

Friday, March 10, 2006

==== UMC NEWSBLAST ====

Safety Corner

Lifting Safety: Tips to Help Prevent Back Injuries

Have you checked the object before you try to lift it?

Test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves. This tells you about how heavy it is. Remember, a small size does not always mean a light load.

Is the load you want to lift packed correctly?

Make sure the weight is balanced and packed so it won't move around. Loose pieces inside a box can cause accidents if the box becomes unbalanced.

What's the best way to pick up an object?

Use slow and smooth movements. Hurried, jerky movements can strain the muscles in your back. Keep your body facing the object while you lift it. Twisting while lifting can hurt your back. Keep the load close to your body. Having to reach out to lift and carry an object may hurt your back. "Lifting with your legs" should be done only when you can straddle the load. To lift with your legs, bend your knees, not your back, to pick up the load. Keep your back straight. Try to carry the load in the space between your shoulder and your waist. This puts less strain on your back muscles.

How can I avoid back injuries?

Pace yourself. Take many small breaks between lifts if you are lifting a number of things. Don't overdo it--don't try to lift something too heavy for you. If you have to strain to carry the load, it's too heavy. Make sure you have enough room to lift safely. Clear a space around the object before lifting it. Look around before you lift, and look around as you carry. Make sure you can see where you are walking. Know where you are going to put down the load. Avoid walking on slippery, uneven surfaces while carrying something. Don't rely on a back belt to protect you. It hasn't been proven that back belts can protect you from back injury. Get help before you try to lift a heavy load. Use a dolly or a forklift if you can.

If you have any questions about any of the safety tips, please ask Jim Schick or Brian Van in our safety department.

Quotable Leader

" Never interrupt someone doing what you said couldn't be done. "

-Amelia Earhart

Project Spotlight

Joe Trimm gives us this update on **New Equipment in our Fabrication Shop.**

Last Fall UMC set up a plumbing fabrication shop in our building. The plumbers currently cut 140 to 160 steel sleeves every week. This created the need for another band saw. The decision was made to upgrade to a larger automated band saw. The new saw was installed in the fitter's fab shop on March 2nd. The new saw can cut pipe up to 12 inches in diameter and the cutting head turns so pipe or structural steel can be cut at an angle up to 60 degrees with ease. A separate hydraulic pump operates the clamp and head of the saw. When the saw completes a cut, the blade stops and the head rises to a preset height. This eliminates manually raising the heavy saw head and reduces the chance of injury or strains.



UMC Health Awareness Corner:

People who **Can't Say NO** risk stress, anger and potential illness

It might be the easiest word to say, and the most overused in our culture. Help with the bake sale? Work an extra shift at the hospital? Bring a main dish to your neighborhood party after working a 60-hour workweek? **Yes** might be the automatic, simplest or least painful response- even when we truly want to say no. But there is eventually a price: in stress, anger, passive-aggressive behavior, exhaustion and illness.

Putting Yourself First:

Do you find yourself always saying “yes,” even when you don't want to? Here are some tips from experts on how to change your ways:

Start by making choices. For example, if you are invited to two social events in one evening, pick the one you would prefer to go to and say NO to the other by explaining that you have a previous commitment. This still might not be easy, but you will breathe easier after you do it, and it is good practice.

When someone asks you for a favor, or to do something for her or her cause, do not automatically say yes. Say “I will have to check my calendar and get back to you.” Then really take the time to think about whether you have the time, energy or desire to do what she has asked. If you don't, get back to her promptly to say NO.

The reward? Your life will be simpler, you will be taking better care of yourself and your health and you will be living a life of integrity. You will also be happier to say yes to the things that you really want to do.

St. Patrick's Day Dash

Come join the UMC Leprechaun's and run, jog or crawl to the 22nd annual Henry Weinhard's St. Patrick's Day Dash, Sunday March 12 at 9 AM. It's one of Seattle's largest foot race that ends with a beer garden at the finish. It's no Pot “O” Gold but it's the next best thing. Registration information and forms can be found at www.stpatsdash.com. Start training now! Weekly runs are at noon on Monday, Wednesday and Friday's. For more information, contact Bill Laughlin or Bruce Pence.
