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Health and Fitness

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SECURITY NEWS

Prusik USA will soon introduce a new Division to the company; *Prusik Security Group*, which will encompass Prusik Security Consulting and its departments.



PSG will facilitate a new era in security operations and solutions to our clients, as well as training services for our students. For security consulting and security services information call 1-877-PRUSIKUSA, or E-mail: securityinfo@prusikusa.com.

Health and wellness is very important to everyone and is the key to individual wellbeing. It is important at any age to take responsibility for your own health and well being. This month we will discuss ways you can keep yourself healthy and fit. In today's world it is more important (and easier) than ever to have regular medical check-ups, eat healthy and exercise.

The food and physical activity choices you make every day affect your health— how you feel today, tomorrow, and in the future. The science-based advice of the *Dietary Guidelines for Americans* highlights how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. Make smart choices from every food group. The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

What can physical activity do for you? You may have heard the good things you can gain from regular physical activity such as:

- Being healthier;
- Increasing your chances of living longer;
- Feeling better about yourself;
- Having less chance of becoming depressed;
- Sleeping better at night;
- Getting around better;
- Having stronger muscles and bones;
- Helping you stay at or get to a healthy weight.

Did you know? When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Start by doing what you can, and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities—do them longer and more often.

Walking is one way to add physical activity to your life. When you first start, walk 10 minutes a day, 2-3 times per week. Work towards jogging/ running 10 minutes a day.

Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes for 4-5 days per week. Monitor your workout sessions with a exercise journal.

Pick up the pace. Once this is easy to do, try walking faster and further. You might want to add biking on the weekends for variety.

Very important - Before starting any exercise program or diet make sure you first consult with your physician.



When workers skip PPE (Personal Protective Equipment) they're putting their lives and limbs at risk! That's why it's up to Supervisors to make sure everyone puts on PPE every single shift. When workers aren't trained on how to repair their machines safely, the worst can happen – and then OSHA will bring down the hammer! OSHA will put the fines toward companies and supervisors that allow known safety hazards to exist on their job sites – especially if the company already was warned by OSHA.



FIREARMS NEWS

Parabellum Combat Systems hosted a booth at the [Wanenmacher's Tulsa Arms Show](#) at the Expo Center in Tulsa, OK on April 10 - 11. The new Silent Thunder SD and Talon SD silencers were introduced to new customers. Firearms enthusiasts stopped by to discuss topics such as guns, ammunition, and firearms training conducted by Prusik Training Center.

For Firearms solutions, call 1-877-PRUSIKUSA, or E-mail: parabellum@prusikusa.com.

What you need to know:

It's always easy to let something small slide on a busy day. But when safety is at stake, there's no shortcut that's worth it.

- Conduct routine safety meetings with managers, supervisors, and employees.
- Conduct training for employees required to perform safety-related tasks.
- Inspect equipment routinely (weekly, monthly, annually), and after maintenance.
- Take equipment out of service right away if a worker speaks up about it being unsafe.
- Clearly tag the machine so no other worker mistakenly uses it (lockout-tagout).
- Make sure it stays out-of-service until all needed maintenance is finished.
- Workers should know they can come to the supervisor with safety concerns.

Fines, accidents, and damage supervisors could've prevented:

- An employee was working on a machine at a Springfield MO manufacturing plant. A piece of metal was ejected from the unguarded machine and hit the worker in the head and killed him.
 - OSHA investigated the fatality. It found unguarded heavy machinery and no facial PPE for workers. The company was fined 511,000 for safety infractions.
- In 2005, 15 workers were injured in an explosion at a petroleum refinery in Texas City, TX.
 - OSHA investigated and fined the company with a \$21 million fine for safety lapses, including failure to correct a defective pressure system, which led to the blast.
- A manufacturing employee was using a metal shaving machine at a plant in Washington, GA. The shaving machine jammed and the worker was clearing the debris. But the worker wasn't wearing the proper safety footwear and slipped. The worker's legs were cut off by the machine.
 - OSHA investigated and fined the company \$41,700 for the accident, citing a lack of protective footwear, improper machine guarding, and not conducting Lockout-Tagout.

As a Manager/ Supervisor – Enforce the Rules.

- Use a thorough job site safety checklist and make sure each worker is wearing PPE.
- Ensure employees working at heights above 6 feet are wearing PPE, using guard rail systems and personal fall protection.
- Enforce safety discipline when a worker skips PPE – and document it!
- Remind workers that Lockout-Tagout shortcuts could be a quick way to shorten their own lives.
- Train workers on safety, and to be proactive – instead of reactive – when it comes to safety concerns and violations.
- Practice Zero Tolerance. If workers say they skipped wearing PPE “just this once”, then write a disciplinary action “just this once”.
- Show them, as a supervisor, you set the standards – Wear your PPE when on the job site – They'll know you mean business.
- Get the Right Gear. Workers are more likely to wear PPE that fits, and the right gear for the job.