



IN THIS ISSUE:

- Recent KING Roundtable Presentation a Success
- KING to Offer OSHA 10-Hour Outreach Training Again In 2013
- Six Ways to Treat or Prevent Seasonal Allergy Symptoms
- Mowing Season is Here - Protect Yourself with Safe Practices and PPE
- Wellness Corner

MAY 2013, Vol. 55

RECENT KING ROUNDTABLE PRESENTATION A SUCCESS

After being blindsided by a snowstorm in the early spring, and having to reschedule In April, KING sponsored another set of Roundtable discussions in both Newton and Montezuma, Kansas. This summer's topics were tied to OSHA's National Emphasis Program elements and included discussions on needlestick safety, working with heavier residents, and violence in the workplace. The KING Roundtable presentations traditionally follow a relaxed itinerary where subjects are presented to KING members and open discussion is encouraged.

Special guest, Gini Toyne, with Toyne and Associates delivered a presentation emphasizing the importance of evaluating, purchasing, and using the safest needle devices available. Her presentation included the kinds of diseases that we are often exposed to, and the rising costs of treating bloodborne illnesses that can easily be prevented.

Kevin McFarland followed with a DVD presentation about violence in the workplace, specifically what to do when an armed intruder enters your campus.

KING TO OFFER OSHA 10-HOUR OUTREACH TRAINING AGAIN IN 2013

Due to the popularity of the program first offered in 2012, KING will sponsor another one and one half day OSHA Ten Hour Outreach training program in 2013. The sessions will be held June 4-7 in both Central and Western Kansas. Locations will be announced closer to the training dates.

The OSHA Outreach Training Program provides training for workers and employers on the recognition, avoidance, and prevention of safety and health hazards in the workplace. The program also provides information regarding worker's rights and employer responsibilities. Attendees will receive an attendance card from the Department of Labor and a certificate of attendance from the KING executive team.

Class size is limited to fifty (50) students to ensure the quality of the program and the effective transfer of knowledge.

SIX WAYS TO TREAT OR PREVENT SEASONAL ALLERGY SYMPTOMS

(Condensed from U.S. News and World Report under the same title)

Spring is the time of year when many people complain about seasonal allergy symptoms such as runny noses, congestion, rashes, itchy and watery eyes, sneezing, coughing-and just generally feeling miserable.



Allergies occur when the immune system overreacts to a substance that doesn't bother most people. In the spring, pollen is what gets to some people. But indoor allergies can cause problems year round.

If your allergies are bothering you, this list of six allergy treatments may help you find some relief:

- ✓ Clean out your nose often with a saline solution.
- ✓ Try an over-the-counter allergy medicine.
- ✓ Consider a prescription nasal spray or eye drops.
- ✓ Decongestants may also help relieve nasal congestion.
- ✓ Close your windows, and turn on the air conditioning.
- ✓ If things get bad, try allergy shots, also known as allergy immunotherapy.

MOWING SEASON IS HERE-PROTECT YOURSELF WITH SAFE PRACTICES AND PPE

In spite of the numerous benefits of using a riding lawnmower, this machine has many dangers. Abide by these precautions while on the job to prevent injury from a riding lawnmower:

- Read the instruction manual and receive the proper training before operating the machinery.
- Inspect your equipment before use.
- Before use, clear the mowing area of debris, rock or other obstacles.
- Fill the gas tank in an open space to avoid fume inhalation. Never fill the gas tank while the machine is running or very hot.
- Wear tight fitting long pants, eye protection, non-slip boots and gloves to protect your body against flying debris.
- Avoid driving in reverse if possible.
- Disengage the mower and transmission before starting.
- Mow in straight lines whenever possible.
- Slow down significantly while turning.
- Try to mow in a pattern where the discharge is not pointed to a building, windows, or parking lots.
- Clean clippings and other debris from the mower after each use.

Editor's Note:

The KING Safety Matters newsletter is published monthly to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

Ken Zans
Sr. Loss Control Consultant
Thomas McGee L.C.
kzans@thomasmcgee.com

WELLNESS CORNER

This feature is dedicated to your personal health and well being.

Winter is finally behind us. With the warmer weather, many of us are realizing we have gained a few pounds during the colder months when we may not be as active as during summer months. Below is a simple formula to consider when deciding how much physical activity you will need to in order to lose those "winter pounds".

When Calories in Food Are > Calories Used = Weight Gain

When Calories in Food Are < Calories Used = Weight Loss

When Calories in Food Are = Calories Used = Weight Control

Think about it. It's as simple as that!

