

Vol 2 / Feb2025

SAFETY MATTERS

safety and loss control resource



**Heart Health Awareness / Slips, Trips & Falls / CPR, First Aid,
AED Training / Stress Management / What is Daylighting? /
Temporary Construction Tips**

HEART HEALTH

A Key to Preventing Cardiovascular Disease

Heart health is a vital component of overall well-being, and it is essential to raise awareness about the risks and preventive measures associated with cardiovascular diseases (CVDs).

Cardiovascular disease is a leading cause of death worldwide, affecting millions of individuals each year. By understanding the importance of maintaining heart health, individuals can take proactive steps to lower their risk and lead longer, healthier lives. This article will explore the significance of heart health awareness, the factors that contribute to cardiovascular diseases, and the strategies for prevention and management.

The Importance of Heart Health Awareness

Heart disease is often referred to as a "silent killer" because it may develop without obvious symptoms, and many individuals are unaware of their risk factors until they experience a heart attack or other serious cardiac event. Raising awareness about heart health can help individuals identify the warning signs, make healthier lifestyle choices, and seek medical intervention before a serious condition develops. Awareness campaigns, such as Heart Health Awareness Month, which is observed in February, have played a crucial role in educating the public about the risks associated with heart disease and the steps they can take to prevent it.

Early education on heart health can have a lasting impact on long-term wellness. By teaching people the importance of a balanced diet, regular exercise, and routine health screenings, heart health awareness can empower individuals to make informed decisions and take responsibility for their own health. Moreover, increasing awareness about heart disease risk factors, such as high blood pressure, high cholesterol, smoking, and a sedentary lifestyle, can lead to better prevention and treatment outcomes.

By understanding the risk factors associated with heart disease and adopting preventive measures, individuals can significantly improve their chances of living a healthy life free from heart-related complications. As the global prevalence of heart disease continues to rise, promoting heart health awareness remains a crucial step toward a healthier future for all.

HEALTH AWARENESS

Contributing Factors to Cardiovascular Disease

There are numerous factors that contribute to the development of cardiovascular diseases, and many of them are preventable. The primary risk factors for heart disease include:

- High Blood Pressure
- High Cholesterol
- Smoking & Alcohol Use
- Obesity
- Diabetes
- Physical Inactivity
- Unhealthy Diet

Strategies for Prevention and Management

Prevention and management of heart disease involve a combination of lifestyle changes, regular medical check-ups, and, in some cases, medications. The following strategies can help individuals protect their heart health:

Adopting a Healthy Diet: A heart-healthy diet emphasizes fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting saturated fats, trans fats, salt, and added sugars.

Engaging in Regular Physical Activity: Engaging in moderate-intensity aerobic activity, such as brisk walking, swimming, or cycling, for at least 150 minutes per week can improve cardiovascular function, lower blood pressure, and enhance overall well-being.

Quitting Smoking and Limiting Alcohol Consumption: Avoiding tobacco in all forms and limiting alcohol consumption can significantly reduce the risk of heart disease.

Managing Stress: Finding healthy ways to manage stress, through mindfulness, meditation, or regular physical activity, can improve heart health.

Regular Health Screenings: Routine check-ups, including monitoring blood pressure, cholesterol levels, and blood sugar, are essential for early detection and management of heart disease risk factors.

Prevent **slips, trips** and **falls** at work

Hazards: Causes and Prevention

Slip, trip, and fall hazards are some of the most common and potentially serious safety concerns in workplaces and public spaces. These accidents often result in significant injuries, including fractures, head trauma, and even fatalities. Understanding the causes, consequences, and effective preventive measures for these hazards is essential in reducing the risk of such accidents. By identifying common factors and implementing proper safety practices, organizations can protect their employees, visitors, and the public from harm.

Causes to watch out for:

Slips - occurs when there is insufficient friction between a person's and the walking surface, typically caused by wet, greasy, or icy floors. Spilled liquids, cleaning products, or weather conditions such as rain or snow are common contributors to slippery surfaces.

Trips - happen when an individual's foot strikes an object or an uneven surface. Clutter, cords, tools, and debris left in walkways can cause someone to trip.

Falls - often result from a combination of slipping or tripping and the loss of balance that follows. They can also be caused by structural issues such as uneven stairs, broken handrails, or poor lighting, poorly maintained walkways also pose significant risks.





Safety Measures

Effective prevention of slip, trip, and fall hazards requires a proactive approach involving both environmental modifications and behavioral practices. The first step is to regularly assess and identify hazards in the workplace.

Workers should be educated on the risks of slips, trips, and falls and the importance of maintaining a clean and organized workspace. Encouraging employees to wear appropriate footwear and to stay alert to potential hazards is an important part of a comprehensive safety culture.

Clear signage should be placed in areas that may present slip or trip hazards. The use of high visibility tape or markings on stairways, ramps, and walkways can also help reduce the likelihood of falls. Proper lighting is crucial for minimizing risks, particularly in stairwells, hallways, parking lots, and other poorly lit areas. Organizations should also regularly inspect and maintain structural elements such as staircases, railings, and flooring to ensure that they are free from defects that could lead to accidents. Mats or rugs should be used in areas prone to moisture accumulation, and anti-slip treatments can be applied in high-risk zones, such as kitchens or bathrooms.

These accidents can cause physical harm, financial burden, and reputational damage. However, by taking proactive measures such as regular hazard assessments, implementing safety protocols, and fostering a culture of safety awareness, these risks can be greatly reduced ensure a safer environment for everyone.

**Keep it clean
and clear**

- Keep floors clean and dry
- Wipe up spills quickly
- Keep aisles and walkways clear of clutter and obstacles
- Clear snow and ice from walkways

First Aid Training

The Importance of First Aid Training

Accidents can happen anytime, anywhere. Knowing how to respond can make a crucial difference in someone's recovery or survival. It's a skill that everyone should learn, regardless of profession or age, as it can save lives and prevent further harm.

What is First Aid?

First Aid refers to the initial care given to someone who has sustained an injury or is experiencing a sudden illness. This care can include everything from simple tasks like cleaning a wound to performing CPR on someone who has stopped breathing. First Aid is designed to stabilize the individual until help from a medical professional can take over.

Why is First Aid Training Important?

It Can Save Lives: In life-threatening situations like choking, heart attacks, or severe bleeding, immediate First Aid, such as CPR or applying pressure to a wound, can prevent further harm and increase the chances of survival.

Reduces Injury Severity: Properly handling situations like fractures, burns, or cuts helps prevent complications and stabilizes the individual until medical help arrives.

Builds Confidence in Emergencies: Knowing how to respond in an emergency boosts confidence and helps individuals take effective action, reducing panic in critical moments.

Promotes Safety: Having trained individuals in schools, workplaces, and public spaces enhances overall safety, ensuring that help is available quickly in the event of an accident.

A Valuable Skill for Everyone: Whether you're a parent, teacher, coach, or outdoor enthusiast, First Aid skills are useful for anyone who may encounter emergencies at home, work, or while traveling.

Key First Aid Skills

First Aid courses teach essential skills, including:

- ◆ **Wound Care**
- ◆ **Choking Assistance**
- ◆ **CPR**
- ◆ **AED use**

Getting Certified

Must be approved by your supervisor.

[Adult and Pediatric First Aid/CPR/AED blended learning course](#) equips students to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults, children and infants. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. This class is taught in a blended learning format and the online portion (accessed via mobile desktop or tablet) must be completed PRIOR to attending the Instructor led skills session.

A woman in a white lab coat is applying a bandage to a child's arm. Another child is sitting next to her, holding a bottle of medicine. The scene is set in a clinical or home care environment.

Employee CPR/ First Aid/AED Certification

- ◆ **Must be approved by your supervisor**
- ◆ **\$25 fee to be billed for no-shows & cancellations received after registration/cancellation deadline**
- ◆ **[Click here to enroll](#) via RivCo Talent**
- ◆ **Online Skills Session (14 Days prior)**
 - ◇ **Class closes for sign-ups**
 - ◇ **Link to online portal will be sent out via email**
 - ◇ **Print online completion certificate**
 - ◇ **Online portion must be completed prior to in-person skills session**
- ◆ **In-person Skills Session**
 - ◇ **Bring online completion certificate to class**
 - ◇ **Complete hands on training**
 - ◇ **Red Cross certification to be sent via email**

STRESS MANAGEMENT: 7

Understanding Stress

Stress is the body's natural response to challenges or demands. While a certain level of stress can be motivating, excessive stress can lead to a range of health issues, including anxiety, depression, heart disease, and weakened immune function. Recognizing the signs of stress such as irritability, fatigue, and difficulty concentrating can help individuals take proactive steps to manage it.

Effective Stress Management Techniques

1. Mindfulness and Meditation

Mindfulness practices, including meditation, encourage individuals to focus on the present moment. These techniques have been shown to reduce anxiety and improve emotional regulation. Simple practices, such as deep breathing or guided imagery, can be effective in calming the mind and reducing stress levels.

2. Physical Activity

Regular exercise is one of the most effective ways to manage stress. Physical activity releases endorphins, which are natural mood lifters. Whether it's a brisk walk, yoga, or team sports, finding an enjoyable form of exercise can make it easier to incorporate into daily life.

3. Time Management

Poor time management can lead to increased stress. Prioritizing tasks, setting realistic goals, and breaking projects into smaller, manageable steps can help individuals feel more in control and reduce the feeling of being overwhelmed.

Techniques for a Healthier Life

4. Social Support

Building and maintaining a strong support network is vital. Talking to friends, family, or a therapist can provide emotional support and perspective, helping individuals cope with stress more effectively. Group activities or community involvement can reduce feelings of isolation.

5. Healthy Lifestyle Choices

Adopting a healthy lifestyle can significantly impact stress levels. Eating a balanced diet, getting enough sleep, and avoiding excessive caffeine and alcohol can help the body better cope with stress. Hydration is also important, as dehydration can exacerbate feelings of anxiety.

6. Relaxation Techniques

Learning relaxation techniques such as progressive muscle relaxation, aromatherapy, or tai chi can help to alleviate stress. These practices promote physical and mental relaxation, making it easier to cope with stressors.

7. Setting Boundaries

Learning to say "no" and establishing boundaries is essential to prevent burnout. It's important to recognize one's limits and prioritize self-care. This may involve delegating tasks, reducing commitments, or finding time for personal interests.

8. Professional Help

If stress becomes overwhelming, seeking professional help can be beneficial. Therapists or counselors can provide tailored strategies and support to help individuals navigate life's challenges.

WHAT IS DAYLIGHTING

What is California's New Daylighting Law (AB 413)?

Assembly Bill 413 (AB 413), known as the "Daylighting" law, aims to improve pedestrian safety by increasing visibility at crosswalks. This law prohibits the stopping, standing, or parking of a vehicle within 20 feet of the approach side of any marked or unmarked crosswalk and within 15 feet of any crosswalk where a curb extension (bulb-out) is present.

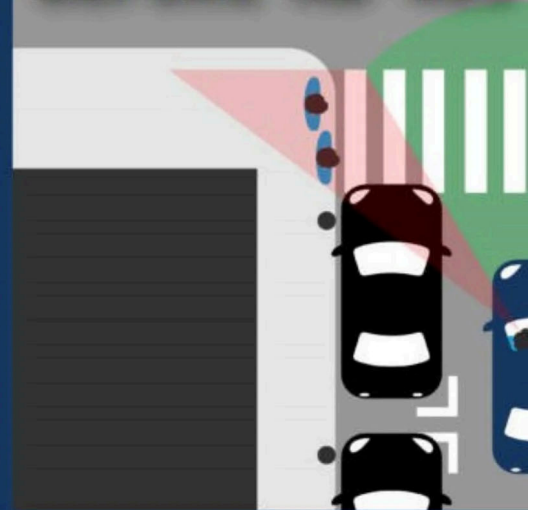
Why the Change?

Daylighting is based on the concept that safety is improved by removing parked cars near crosswalks to increase visibility. By keeping these areas clear, both pedestrians and drivers have a better line of sight, reducing the risk of accidents.

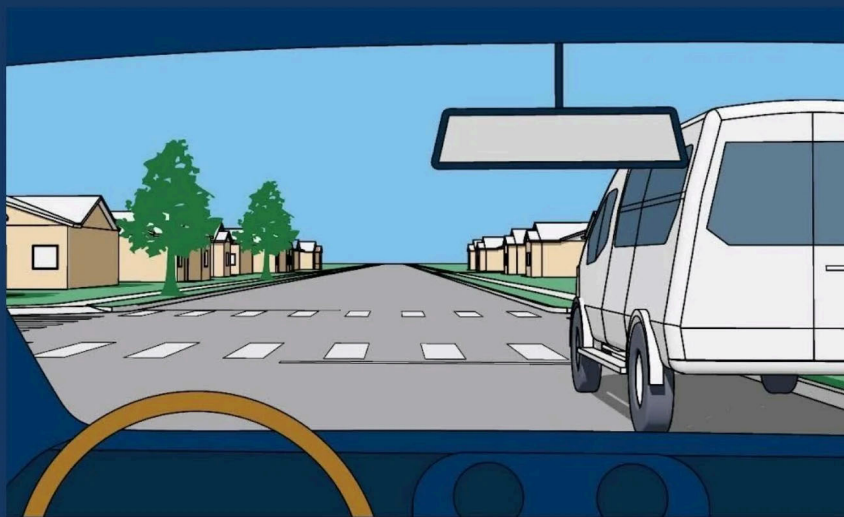
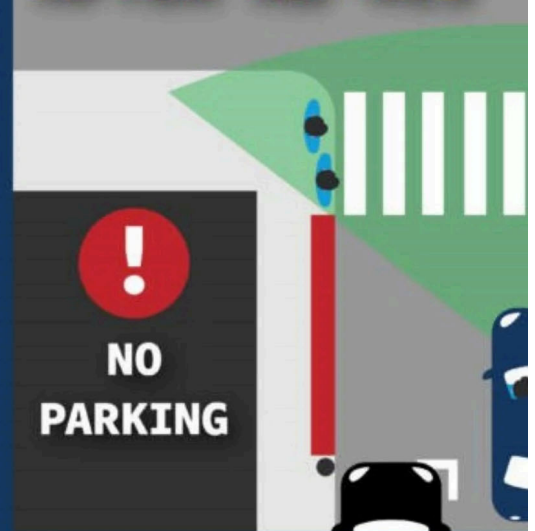
When Does AB 413 Go Into Effect?

AB 413 was signed into law on October 10, 2023, and became effective on January 1, 2024. However, until January 1, 2025, only warnings may be issued for violations unless the curb is painted red. After January 1, 2025, citations can be issued even if the curb is not painted red.

BEFORE AB 413



AFTER AB 413



Can You See T



Y LIGHTING?

Implementing the Changes

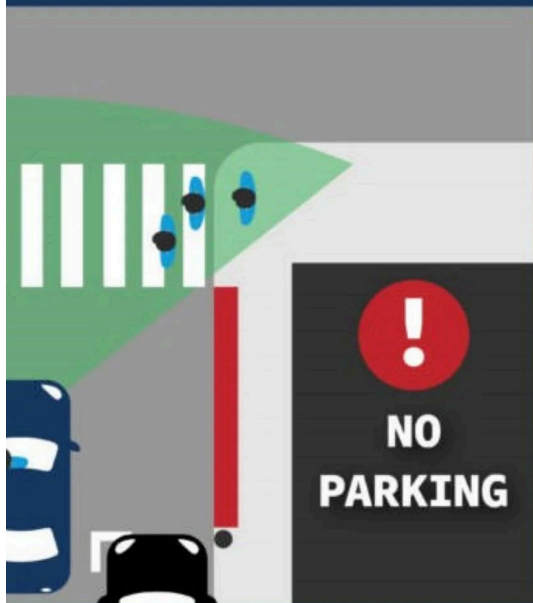
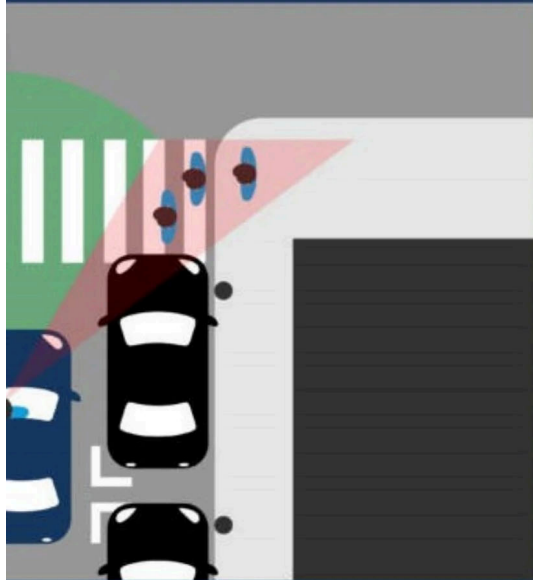
To comply with AB 413, it's essential to evaluate intersections and identify locations for red curb implementation. The plan includes painting a limited amount of red curbs in phases, prioritizing:

- Uncontrolled marked crosswalks near schools
- Marked crosswalks on bus routes with high student ridership
- Controlled marked crosswalks near schools
- Parks/Senior facilities
- Other high-pedestrian areas

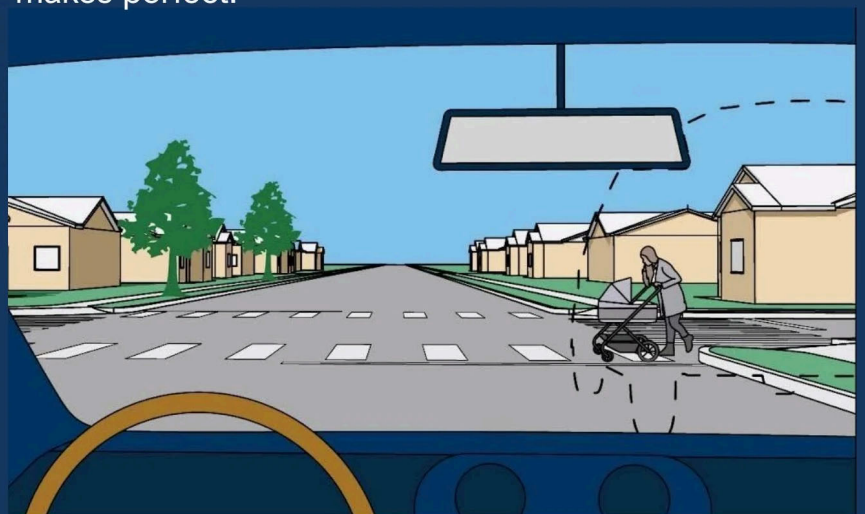
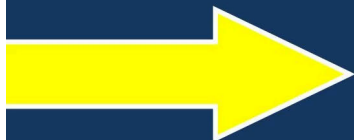
Starting January 1, 2024, parking citations will be issued for violators in areas with painted red curbs. In unpainted areas, there will be a 30-day grace period from January 1 to January 30, 2025, during which violators will receive written warnings. Citations for all violations will begin on January 31, 2025.

What Can You Do?

While enforcement of this new law begins on January 1, 2025, you can start practicing now by leaving at least 20 feet (or one large car length) between your car and any marked or unmarked crosswalk. Practice makes perfect!



he Difference?



Temporary Construction Safety Tips: *Ensuring a Secure Worksite*

Construction sites are dynamic environments with fluctuating risks, especially when dealing with temporary structures or tasks.

1. Plan for Safety from the Start

Before any work begins, ensure that a comprehensive safety plan is developed and clearly communicated to everyone involved. This plan should address any potential risks, environmental conditions or extreme weather and include emergency response procedures, evacuation routes, and contacts for medical emergencies.

2. Properly Secure Temporary Structures

Temporary structures need to be securely anchored and inspected regularly. Follow the manufacturer's instructions for installation and ensure that all parts are stable. Using appropriate safety rails and ensuring that the structure is not overloaded are additional steps to keep workers safe.

3. Wear the Right Personal Protective Equipment (PPE)

Personal protective equipment is a non-negotiable aspect of construction safety, and temporary worksites are no different. Workers should be equipped with hard hats, gloves, high-visibility vests, steel-toed boots, eye protection, hearing protection, face shields or respiratory protection as necessary.

4. Ensure Proper Lighting

Temporary construction sites can often lack adequate lighting, which increases the risk of accidents, especially during late shifts or in poorly lit areas. Lighting should be regularly maintained to ensure it's functioning properly and placed in areas where it's most needed.

5. Establish Clear Signage and Barriers

Temporary construction sites often change rapidly, with new hazards appearing as work progresses. Clear signage should be used to identify areas that pose particular risks, such as wet floors, open trenches, or areas where heavy lifting is taking place. Safety barriers, cones, and tape should be employed to demarcate these areas and keep workers away from danger zones.

6. Regular Inspections

Safety inspections should be conducted regularly to identify potential hazards in temporary structures and equipment. All scaffolding, walkways, and any other temporary installations should be checked for wear and tear, structural integrity, and compliance with safety regulations. Additionally, daily pre-work inspections by supervisors will help catch any issues before they become serious problems.