

# Pool/Pact Safety and Wellness Newsletter

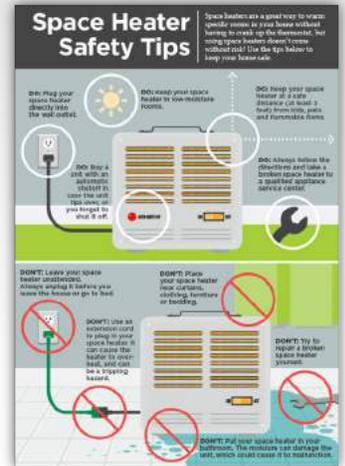
February 2019

## Winter Electrical Safety Tips

The latest winter storm is causing record-breaking cold temperatures across the country. Developing a schedule to conduct home checks of appliances and outlets is a simple way to catch potential fire hazards during the season.

### Space Heater Safety

Keep space heaters away from furniture, curtains, sinks, tubs and water. Do not lay rugs or carpet over the cord. Do not use heaters if the cord is frayed or broken, and do not use an extension cord. Turn off heaters before leaving home or going to bed.



### Generator Safety

Never use generators indoors. They can produce a dangerous gas called carbon monoxide that you cannot see or smell. Be sure to follow manufacturer's instructions carefully.

### Appliance Safety

Do not place appliance cords where they will come in contact with the stove or other heated surfaces. Do not hang appliance cords over countertops, where they might be accidentally pulled down. Plug appliances directly into an outlet to prevent overloading a circuit.

### Frayed Cords

Worn or frayed appliance cords can cause fires, electric shock and even electrocution. Inspect cords regularly to assess wear and replace cords as needed.



### Surge Protectors

Only use surge protectors with internal circuit breakers. These units will trip the breaker if the power strip is overloaded and shorted to prevent overheating.

### Overloading Equipment

Prevent overloading equipment and circuits. It can cause insulation to burn, create sparks and leave exposed wires.



### Electric Appliances

Prevent oil and dirt buildup on electrical appliances which can cause electrical equipment to overheat and short-circuit.

### Fire Extinguishers

Know where the nearest fire extinguishers are and how to use them. Only Class C extinguishers are safe to use on energized electrical equipment.



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# OSHA Final Rule Eliminates Electronic Reporting Requirement

Saying it took the action to protect workers' privacy, OSHA has issued a final rule that eliminates the requirement for establishments with 250 or more employees to electronically submit information from their OSHA Form 300 (Log of Work-Related Injuries and Illnesses) and OSHA Form 301 (Injury and Illness Incident Report) to OSHA each year. Those establishments are still required to electronically submit information from OSHA Form 300A (Summary of Work-Related Injuries and Illnesses).



"By preventing routine government collection of information that may be quite sensitive, including descriptions of workers' injuries and body parts affected, OSHA is avoiding the risk that such information might be publicly disclosed under the Freedom of Information Act," the agency's Jan. 24 news release said. "This rule will better protect personally identifiable information or data that could be re-identified with a particular worker by removing the requirement for covered employers to submit their information from Forms 300 and 301. The final rule does not alter an employer's duty to maintain OSHA Forms 300 and 301 on-site, and OSHA will continue to obtain these forms as needed through inspections and enforcement actions."



The new final rule was published Jan. 25 in the Federal Register. The OSHA release said the rule "will allow OSHA to focus its resources on initiatives that its past experience has shown to be useful—including continued use of information from severe injury reports that helps target areas of concern, and seeking to fully utilize a large volume of data from Form 300A—rather than on collecting and processing information from Forms 300 and 301 with uncertain value for OSHA enforcement and compliance assistance."

OSHA also is amending the recordkeeping regulation to require covered employers to electronically submit their Employer Identification Number with their information from Form 300A. The final rule's requirement for employers to submit their EIN to OSHA electronically along with their information from OSHA Form 300A will make the data more useful for OSHA and BLS and could reduce duplicative reporting burdens on employers in the future, according to the release.



Collection of calendar year 2018 information from the OSHA Form 300A began on Jan. 2, 2019. The deadline for electronic submissions is March 2.

# How Much Exercise Should You Be Getting?

New guidelines spell out how much physical activity to aim for.

About 80 percent of U.S. adults and children aren't getting enough exercise for optimal health. But just how much exercise do we really need?

For the first time in 10 years, a new set of guidelines from the 2018 Physical Activity Guidelines Advisory Committee outlines just how much exercise we should all be aiming for.



## How much exercise you (and your family) need?

The new guidelines recommend:

- Preschool children (ages 3-5). Be active throughout the day.
- Children and adolescents (ages 6-17). Do at least 60 minutes of moderate to intense exercise each day.
- Adults. Aim for 150 to 300 minutes of moderate exercise or 75 to 150 minutes of vigorous exercise each week.

The guidelines recommend adults supplement their weekly activity with two sessions of resistance muscle-building exercises. Older adults should also incorporate balance enhancing exercises into their fitness regimen.



## Why exercise is so important to your health

The health benefits of physical activity include a reduced risk of death from heart disease, heart-related events, high blood pressure, type 2 diabetes, high cholesterol and various cancers.

And the positive effects of exercise extend beyond the traditional heart-healthy benefits. The research also shows that increased physical activity can improve cognition, sleep and reduce anxiety, as well as the risk of depression and dementia.

## Remember: It's not all or nothing

While the recommendations may seem overwhelming to someone who isn't physically active, Dr. Ahmed points out that even a little bit of exercise has some benefit. Just minimal amounts of exercise is better than nothing. If you just go up an extra three flight of stairs per day — during the morning, at your lunch break, in the evening — over a long period of time that really adds up.

Even those who have a family history of heart disease can still alter their risk significantly through good health habits such as eating a healthy diet and getting plenty of exercise. Research suggests that those who have a family history can still reduce risk by up to 80 percent.

