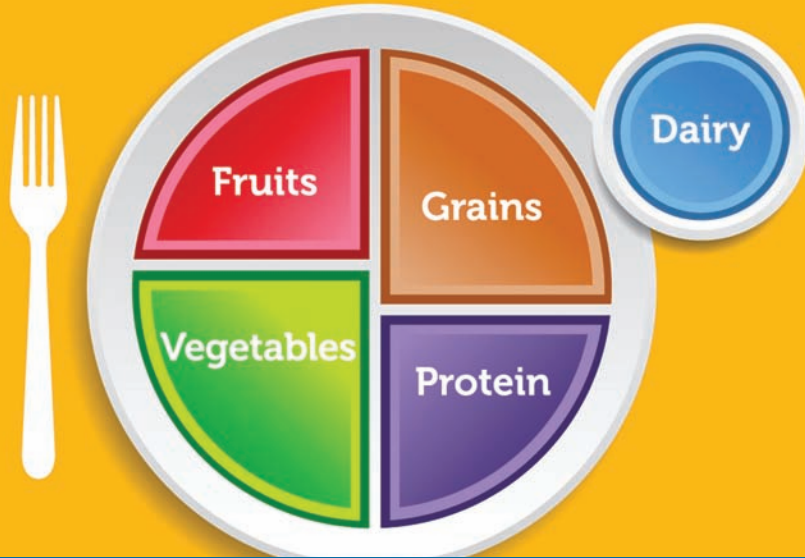


LABORSAFE

FALL 2011

A guide for health & safety at home & on the job



ChooseMyPlate.gov

OUT WITH THE FOOD PYRAMID, SERVE UP A HEALTHY NEW PLATE

Outmoded Symbol Replaced with New Ideas

While the pyramids outside Cairo have stood tall for more than 4,000 years, the familiar Food Pyramid of the U.S. Department of Agriculture lasted less than 20 years.

The Food Pyramid suggested how much of each type of food we should eat; the wide bottom comprising grains, including breads, for example. But nobody liked the Food Pyramid much, especially the dairy industry. Their products were at the narrow top, suggesting we should consume only small amounts.

Now, it's goodbye, Food Pyramid; hello to The Plate.

The dairy people won't like this new nutritional symbol, either. Dairy is actually represented by a glass, separate from The Plate itself, and no doubt filled with low-fat milk.

The Plate is divided into four compartments, like a frozen dinner or cafeteria tray. Two of the four compartments are slightly bigger than the others — not surprisingly, the ones for vegetables and grains. And the two slightly smaller compartments are for fruits and proteins.

The Plate is part of a new national anti-obesity effort, as is First Lady Michelle Obama's *Let's Move* initiative. And The Plate comes with some useful instructions:

Half of The Plate is for vegetables and fruits, so half of what we eat should be these low-calorie and nutritious foods that reduce the risk of cardiovascular disease.

The size of The Plate matters.

Like our houses, plates have gradually grown larger — and not just at all-you-can-eat buffets. Most plates are 12" in diameter these days, so using a smaller plate (8" used to be standard) can help reduce the portions

we eat. Scientific studies in mice have demonstrated that reduced calorie diets prolong life, as does the example of Okinawans who eat small portions and are among the longest-lived people on earth.

While water isn't specifically represented on The Plate, **avoid sugary drinks in favor of water** to reduce the risk of diabetes.

Being aware of the proportions of foods on The Plate can reduce confusion about what we should eat, and guide us in making better choices at the table.

Goodbye
Food Pyramid;
hello to
The Plate.

Put Down that Shaker!

The salt problem is only part of the larger national problem of bad nutrition and obesity, but it's one we can manage.

Reduce Salt to Reduce Health Risks

Are you 51 or older?

Are you African-American?

Do you have high blood pressure, diabetes or chronic kidney disease?

If you belong to any of these groups, you're at higher risk of heart attack or stroke. But you can cut that risk by reducing the amount of salt in your diet.

Most of the salt in our diets comes in processed foods, which are also full of fats: unhealthy types and high levels of fats. The U.S. Food and Drug Administration (FDA) has said it will pressure companies that produce processed food to reduce salt in their products or it will impose limits. Many prepared foods, including frozen foods, have high salt levels, particularly meats, but also vegetables, fish and even breads.

About half of all Americans are in one of those three high-risk groups. Health experts and U.S. government agencies in addition to the FDA, specifically the U.S. departments of Agriculture and Health and Human Services, are now recommending that these at-risk people reduce their salt intake to about half a teaspoon a day.

For everyone else, the limit should be about twice that much, or 2,300 milligrams a day.

Those 2,300 milligrams are actually about a third less salt than the average person now consumes in a day.

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We are accustomed to tasting a relatively high amount of salt in our foods so this won't be an easy process. But it will produce significant gains in health across the board as we reduce our risk of heart disease and stroke by reducing our salt intake.

Here's how we can do it

1. Put down the salt shaker. Sounds simple, but it may not be easy.
2. Eat like our grandparents did. They ate home-made food, usually grown nearby.
3. Read what you eat. The labels of processed foods and menu offerings in restaurants increasingly provide information not only on ingredients and calories but also on salt content.
4. Use substitutes. Be aware, though, that most have potassium chloride, which will increase potassium intake. Excess potassium can cause hyperkalemia. Those with kidney failure, heart failure or diabetes should seek medical advice before using a salt substitute. One manufacturer, LoSalt, has warned that those taking certain prescription drugs should not use a salt substitute: Amiloride, Triamterene, Dytac, Spironolactone (Aldactone), and Eplerenone (Inspra). Other common salt substitutes are AlsoSalt and NuSalt.
5. When ordering in restaurants, ask for low-sodium items or ask that the salt be reduced in what you order.

Other Dietary Safeguards

Salt is only one common food ingredient that can impact your health. Over time, nutritionists and public health experts have developed limits on other foods as well:

1. Limit trans fats.
2. Reduce calorie intake from solid fats and added sugars.
3. Reduce refined grains and choose whole grains instead.
4. Take in less than 300 milligrams per day of cholesterol.
5. Take in less than 10 percent of your daily total calories in saturated fats, such as full-fat cheese and fatty meats.

Even the most optimistic experts in health nutrition recognize that moving Americans' diets in healthier directions could take decades or generations. But you can shorten the process in your own life to weeks or months, and lengthen your life in the process.

'Cocoon' Adds Safety to 1 World Trade Center Project



New System Protects Workers, Passersby at City's Tallest Building

It's new, it's blue, it's big and high above the streets. It's the "cocoon," a new concept for comprehensive safety for skyscraper projects.

Laborers at 1 World Trade Center — the tallest building in New York City — are protected by a cocoon perimeter protection wrap system that cloaks all four sides of the building's top floors. Steel columns are attached to the building to support heavy mesh netting that completely encloses the workspace.

The entire cocoon system can be moved upward as the work progresses. Below it, additional netting extends downward for an additional 16 floors. Inside the cocoon, platforms provide fall protection.

"We salute this innovation as a win-win for our members and the general public," said Michael P. Kelly, executive director, New York State Laborers' Health and Safety Trust Fund. "Nothing is more important to us than safety on the job, not just for our members but also for anyone in the vicinity of projects where we're working. This new safety system promises a significant improvement that we all welcome."

The cocoon has been used on only three buildings in New York City before this, including Beekman Tower, another of the city's tallest buildings. It protects both Laborers working on the building's upper floors and people and property below. The cocoon prevents tools and construction materials from blowing off the building on windy days, and it increases worker productivity by providing protection in bad weather.

"The cocoon is the future of sky-scraper safety," said Michael P. Kelly. "So it's natural that we would be involved."

The cocoon:

- ✓ prevents workers from falling off the structure, and
- ✓ prevents construction materials from being blown off the building during high winds.

"The cocoon is the future of sky-scraper safety," said Michael P. Kelly. "So it's natural that we would be involved."



New York City – A Special Case and a Special Program

Our members are exposed to an extraordinary level of fall hazards working on tall buildings in New York City. A worker falling is the most common construction-related accident in the city, with falls comprising 42 percent of all accidents reported to the City Buildings Department. Since 2008, 16 construction workers died in falls in the city through lack of basic fall protection, including two ironworkers killed in February. These workers, aged 49 and 51, had safety harnesses available but were not wearing them.

In response, Buildings Commissioner Robert LiMandri announced a new city-wide safety campaign to encourage compliance with fall-safety precautions on construction sites. Titled “Experience is Not Enough,” the new campaign uses posters and banners (in English, Spanish, Chinese, Russian and Polish) to remind construction workers to take fall-safety measures. The campaign also provides personal reminder bracelets for individuals.

“Experience alone does not make you invincible,” said Commissioner LiMandri in his announcement. “No matter how many years you have worked in construction, you can lose your life if the appropriate safety measures are not in place.” “We applaud the City Buildings Department for its renewed emphasis on fall safety,” said Michael P. Kelly, executive director, New York State Laborers’ Health and Safety Trust Fund. “We have proudly led the industry in fostering fall safety for some time, and it’s very gratifying to be joined in this effort by such an important and valuable ally.”

FALL SAFETY

An Ongoing Concern

“Falls are down” sounds like a silly play on words, but it’s no joke — and not much comfort either. The need for continued vigilance and enhanced safety remains, and Laborers are leading, as usual.

Falls are declining for reasons both positive and less so. We can all be proud of our union’s leadership in enacting new laws and regulations, stricter enforcement and increased outreach and safety awareness. But negative economic factors also play a role: Injuries, including falls, are down because the volume of work is down. Total hours worked have fallen nationally by six percent in 2009 after a one percent decline in 2008.

Nationally, fatal work injuries in construction dropped by 16 percent during 2009, while fatal work injuries specifically among Laborers dropped by seven percent. Fatal falls overall declined by 12 percent last year (700 to 617). About half of all fatal falls occur in construction, and our industry has been hit harder with reductions in hours worked than most other industries.

We can continue this reduction in work-site falls through our own actions, by vigilantly protecting our members through safety procedures.

For each principal fall hazard, effective safeguards should be used whenever working more than six feet above a lower surface. Prevention systems (such as guardrails) are preferable to protection systems (safety nets, for example).

Unprotected sides, wall openings and floor holes

- Guardrail systems,
- Safety net systems,
- Personal fall arrest systems.

In addition, worksites should be audited regularly for such hazards and ensure that floor-hole covers can support twice the weight of employees, equipment and materials.

Scaffolding

- Construct all scaffolding according to manufacturers’ instructions,
- Install guardrail systems,
- Use personal fall systems,
- Do not climb cross-braces.

Unguarded and protruding rebars

- Guard all protruding rebar ends with rebar caps or wooden troughs,
- Bend rebar so exposed ends are no longer upright or protruding into workspaces or passageways,
- Double-check fall protection systems above areas with protruding rebar.

Portable ladders

Use only ladders that comply with Occupational Safety and Health Administration design standards.

- Position ladders so siderails extend more than three feet above the landing,
- Secure siderails at the top to a rigid support, and use a grab device where a three-foot extension is not possible,
- Make sure the weight on the ladder will not cause it to slip off its support,
- Inspect ladders for cracked or broken parts,
- Do not apply more weight to the ladder than it is designed to support.

Employing these safeguards will protect our members from falls on jobsites and help ensure that everyone goes home safe at the end of each shift.



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