

Team Topics - March 2022



SAFETY - March is Ladder Safety Month

(Submit a Safty Issue/Near Miss card this month to win a ladder.)

Ladders may seem self-explanatory – you set them up, then get to work. Either at home or on the job, most everyone has climbed a ladder and feel safe doing so. Don't be fooled. Ladders account for 20% of fall fatalities at work and countless injuries at home. Keep these safety tips below when climbing your next ladder

- Choose the right ladder. Select one that is the right height and of the right type to do the job safely.
- Only use ladders for their intended purposes.
- Inspect it. Check the ladder for any defects. At work, all factory placed stickers must be readable.
- Always face forward when climbing the ladder.
- Keep three points of contact with the ladder's rungs at all times (in other words, make sure at least one hand is always on the ladder).
- Don't carry tools on a ladder unless you can keep them in a tool belt and they won't interfere with your mobility.
- Don't move, shift or extend a ladder while it's in use.
- Don't lean to work from a ladder. If you can't reach, climb down and reset the ladder.
- Don't use metal ladders around electrical equipment.

Use a 1:4 ratio when setting up an extension ladder. For every four feet the ladder extends vertically, its base should be one foot from the wall or vertical surface.

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 of five control standards: blood pressure, waist circumference, blood glucose, cholesterol/HDL ratio and wellness program participation. Two will be discussed here.

Waist circumference is an indirect indicator of intra-abdominal fat tissue, often called visceral fat. A large waist circumference is associated with an increased risk of type 2 diabetes, high cholesterol, high blood pressure, and cardiovascular disease. A healthy measurement for women is 35" or less and for men 40" or less.

Blood pressure is measured using two numbers: The first number, called systolic blood pressure, measures the pressure in your arteries when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats. High blood pressure, also called hypertension, is blood pressure that is higher than normal. The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke. A healthy number is 140/90.

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.

