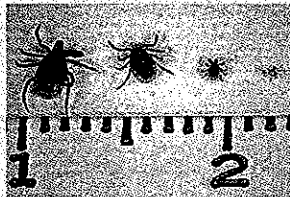


Protect yourself from Lyme disease

A bite from an infected tick causes Lyme disease. A “bull’s-eye” rash may appear surrounding the bite. Other symptoms may be non-specific and similar to flu, such as fever, lymph node swelling, neck stiffness, generalized fatigue, headaches, migrating joint aches or muscle aches.

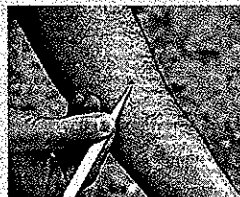
You are at increased risk if your work involves construction, landscaping, forestry, brush clearing, land surveying, farming, railroads, oil fields, utility lines, or park and wildlife management. However, ticks can strike anywhere outdoors.



From left to right: The deer tick (*Ixodes scapularis*) adult female, adult male, nymph and larva on a centimeter scale.



In approximately 80 percent of Lyme disease patients, a “bull’s-eye” rash appears days or weeks after a tick bite.



Embedded ticks should be removed using fine-tipped tweezers. Do not use petroleum jelly, a lit match, nail polish or other products.

Protect yourself from infection using these precautions from OSHA:

- Wear light-colored clothing to see ticks more easily.
- Wear long sleeves; tuck pants into socks and boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellents, but don't apply to the face.
- Shower after work. Wash and dry your clothes at a high temperature.
- Examine your body thoroughly after work. Remove any attached ticks with tweezers.

Woodworking machine safety

Working in a woodworking environment can lead to all types of safety hazards if machinery isn't handled properly. The Canadian Center for Occupational Health and Safety, Hamilton, Ontario, offers the following tips to keep you safe around woodworking machinery:

- Don't wear loose clothing, work gloves, rings or other jewelry that can become entangled with moving parts.
- Avoid awkward operations and hand positions where a sudden slip could

cause your hand to move into the cutting tool or blade.

- Don't remove sawdust or cuttings from the cutting head by hand while a machine is running.
- Don't use compressed air to remove sawdust, turnings, etc. from machines or clothing.
- Don't leave machines running unattended. Don't leave a machine until the power is turned off and the machine comes to a complete stop.
- Don't try to free a stalled blade while the machine is running.
- Don't distract or startle anyone who is using woodworking equipment.

Don't sleep and drive

Fatigue behind the wheel is a very real danger, even if you've never experienced it firsthand. The National Safety Council offers these tips for staying awake while driving:

- Get enough rest. Don't start a trip late in the day.
- If possible, don't drive alone. Passengers can take turns driving and also serve as conversation partners to keep you awake.
- Avoid long drives at night. The glare of lights, both on your dashboard and outside your car, increases the danger of highway hypnosis.
- Adjust your car's environment to keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter. Turn the radio volume up, and switch stations frequently, but avoid soft, sleep-inducing music. Do not use cruise control; keep your body involved with the driving.
- Watch your posture. Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45-degree angle.
- Take frequent breaks. At least every two hours, stop at a gas station, restaurant or rest stop. Get out of the car, walk around, jog or do calisthenics.

If anti-fatigue measures fail and you start noticing signs of fatigue — sleep. Find a safe, guarded rest area, truck stop or service station. Even a 20-minute nap may refresh you enough to get to a hotel or motel. This is an emergency measure — do not try it as a common driving technique. **S+H**