

## news & notes

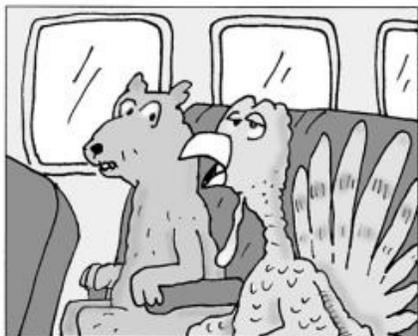
### NEW NIOSH TRAINING

The National Institute for Occupational Safety and Health (NIOSH) has produced a comprehensive curriculum called *Staying Safe at Work*, which is designed to teach basic occupational safety and health skills and knowledge to young and older workers, as well as to students with disabilities.

Common work activities for those with developmental disabilities are light manufacturing, recycling, assembly, janitorial tasks, laundry, landscaping, and warehouse work. Most of these activities have higher than average rates of injury, NIOSH notes. Also according to NIOSH, the rate of workplace injury among employees in vocational rehabilitation programs is more than 60 percent higher than the overall rate of workplace injuries.

The new training resource addresses hazards, making the job safer, emergencies at work, speaking up when there is a problem, and rights and responsibilities on the job.

NIOSH publication 2016-159 can be downloaded at [www.cdc.gov/niosh/docs/2016-159/pdfs/2016-159\\_10-4-16.pdf](http://www.cdc.gov/niosh/docs/2016-159/pdfs/2016-159_10-4-16.pdf).



"There are so many pressures around the holidays. Buying gifts... Decorating... Getting beheaded, stuffed and roasted..."



**December 2016**

## 'Happy Holidays'

### *Use these strategies to suppress stress*

Experts at the Cleveland Clinic explain that people often take holiday stress for granted—almost expecting it. "Planning for the holidays can leave us feeling impatient, cranky, and—in some cases—depressed. When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results."

Successful strategies for reducing holiday stress include letting go of unrealistic goals and not forgetting one's own needs. Consider following these tips for various holiday stressors:

- **Gift giving.** Ask people what they want instead of going to great lengths to find the perfect present. Shop early and stick to your gift budget.
- **Hosting.** Don't think you have to prepare all your holiday foods from scratch. Ask others to bring their favorite dishes, and prepare and freeze foods ahead of time.
- **Socializing.** Discuss which commitments and traditions are the most important to you and your family. Don't overschedule, and allow time to relax and recover after visits. Avoid the crunch by scheduling some visits after the holidays when things slow down.
- **Food.** Overindulging is not only stressful, it's unhealthy. Continue your exercise and good eating habits despite the parties and office sweets that are so common this time of year. Avoid starving yourself in anticipation of holiday meals and parties because this can lead to eating too much of the wrong foods. At events and parties, fill most of your plate with healthy choices like vegetables and lean protein. Then take small portions of treats like stuffing, bread, and desserts.
- **Time management.** Set priorities and let go of goals that seem impossible. Ask others, including spouses and children, for help. Don't try to complete everything at once, and rest when you need to.
- **The holiday blues.** Unfortunately, the holidays can be a depressing time for some people. Feelings of sadness, loneliness, and anger can intensify when measured against the joy expected during the merry, jolly season. Here are a few strategies for coping:
  - Try a new tradition or activity.
  - Volunteer to help someone in need.
  - Focus on appreciating the good things rather than focusing on past disappointments or losses.
  - Get help if you need it.

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### **OSHA TOP 10 VIOLATIONS**

Patrick Kapust, Deputy Director of OSHA's Directorate of Enforcement programs, announced the preliminary, most frequently violated standards for fiscal year (FY) 2016 at the National Safety Council Congress & Expo 2016 in Anaheim, California. He also noted that the top 10 most violated standards vary little from year to year.

1. Fall protection: 6,929 violations
2. Hazard communication: 5,677 violations
3. Scaffolding: 3,906 violations
4. Respiratory protection: 3,585 violations
5. Lockout/tagout: 3,414 violations
6. Powered industrial trucks: 2,860 violations
7. Ladders: 2,639 violations
8. Machine guarding: 2,451 violations
9. Electrical—wiring methods: 1,940 violations
10. Electrical—general requirements: 1,704 violations

## **'Happy Holidays' quiz**

### *Test what you know*

Choose the correct response for the following statements.

1. Holiday stress is an assumed reality by most people. **True False**
2. Stick to your gift budget by waiting to shop until last-minute sales kick in. **True False**
3. When hosting parties, invite guests to bring their favorite dishes. **True False**
4. Schedule some visits for after the holidays. **True False**
5. Take a break from your exercise and good eating habits for the holiday period. **True False**

### **ANSWERS**

1. True. People often take holiday stress for granted and almost expect it. 2. False. Shop early and stick to your gift budget. 3. True. This frees you from having to prepare all the food. 4. True. This helps you avoid the crunch of preholiday and holiday get-togethers. 5. False. Continue your exercise and good eating habits despite the parties and office sweets that are common during the holidays.

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## **Safety lessons in school**

### *Young holiday hires learn about workplace safety*

The Monongalia, West Virginia, school system has partnered with the National Institute for Occupational Safety and Health (NIOSH) and West Virginia University to bring a curriculum in workplace safety and health to eighth grade students. *Youth@Work: Talking Safety* is a fun and engaging program designed to raise awareness and addresses topics, including:

- Identifying hazards at work,
- Preventing injury and illness, *and*
- Identifying emergencies at work and deciding how to address them.

According to NIOSH, many young people are unaware of their employment rights and the potential hazards that exist in the workplace. Recent statistics suggest that 1.6 million U.S. youth between the ages of 15 and 17 are employed. Annually, about 70,000 teens are injured on the job seriously enough to require emergency room treatment.

The curriculum will be introduced in five middle schools across Monongalia County. It includes six main and five supplementary lessons and is customized for each state and territory to address state-specific child labor rules. The free program also includes a companion video.

Learn more by visiting [www.cdc.gov/niosh/talkingsafety](http://www.cdc.gov/niosh/talkingsafety).



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