

## Workplace Safety: Just Don't Fall

The most common cause of fatal construction accidents is falls. More than half of all fatal falls are from only six to 15 feet. OSHA requires you to protect yourself from an accidental fall of from four to six feet! Beyond using fall protection equipment, you can prevent nearly all falls with four key tips: pick up tools so you don't trip, cover openings so you don't step in them, don't use shortcuts that risk injury, and don't rush the work.



## Addicted to Indoor Tanning?

Besides giving you a tan, ultraviolet light causes your body to release endorphins, so you feel great afterwards. But here's the rub: Research revealed that one out of five women studied showed signs of addiction to tanning and a depression cycle that prompts their return to it. And the younger a person starts, the more aggressive this cycle. The study focused on women, but men are not immune. Despite the warnings issued by dermatology societies against using tanning beds due to the risk of melanoma, over a million people in Canada still use them. Tanning beds produce far more ultraviolet radiation than natural sunlight. On January 1, 2018, Alberta, Canada will make it illegal for those under 18 years old to use tanning salons.

Source: <http://cebp.aacrjournals.org> [Search "tanning"]

## Dignify Differences in Others

You know that tolerance is the key to a respectful workplace. However, tolerance can still be accompanied by silence or indifference, which can make a coworker feel unaccepted. So what is the next step along the path of inclusiveness that produces a productive, high-morale workplace in which everyone feels welcome? Answer: Dignify differences in people. While tolerance is attitude-driven, dignifying differences is an action step. The easiest way to dignify differences is by getting to know the actual person by looking past differences; discarding your negative first impressions; and giving the gift of listening for understanding, not agreement.



## Take Steps to Overcome Worry, Fear, and Chronic Stress

Relationship issues, debt, grief and loss, and fear about an illness—these and other life issues can cause you to feel like you are only half present on the job, at social events, at a child's school play, or at the dinner table. Don't allow this state of mind to cause health problems. It signals it's time to reach out for help. Don't resist seeking help because you think "no one's got the answer." EAPs and professional counselors can help, and the resources they possess can be extensive. When working with a counselor, you engage in a dual track of help—first, to get relief from the feeling of dread and, second, to find practical strategies to resolve the issues you face.

## Four Key Methods of Stress Management

An often-discussed concept is a model for coping and a memory jogger for remembering four ways of managing stress, depending on the circumstances you face. The words are “avoid,” “alter,” “adapt,” and “accept.” Avoid refers to managing stress by planning or making different choices that steer you clear of stress and strain. (Example: You decide to file your tax return early to help avoid the stress of last-minute number-crunching and any feelings of panic over the deadline.) Alter refers to acting to create change in the present regarding the stressful situation. (Example: You decide to take a different way to work to avoid a traffic jam that will stress you out despite the alternate direction being five minutes longer.) Adapt refers to an internal decision you make to adjust the way you cope with a stressor you can't avoid. (Example: You make a decision to look on the bright side of a problem or situation that would otherwise be more distressful.) Accept refers to “letting go” and ending the fight against a stressor you can't control, but finding internal ways of coping with it to minimize its harmful effects. (Example: You experience a loss or fail a test, and decide to talk it over with a friend, counselor, or advisor.) Remember these four methods of stress management, and learn more by searching for information about it online.



## The “Two-Minute” Rule

David Allen wrote the best-selling book “Getting Things Done,” and offered a productivity tool called the two-minute rule. Try it for five days to see how it performs for you. The challenge: Be mindful as you go about your day, and recognize how many tasks and chores confront you. Consider how much time they take. If you estimate any task will take less than two minutes, do it immediately. Keep a diary to look back on, and be amazed at how much you achieve.

Source: “Getting Things Done: The Art of Stress-Free Productivity,” David Allen

## Breast Cancer Awareness

Most women can survive breast cancer if it's found and treated early. The Canadian Task Force on Preventative Health Care recommends a mammogram every two years if you are a woman age 50 to 74. Follow your doctor's recommendations based on your history and risk. If you are fearful about mammograms, discuss these fears with your doctor. Many myths and falsehoods about breast cancer and mammograms are found online. Much of it stems from health “experts” selling health products, discussions of old research contradicted by new research, and cancer associations with slightly different recommendations. Read about these myths at [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org). Did you know that 85% of women diagnosed with breast cancer do not have a family history of it?



## Try This To-Do List

The march toward the holiday season has begun. If “overwhelm” is descending on you, try this improved to-do list strategy. It may help you feel more organized and focused. Draw or create a form with five small to-do list boxes on one side of a sheet of paper—mark each for one day of the week. Add six or seven lines within each box. Add your to-do items in Monday's box and focus on completing them. Unfinished items move to the next day's box. This strategy improves focus, gives you a global view of accomplishments, prompts more action, and reduces procrastination. Don't expect perfection, but see whether you notice an uptick in getting more done and less negative self-talk about what you don't get done.