wheel. If you start feeling drowsy while driving, ask someone else to drive or pull over when it's safe, get out and take a little break.

5. Black ice. Black ice blends into the pavement making it tough to see — especially at night. If temperatures are low, take care when driving on bridges and overpasses, in tunnels and under trees.

SAFETY CORNER

Distracted Driving

Washington State enacted 1 of the nation's toughest Driving While Under the Influence of Electronics (E-DUI) laws this spring. Under the new law drivers cannot hold electronics (cellphones, tablets, laptops or any handheld electronic devices) while driving or stopped in traffic — even at a stoplight. Other states may follow with similar law to crack down on drivers who use electronic devices while behind the wheel. Check your state's laws and states where you are traveling. Best bet: Put away the electronic devices while you're driving and focus on the road.



SECURE Your Door

Times have changed from when people used to leave their doors unlocked. However, even locking your door can't always protect you against home invasion. The National Crime Prevention Association suggests these methods for securing different types of doors:

Doors with glass sidelights: Criminals can easily break glass next to a door and unlock the door.

SOLUTION: Use a double cylinder deadbolt or a deadbolt lock that has a removable thumbturn. (If you belong to a homeowner's association, check with it to make sure these locks are allowed.)

Front doors without glass, basement or storage area doors:

Key locks can be duplicated and weak locks can be broken.

SOLUTION: Get a heavy-duty deadbolt or mortise lock with a 1-inch bolt that can provide protection against picking or drilling.

Doors to home from garage: Often doors between the garage and home are left unprotected. If the garage door is left open, thieves will have access to your home.

SOLUTION: Protect this door as you would your front door with a deadbolt or mortise lock.

Sliding patio doors: These doors are often glass, allowing thieves the opportunity to break and enter.

SOLUTION: Sliding doors should be secured with a locking pin-type lock and an auxiliary device that protects doors from being lifted off their tracks. Install a motion light above the doors.



CAUTION: Open Enrollment Health Care Scams

There are scammers looking to take advantage of people enrolling in health care plans, according to the Federal Trade Commission (FTC). Things to note from the FTC:

- ✓ **Don't believe anyone who tries to sell you Medicare insurance.** There are no sales representatives from Medicare.
- ✓ **Never provide any personal information** over the phone, by email or any other means to someone who tells you that you must give information to keep your coverage.
- ✓ **Only shop for coverage under the Affordable Care Act at HealthCare.gov.**
- ✓ **Make sure you are getting insurance and not something else.** Some plans claim to be insurance but they aren't. Contact your state insurance commissioner's office to see if the seller is licensed in your state and what you are getting is insurance.



Quack, Quack, Cluck, Cluck

Baby ducks and chicks are adorable and have become popular backyard pets, but these feathered animals can carry dangerous bacteria such as salmonella, the CDC warns. If you own ducks or chickens as pets, make sure you follow these guidelines to avoid risk:

WASH hands with soap and water after handling feathered pets or handling anything that has had contact with the pets including eggs, food and water bowls, cages and pens.

DON'T let your poultry pets live inside your home or outdoor patios—especially where food is served.

KEEP children under 5 years old away from live poultry without adult supervision.

DO not snuggle with or kiss the feathered pets.

CLEAN equipment or materials outdoors that are used to care for your poultry pets.

KEEP a pair of shoes to wear when taking care of poultry and store them outside.

THROW out eggs that are very dirty or cracked.

CLEAN eggs with a fine sandpaper, brush or cloth. Don't rinse with water because cool water can pull bacteria into the egg. Refrigerate eggs after collecting them and cook them thoroughly before eating.



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