

HOMESAFETYMATTERS

WINTER 2020-2021

SAFE AND HEALTHY HOLIDAYS!

The RLG Wellness Committee shares 5 strategies for having fun - without overdoing it

The winter holidays can be a time of high-sugar intake, low activity and over-indulgence. These five strategies, shared by the **RLG Wellness Committee**, can help you stay full of holiday cheer without overdoing it.

Stay hydrated. What's half your body weight? Drink that number of ounces of water each day. Carry a water bottle wherever you go. Going to the restroom more often is not a bad thing - you'll add steps and get a break from your work routine.

Just be sure to stop drinking an hour or two before bed if you find yourself disrupting sleep for a bathroom break.

Eat a snack before parties - don't fast. Skipping meals can lead to overeating, over-drinking and severe blood sugar imbalances.

Have a light snack with protein and fiber, like an apple with almond butter or a handful of raw nuts. This will keep your blood sugar stable and help you say "no,



CONSTRUCTING HAPPY, HEALTHY LIVES.

thanks" to that second or third plate. **Stick to a healthy routine as much as possible.** Don't tell yourself "it's the holidays" or "I'll start back in January." Eat your veggies (1-2 servings per meal) and do moderate exercise throughout the week. It will make the transition back to your routine in January easier.

Enjoy holiday food with extreme mindfulness. Eat slowly, savor every bite and chew completely.

Notice the smells, tastes, colors and textures. You'll feel full more quickly, with less desire to overindulge.

Don't feel guilty. You've stuck to your routine for the majority of the season so enjoy this special moment.

Be conscious of alcohol intake. Consider healthier alternatives to mulled cider, spiked eggnog and Irish coffee, which are filled with added sweeteners that can be addictive - even more so when paired with inhibition-lowering alcohol.

- Try a wine spritzer (2 ounces of wine with 2 ounces of unsweetened sparkling water, topped with frozen berries and an orange slice).
- How about a warm drink? Try diluted, warm apple cider (3 ounces water/2 ounces cider) with 2 ounces vodka and a cinnamon stick.

For more tips, go to:

- <https://myhealingpartner.com/five-ways-avoid-overindulging-holidays/>
- <https://healthy-magazines.com/avoid-over-stuffing-this-holiday-season/>

WE'RE IN THIS TOGETHER

Make a commitment to stay safe and healthy this holiday season, no matter what.

And remember these 24/7/365 confidential resources:

Suicide prevention

- Crisis Text Line - text "HELLO" to 741741
- Suicide Prevention Hotline, 1-800-273-8255

Substance abuse

- Contact your union or RLG Human Resources to reach the Employee Assistance Program.
- Contact your county health department.
- Mental Health and Substance Abuse hotline, 1-800-662-4357.

Field associates also can contact their union health and welfare offices.

WINTER WEATHER

can be both frightening and dangerous for automobile travel.

Make sure your tires are properly inflated.

Do not use cruise control when driving on slippery surfaces.

Always look and steer where you want to go.

Use your seat belt every time you get into your vehicle.



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USE CAUTION AND COMMON SENSE

Stay injury-free as you shovel snow

Use caution and common sense when you're shoveling snow.

- Don't shovel right after eating.
- Stretch before you begin and take it slow.
- Push snow rather than lifting.
- If you do lift, use a small shovel or only partially fill the shovel.
- Lift with your legs, not your back.
- Take breaks before you feel exhausted and spread the task over a few days if you need to.
- If you have a history of heart disease, get your doctor's permission to shovel snow - or use a snowblower.
- Stop immediately and call 911 if

you have symptoms of a heart attack.

Using a snowblower? If it gets clogged with snow:

- Turn it off.
- Disengage the clutch.
- Wait at least five seconds after shutting the machine off to let the blades stop rotating.
- Use a stick or broom handle to clear the impacted snow.
- Never put your hand down the chute or around the blades.
- Keep all shields in place.
- Keep hands and feet away from all moving parts.

PREVENT FROSTBITE

Watch for and address symptoms right away!

Below-freezing temperatures and sub-zero wind chills can cause frostbite and hypothermia within minutes. Be sure to dress for the weather.

Wear three loose layers of clothing that allow your body heat to circulate.

- Layer 1, next to your skin, should be a material that helps keep you dry.
- Layer 2 should be an insulating material like wool or fleece.
- Layer 3 should be wind- and water-proof

More tips:

- Make sure your hat covers your entire head and ears.

- Choose insulating mittens or gloves.
- Consider two pairs of socks. Wear socks next to your feet that keep them dry and top them with wool socks.

Frostbite can easily be treated if you catch it in the earliest stages. Take frequent breaks indoors and stay hydrated.

Also, don't ignore itching, stinging, burning or a "pins and needles" feeling. That sensation is a symptom of early frostbite.

The solution at that early stage is simple: get inside and warm up before heading back outside.

SEEKING STORY IDEAS

What do you do to stay safe outside work?

What have you done to help your family, friends and neighbors stay safe?

Submit your lessons learned and recommendations to: June Remley, 419/725-3119
june.remley@rlgbuilds.com

You never know when you will encounter winter weather or another roadside emergency!

KEEP THESE ITEMS IN YOUR CAR:



- First aid kit
- Full tank of gas
- Flashlight
- Water and snacks
- Cell phone charger
- Jumper cables
- Ice scraper / snow brush
- Boots / gloves / warm clothes

The transition into cold weather signifies the start of

ICE FISHING season.



Remember that no ice is safe ice and you must have a valid fishing license.

Inform others of your "float plan."

Always fish with a partner or in an area with several other anglers present.

For more ice fishing safety tips, visit: www.wildlife.ohiodnr.gov



SHOPPING ONLINE?

Play it safe before and after the holidays

RLG Information Services offers these tips for safe shopping online:

- It's best to shop only on websites you know and trust.
- Don't use links from social media or emails to reach websites.

If you decide to shop an unfamiliar website, do your homework:

- Look for a social media presence.
- Search for customer reviews, scam reports or complaints at the Better Business Bureau.
- If there's no email, phone number or street address, it could be a fake company.

More tips:

- If you must use public Wi-Fi, install a VPN for security.
- Create strong passwords, using a different one for each account.
- Look for secure websites with a lock icon in the URL bar and URLs that start with "https."
- Delete emails with unknown senders - don't reply, click links or open attachments.