

# Team Topics - April 2022

## HAZARD COMMUNICATION



Annually, OSHA requires review of the City's Hazard Comm Policy. This can be viewed on the HUB under Safety. The safety videos give an overview of the dangers and the Safety Data Sheets.

Below are the nine pictograms all chemicals are required to have to show their danger.

	<b>Exploding bomb</b> <i>(for explosion or reactivity hazards)</i>		<b>Flame</b> <i>(for fire hazards)</i>		<b>Flame over circle</b> <i>(for oxidizing hazards)</i>
	<b>Gas cylinder</b> <i>(for gases under pressure)</i>		<b>Corrosion</b> <i>(for corrosive damage to metals as well as skin, eyes)</i>		<b>Skull and crossbones</b> <i>(can cause death or toxicity with short exposure to small amounts)</i>
	<b>Health hazard</b> <i>(may cause or suspected of causing serious health effects)</i>		<b>Exclamation mark</b> <i>(may cause less serious health effects or damage the ozone layer*)</i>		<b>Environment*</b> <i>(may cause damage to the aquatic environment)</i>

## WELLNESS REMINDER - Moderate Control Standards

For the calendar year of 2022, employees and spouses on the City's medical insurance will need to meet the healthy range in three out five of control standards: blood pressure, waist circumference, blood glucose, cholesterol/HDL ratio and wellness program participation. Two will be discussed here.

**Blood glucose** levels are the amount of glucose that someone has in their blood at any given time. Having high or low blood sugar levels could indicate an underlying health condition that may require medical attention. A high blood glucose level can lead to diabetes. Healthy numbers are: fasting glucose < 126 or A1C < 7.0%.

**Cholesterol** is a waxy, fat-like substance that's found in all the cells in your body. Its main function is to maintain the integrity and fluidity of cell membranes and to serve as a precursor for the synthesis of substances that are vital for the organism including steroid hormones, bile acids, and vitamin D. Very high HDL levels could slow the process of clearing LDL cholesterol from your arteries. When LDL cholesterol builds up in these blood vessels, it forms clumps called plaques that slow or block blood flow. Eventually a chunk of plaque can break free and form a clot, which could lead to a heart attack or stroke. Ideally, you want a ratio number less than 4.

These numbers will be gathered at the on-site health assessments in July and August. Health coaching and retesting will be available through the rest of the year.

