



Safety+Health

Newsletter

National Impaired
Driving Prevention
Month

HOME SAFE
for the **HOLIDAYS**

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WiFi Antenna Access Stand

December 2024

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Safety Tips

As the holidays approach, it's time to break out the decorations and lights that add that magical touch to your home. But while festive lighting brightens up the season, it's important to remember that powering all those decorations can put a strain on your home's electrical system. Before you go all out with your display, ask yourself, is your electrical panel ready? Here are some electrical safety tips for powering decorations and lights this holiday season.

- *Know your electrical panel's capacity*
- *Use GFCI outlets for outdoor lighting*
- *Avoid overloading circuits*
- *Check for loose or corroded wires*
- *Install surge protection*

Your electrical system is the backbone of your home's holiday decorations, and ensuring that it's ready for the task will help you enjoy a safe, bright, and stress-free season.



Prostate Cancer Awareness



*In 2024, about **299,010** men will be newly diagnosed with prostate cancer, more than any cancer aside from skin cancer, and about **35,250** men will die from prostate cancer.*

Though prostate cancer may not receive as much media attention as breast cancer, it is nearly as common, affecting about 1 in 8 men in their lifetime. All men are at risk of developing prostate cancer, but that risk increases significantly as men grow older.

Other risk factors include family history, exposure to chemicals, and race. Black men have a higher risk of developing prostate cancer and dying from the disease.

Receiving proper health screenings can be lifesaving. Unfortunately, research shows that men are less likely to visit their primary care doctor than women. A 2022 survey by the Cleveland Clinic revealed that more than half of men surveyed said they do not receive regular health screenings, and 77 percent of men did not know their complete family history regarding urological issues.

Prostate Cancer at a Glance

The prostate is a walnut-sized gland, located at the base of the bladder, that makes up part of the male reproductive system. The main job of the prostate and seminal vesicles is to make fluid for semen.

Prostate cancer develops when abnormal cells form and grow in the prostate gland. Not all abnormal growths, also called tumors, are cancerous (malignant) and some growths may be non-cancerous (benign).

Rise in Advanced Prostate Cancer

After years of decline, cases of advanced prostate cancer are on the rise. According to the American Cancer Society's 2023 annual Cancer Facts & Figures report, the proportion of men diagnosed with advanced-stage prostate cancer has more than doubled over the past 10 years.

This increase may be due, in part, to changes in screening guidelines that may have caused fewer men to get screened earlier. Screening remains the most effective way to protect against advanced disease. When caught early, prostate cancer is highly treatable.

Why is Screening for Prostate Cancer So Important?

Screening for prostate cancer often starts with a simple blood test known as the prostate-specific antigen (PSA) test, which can detect abnormalities. Your doctor may also perform a prostate exam.

The American Urological Association suggests that most men should receive a baseline PSA test between ages 45 to 50 years. Men with family history or who are at increased risk of cancer, including black men, should talk to their doctor about screening earlier.

Risk Factors for Prostate Cancer

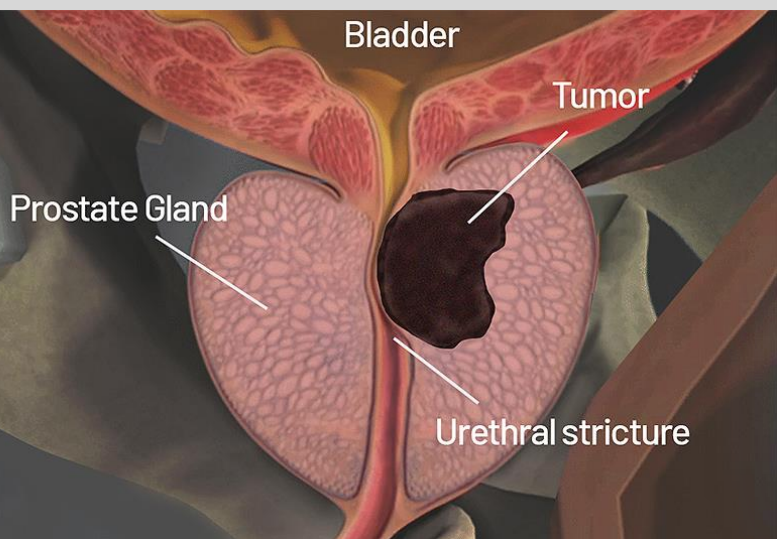
Any genetically male patient can develop prostate cancer, but there are additional risk factors that put certain individuals at risk. According to the AUA, factors that increase a man's risk of developing cancer include:

- **AGE:** As men age, their risk of getting prostate cancer increases. Harm to the DNA of prostate cells is more likely for men over the age of 55.
- **Race and Ethnicity:** According to the American Cancer Society, the incidence of prostate cancer is about 70% higher in black men than in white men. Researchers are actively looking into the reasons behind the disparity. In addition, prostate cancer occurs less often in Asian and Hispanic men.
- **Family History:** Men who have a grandfather, father, or brother with prostate cancer face a higher risk of getting the disease. Having family members with breast and ovarian cancer also raises a man's risk for prostate cancer.
- **Weight:** Studies link being overweight in your 50's and later to a greater risk of advanced prostate cancer. Doctors advise keeping to a healthy weight to reduce risk.

The first step always starts with bringing any questions or concerns into awareness. If you don't say something about it or your provider doesn't ask, your issues or concerns may not become known. It starts with having a conversation.

Remember that early detection screening can help detect prostate cancers that are likely to spread so they can be treated before it's too late.

Stay informed and healthy. Get screened today, it may save your life. □



Tumors in the prostate can impair the urethra, causing various symptoms.



"I urge all men to prioritize their health and get screened for prostate cancer.

Don't wait until it's too late."



National Impaired Driving Prevention Month

Almost everyone is aware that drunk driving is dangerous, but drinking alcohol before getting behind the wheel isn't the only dangerous activity that can impair your driving ability.

You could be "impaired" without taking a single sip of alcohol. While alcohol impairment is one of the most publicized forms of impairment, it is not the only kind, and it's not even the most common form of impaired driving. It's important to know what the other forms of impaired driving are, because they are all dangerous, and you may be impaired without realizing it.

Drug Factors

Driving while under the influence of drugs is also dangerous. But this doesn't just refer to dangerous and illegal street drugs. So called "harmless" drugs like marijuana, and most over-the-counter medications, including pain relievers,


antihistamines, antidepressants, anti-anxiety medication, and muscle relaxers can have the same effect. You should check the warning labels. If it states, "do not operate heavy machinery while taking this medication," you should not drive a motor vehicle while the medication is in effect.

Drowsy Factors

Alcohol and drowsiness affect the brain in nearly the same way, but unlike drunk driving, drowsy driving isn't illegal and is far more prevalent. Drivers who had less than six hours of sleep the previous night are more likely to fall asleep at the wheel, so to reduce your risk of an accident, you should always get a minimum of seven hours of sleep.

Distraction Factors

Distracted driving includes anything that takes the hands off the wheel, your eyes off the road, or your mind off the task of



driving. Eating, drinking, and being on the cell phone are just a few examples of not paying attention to the road.

Fatigue Factors

Fatigue is another form of impairment often overlooked. It slows down reaction times and makes it harder to concentrate. Driving while tired might not seem like a big deal, but it's just as dangerous as drunk driving.

Mental Health Factors

The influence of a driver's mental health and their behavior behind the wheel is often overlooked. Mental health issues such as anxiety, depression, and stress, all of which impacts the ability to

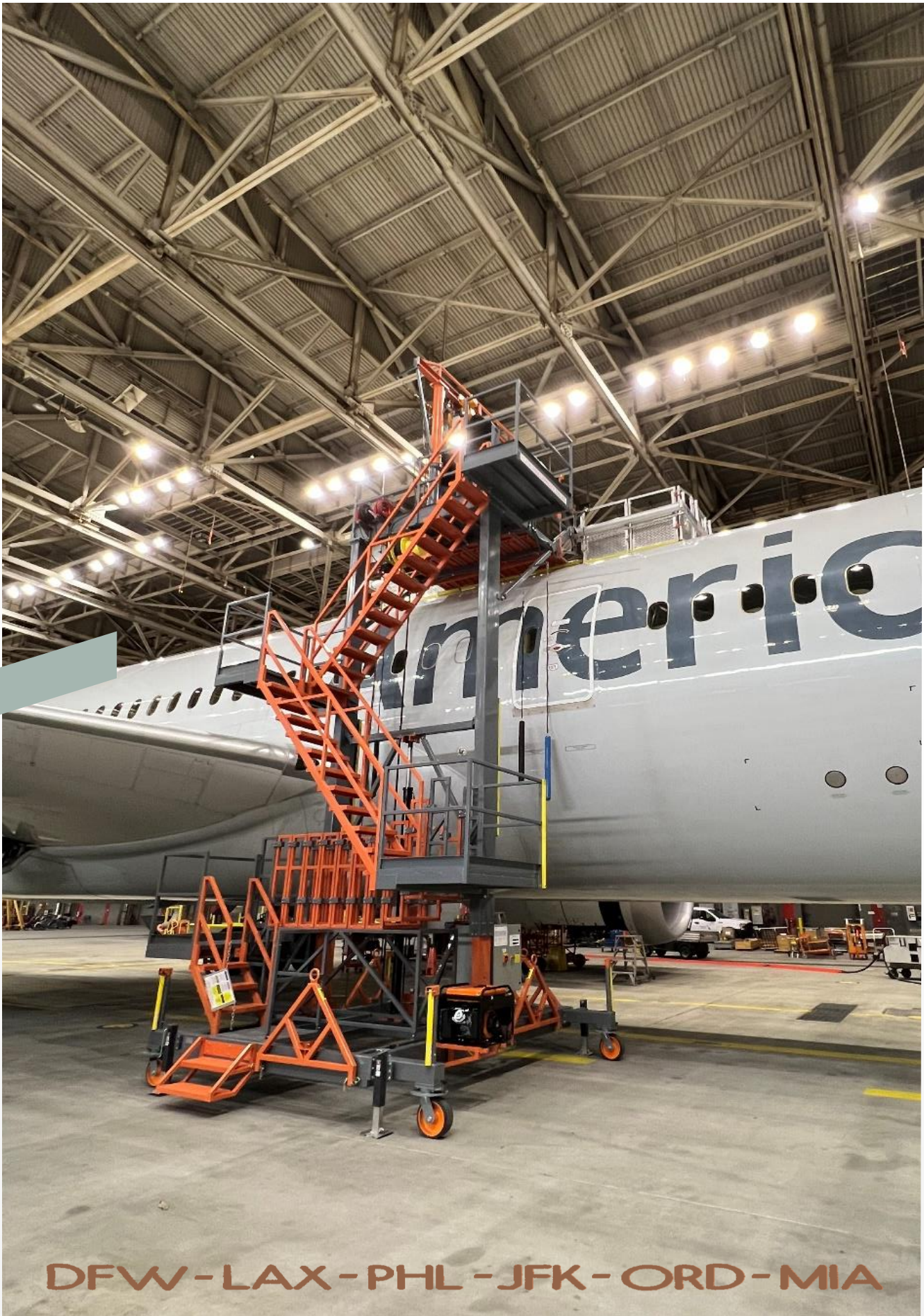
work and drive safely. Long hours, night shifts, traffic, time away from home, loneliness – all can contribute to some significant mental health issues which often encounter difficulties in maintaining concentration, focus, and impulse control while driving.

Any of these are examples of impaired driving and likely considered harmless, however, accidents can happen within only fractions of a second, so anything that impairs you can have dangerous consequences.

It's important to remember that impairment of any kind affects safety on and off the job. Taking personal responsibility for a safe ride saves lives. □



Impaired Driving
Can Be Avoided.
DRIVESAFE



WiFi Antenna Access Stand



Inflight internet connectivity has become essential, presenting challenges for aircraft maintenance. Ensuring proper maintenance of Wi-Fi equipment is critical, requiring accessible components throughout the aircraft. To enhance safety and performance, better access solutions were needed.

Wi-Fi maintenance stands provide mechanics with safe access while working on the aircraft. Aviation Maintenance Technicians (AMTs) operate in enclosed areas with guardrails that eliminate the need to wear fall protection. Aprons on these guardrails also help prevent tools and hardware from falling, reducing injury and damage risks.

The jib crane has a 400 lbs. lifting capacity for raising tools onto the platform. The stand features electric and pneumatic connections, plus two LED lights at the opening. Note: this stand is approved for indoor use only in the hangar.

To assist with movement within the hangar, an electric power pusher (Caddy) can be used to transport the stand. Once the stand is positioned near the aircraft, there are push bars located at ground level on all four corners for easy manual placement. This stand can be used on either side of the aircraft.

Although these stands have been in use for over a year, training development is still ongoing. Training will be assigned to all AMTs at stations that currently utilize these stands. □

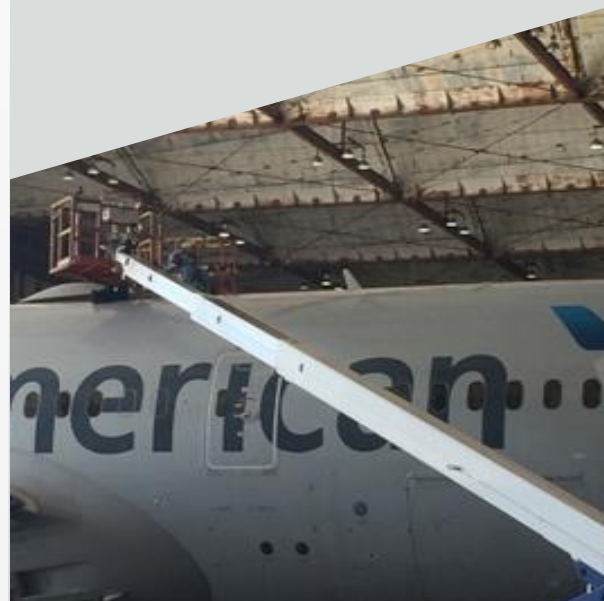
Thank you to all who made this stand possible!

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For many years, AMTs have been using insufficient equipment to access the top of an aircraft's crown. While mechanics are required to use fall protection, there is still a significant risk of serious injury from falls.

Additionally, the use of various types of equipment increases the risk of damaging the aircraft.

One stand makes jobs safer, saves time, and is easier to use.



HOME SAFE

for the  HOLIDAYS

Whether your family observes Christmas or Hanukkah, the holidays can be a busy time from Thanksgiving through the New Year. In our haste to do everything and go everywhere and celebrate with everyone, accidents can and do happen. If you have young children or even pets in the home, you must take extra safety precautions to ensure your holidays remain happy.

The first thing you can do is make sure you get enough rest. We all know that accidents are more likely to happen when we're tired.

Here are some home holiday safety tips that you may not have heard of in a while.

Food Poisoning Is No Joke

One of the best parts of the holidays is enjoying your favorite festive foods, but a case of food poisoning would put a damper on the celebrations.

Safe food preparation starts with cleaning surfaces and hands before prepping food. Thaw meat safely and avoid contamination and cross-contamination with meats and vegetables. Cook food thoroughly before eating and serving. Store leftovers promptly and never any longer than 3 to 4 days.

Poisonous Plants

If you have young children or pets in the house, be careful what plants you use for

decorations. Contrary to a long-held myth, poinsettias pose little health risk, but these plants should be avoided around children:

- Mistletoe (highly toxic white berries)
- Holly (highly toxic red berries)
- Bittersweet (often used in wreaths and floral arrangements, but the entire plant is poisonous)
- Boxwood (often used in wreaths and swags; twigs and leaves are toxic)
- Pine (ingesting large amounts can be toxic and handling pine may cause skin irritation)
- Jerusalem cherry (commonly used for Christmas decorations; berries are highly toxic)

Toy Safety

While unwrapping toys and gifts can be a source of great joy for kids, the presents can cause problems if they're not used safely.

Avoid toys with projectiles (like darts and toy guns) and toys with lots of sharp edges or points, including hard, thin plastic or metal that stick out. When buying toys, follow age recommendations on the packaging. Avoid toys with small parts that may pose choking risks. For more information please visit:

<https://toysafety.org>



Happy Holidays

Situational Awareness

Starting from the time we leave home in the morning until the time we return, we get so busy because of all the things life throws at us, that we sometimes forget about Situational Awareness. It does no one any good to get injured or killed either on the way to work or responding to a maintenance call at the aircraft.

We, being human, can and do lose touch. It is imperative that we as professionals stop and get a "Handle" on what is actually going on before we throw ourselves in overdrive.

I have been caught once or twice by just being in too much of a hurry to get the job done, so I could go put out the next fire. It seems that the simple task, or the task we do all the time, is the one that will come back to haunt us.

Take a look around and see all the things that can come and bite you when you least expect it. You may know that someone else is working on the aircraft but has he or she done all the things required to make the aircraft safe to work on? Go and check; maybe they have lost Situational Awareness in a way that will adversely affect you.

Take nothing for granted. You owe it to yourself and your family to stop and get that "grip" on what is going on.



Upcoming Events

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

This holiday season, too many American families will have an empty seat at their table after losing a loved one in a drunk or drug-impaired driving accident. More than 100,000 Americans die every year in these preventable crashes. During National Impaired Driving Prevention Month, we call on everyone to help save a life by planning ahead, calling for a ride, only driving when sober, and helping friends and loved ones do the same every time. Taking responsibility for a safe ride saves lives.

Wishing everyone a safe, healthy and happy holiday season!



PPE ROADSHOW

- **Nothing Scheduled**
- **Stay Tuned for 2025 schedule.**



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**Safety+Health
Matters!**

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