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- ❖ Puncture wounds
- ❖ Nerve damage including carpal tunnel syndrome
- ❖ Partial or complete amputation of fingers or hand
- ❖ Tendon or ligament injuries
- ❖ Skin irritations such as a rash

We'd like to take a moment to thank everyone for their continued partnership and wish you and your families a very Happy Thanksgiving! Enjoy the holiday recipe included at the end.

## Hand Injuries In The Workplace

Hand injuries are among the most common injuries sustained while on the job. A study conducted by the U.S. Department of Labor found that 23% of all work-related injuries involved hand or finger injuries, making it the second most common reason for missed time from work after back injuries.

There are three main areas that employers and workers can address to help prevent workplace hand injuries:

- Administrative control - Implement procedures such as Safety training, lockout/tag out rules, warning signs, and the use of ergonomic principles.
- Engineering controls - Reduce hazards by implementing equipment with built-in protective measures such as safety guards built into the machines to keep workers' hands from accessing sharp objects, pinch points, or rotating parts and emergency stop devices that allow workers to stop the machine to prevent injuries.
- PPE (personal protective equipment) - Using the proper glove for the appropriate task can greatly reduce and prevent injuries.

It is up to both workers and management to be aware of the hazards that cause hand injuries at work and follow proper training and wear appropriate PPE.

## Proper PPE for Protecting Against Hand Injuries

To determine the proper PPE to protect hands, gloves should be industry standard and suitable for the kind of work performed;

- Leather: suitable for uses around sparks, chips, rough objects, and heat
- Non-conductive: suitable for use around electrical components.
- Heat Resistant: when there is excessive heat to prevent burns and heat discomfort.
- Metal Mesh/Tough synthetic yarn: suitable for use around knives and sharp objects to prevent cuts and punctures
- Vinyl/Nitrile/Latex/Neoprene: suitable for use in areas where petroleum products and chemicals are used to protect against chemical burns. Also useful in hospital conditions to protect against blood-borne illnesses.
- Waterproof: suitable for use in wet environments, these gloves often have foam insulation to protect from cold.
- Cotton: suitable for working in dirt and when chafing is possible, to protect against abrasions





### **Most Common Flu Symptoms**

- Fever/feeling feverish or chills.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Headaches.
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

### **Tips to Ease Flu Symptoms**

- Stay home and get plenty of rest.
- Drink plenty of fluids.
- Treat aches and fever.
- Take care of your cough.
- Sit in a steamy bathroom.
- Run the humidifier.
- Try a lozenge.
- Use saline nose drops or sprays
- Ask for an antiviral from your doctor

## **Flu Season**

Flu viruses typically circulate during the fall and winter during what's known as the flu season. The exact timing and duration of flu seasons varies, but flu activity often begins to increase in October and usually peaks between December and February. A bad flu season can put the brakes on your organization's productivity.

### **Have a Plan**

The Centers for Disease Control and Prevention (CDC) encourages employers to implement a strategy for preventing the flu. There are steps you can take now, and during the flu season, to help protect the health of your employees.

### **10 Tips For Preventing the Spread of Flu at Work**

1. Encourage all employees to get a seasonal flu vaccine.
2. Consider hosting a flu vaccine clinic at your workplace, if possible or provide resources to employees about where they can get a flu vaccine in their community.
3. Persons with the flu are most contagious during the first 3 days of their illness. If they suspect they have the flu or have flu like symptoms, provide resources to employees about where they can be tested.
4. Advise all employees to stay home if they are sick until at least 24 hours after their fever\* (temperature of 100 degrees or higher) is gone without the use of fever-reducing medicines.
5. Sick employees who appear to have flu symptoms upon arrival or become sick during the work day should be promptly separated from others and asked to go home.
6. Instruct employees who are well, but who have a sick family member at home with the flu, that they can go to work as usual, but to continue to monitor their health every day, and notify their supervisor and stay home if they become sick.
7. Provide resources and a work environment that promotes preventive actions to reduce the spread of flu. For example, provide tissues, no-touch trash cans, hand soap, and/or hand sanitizer.
8. Provide workers with up-to-date information on flu risk factors and preventive actions.
9. Post signs providing education and reminders about covering coughs and sneezes with tissues, and washing their hands often with soap or alcohol-based hand rubs.
10. Provide disinfectants and frequently clean all commonly touched work surfaces, work areas, and equipment such as telephones, doorknobs, lunch areas, shared workstations, countertops, copiers, etc.

Ultimately, it's up to each individual to follow and apply these guidelines and practice safety!

## Slow-Cooker Curried Butternut Squash Soup

Skip the roasting in this butternut squash soup recipe and let your slow cooker do the work instead. Just load up all the ingredients into the crock pot, set it and forget it for an easy, healthy Thanksgiving appetizer!



Prep Time:	Additional Time:	Total Time:	Servings:
10 mins	3 hours 35 minutes	3 hours 45 minutes	8

### Ingredients

1 medium butternut squash (2-2 1/2 pounds), peeled, seeded and cubed (about 5 cups)

3 cups "no-chicken" broth or vegetable broth

1 medium onion, chopped

4 teaspoons curry powder

1/2 teaspoon garlic powder

3/4 teaspoon salt

1 (14 ounce) can coconut milk

1-2 tablespoons lime juice, plus wedges for serving

Chopped fresh cilantro for garnish

### Directions

Stir squash, broth, onion, curry powder, garlic powder and salt together in a 5-quart slow cooker.

Cover and cook until the vegetables are very tender, 7 hours on Low or 3 1/2 hours on High.

Turn off heat and stir in coconut milk and lime juice to taste.

Puree with an immersion blender until smooth. Garnish with cilantro.

If you want to make ahead of time, refrigerate soup up to 4 days and reheat before serving.