

October Safety Sense

Allergy Facts

- 1. Sensitive to pollen?** Wash your hair before you go to bed to remove any pollen and keep it from settling on pillows and bedding.
- 2. Antihistamines.** The best time to take an antihistamine, which helps block allergic reactions, is before symptoms start. Remember some allergy medications can cause sleepiness, so never take one when safety requires you to be alert.
- 3. Dust mites.** Dust mites tend to nest and area rugs and make you sneeze and itch. Place rugs outdoors in direct sunlight until they become warm and dry. This will cause the mites to dry up and die.
- 4. Moving.** Moving to another place is no guarantee of allergy relief because most people develop allergies to their new region's pollens and molds within a few years of moving.
- 5. Food Allergy.** Nearly 20% of Americans believe they have a food allergy, but true food allergies are very rare, and are often mistaken cases of digestive problems, food poisoning or stress.



Accident Prevention Quarterly Progress Update 3rd Quarter

Congratulations to 4 of our 7 locations who were successful in preventing work related injuries or accidents during our 3rd Quarter of 2006:

Cleveland
Lima

Mansfield
Toledo

These offices will be celebrating with a pizza party for their "**Accident Free Quarter.**" Six accidents were reported during this quarter. No work was missed due to 3 of the accidents reported. A total of 9 days were missed and 14 days were worked with restriction due to the other 3 accidents reported. A total of 21 days were worked with restriction due to an injury carried over from last quarter.

Remember to keep safety procedures in place at all times!