

We Keep Employees Healthy and Working!

Safe and green spring cleaning

Spring cleaning time is here again, but before you break out the cleaning supplies, take a few minutes to make sure you know how to properly handle and dispose of household hazardous waste (HHW). Following the guidelines below can help protect individuals and families from chronic health hazards, reduce waste, minimize disposal hassles, and ultimately save you money.



Read and follow the label.

Before you buy, always check the product labels. It is important to look for labeling that reads: DANGER, WARNING, TOXIC, etc. These warnings tell you if the product is harmful and how to use, store, and dispose of it safely.

Consider exposure time. Before using a product, consider the extent of your exposure. People

who use cleaning products all day face greater exposure, and thus greater risk, than occasional users of the product.

Keep products in their original containers, use them properly, and store them as directed.

Dispose of household products safely. Many communities offer a variety of options for safely managing your HHW. Check with your local solid waste authority for collections in your area.

Try alternative products when available. For many everyday tasks, there are readily available products that can serve the same purpose, may be less harmful, and may even cost less. For example, mixing one tablespoon of vinegar or lemon juice in one quart of water makes an excellent glass cleaner.

By carefully choosing cleaning products, you can reduce hazards to worker health and the environment, and avoid headaches (literally *and* figuratively) when handling and disposing of cleaning products. The effort made in purchasing can pay off with reduced health problems, as well as reduced waste and waste handling costs.

REMINDER

When making a payment to us, please remember to submit a copy of the statement along with the check!

A sprinkling about eyewashes and safety showers

Whenever you are required to work around hazardous substances, you are at risk of getting the substance in your eyes or on your skin. Thankfully, you can prevent painful injury or even permanent vision damage if you are prepared for such accidents.

If a chemical burns your eyes or splashes on your skin, the first thing to do is to flush them immediately with lots of water using an emergency eyewash or shower. If a does get in your eyes, keep them open while flushing them for at least 15 minutes (20 to 30 minutes for stronger chemicals). Be aware that any delay in flushing chemicals out of your eyes or off your skin can aggravate an injury.

Knowing the location of an eyewash or shower and knowing how to properly use them will help minimize the effects of the injury on the job. However, you should still seek professional medical assistance after any accident that requires emergency flushing.

Selecting the right loaf of bread

With all of the "healthy" breads available today, it can be confusing to pick out a loaf of bread that is healthful and low in fat. Here are a few tips so you can do just that:

— Read the ingredients section on the label. There should be at



least three grams of fiber per serving. Also the words "whole" or "whole grain" should precede other ingredients such as wheat, oats, or barley.

— Make sure you know what the serving size is. As a rule, one serving of bread should equal about one ounce and should have about 90 calories. Many types of bread labeled "light" have thinner slices so that you can actually get two or three slices per ounce.

— Gourmet breads can house a lot of fat, so be sure to read the label. Your bread, if it is diet friendly, shouldn't contain more

than two grams of fat per serving.

— Don't be fooled by misleading labels. While it might be nice to have calcium or protein added to the bread, the most important ingredient in your bread is whole grains.



What is a Negative-Dilute Urine Specimen??:

In the world of urine drug-testing there are usually just two results that interest employers: a negative or a positive. However, there is another result that may occur as well, called the negative-dilute specimen. A dilute urine specimen means that the urine contains more water content than medically expected. The problem that a dilute specimen can pose at the testing laboratory is that the excess water content in the specimen could affect the validity of the final drug-test results. Simply stated, the more water content in the specimen could potentially mask a drug-metabolite present in the urine and

thereby create a falsely negative result called the negative-dilute. However, the key-point is that a negative-dilute specimen can suggest either one or two scenarios: 1) Foul-play by the donor in which water was secretively added to the urine specimen during the collection process, or 2) An innocent finding that occurred because either the donor normally drinks a lot of water or the donor could just naturally create a urine that is more on the dilute-side. Which scenario is it?? What is an employer to do??

The Department of Transportation (DOT) has

regulations that pertain to management of negative-dilute specimens per 49 CFR 40.197. DOT states that a second urine recollection with direct observation may be required depending upon the degree of dilution (the degree of dilution is determined by the creatinine concentration value present in the urine). The Medical Review Officer (MRO) will notify the employer on whether the recollection is mandatory with observation (creatinine concentration between 2 and 5 mg/dl) or optional (creatinine concentration between 5 and 20 mg/dL). Finally, there is no such consideration for a positive-dilute result; a specimen will be reported as positive regardless of the dilution issue.

We are currently going through a transitional period with a new computer program.

Thank you for your patience!