

# HOMESAFETYMATTERS

SPRING 2021

## RLG HEROES

### Motyliniski brothers take quick action to save man from drowning

**Phil** and **Ben Motyliniski**, of **GEM**, and their brothers **Paul** and **Patrick**, took quick action to save an 81-year-old man from drowning on February 28.

Paul was driving when he saw a man struggling in a Monroe County pond with only his head and upper shoulders above the surface.

Paul called 9-1-1, then called his brothers, who drove over immediately from their mother's home less than a quarter-mile away.

Ben and Phil slid a nearby boat onto the iced-over pond and pulled the man from the water. Paul and Pat pulled the boat to shore with a rope.

Firefighters arrived shortly afterward and

the man was taken to the hospital. He is expected to recover.

Phil and Ben say two factors made the rescue successful: Paul's and Ben's training as members of the Dundee Township Fire Department, and RLG's safety culture.

"The safety culture we have here helped with our situational awareness," Phil says.

They made sure their decisions let them rescue the victim safely without putting themselves in danger, which would have made the situation worse.

"My dad always told us, 'stop and help because you never know when it's going to be you [needing help]," Ben says.

"It felt good to help somebody," Phil says.



Phil Motyliniski



Ben Motyliniski

If you see someone struggling in the water:

- Call 911 immediately.
- If you don't have training, don't put yourself or others at risk.
- Look for a rope or a flotation device to throw to the person in distress. (Check your car or nearby houses if necessary.)

## MARCH IS KIDNEY MONTH

### The RLG Wellness Committee shares simple steps to protect your kidneys

Your kidneys filter out waste, and help control red blood cell production and blood pressure. Kidney disease can have few or no symptoms.

To protect your kidneys:

- Ask your doctor for an ACR urine test or a GFR blood test every year if you are over 60 or have diabetes, high blood pressure or a family history of kidney failure.
- Get screened for free through the National Kidney Foundation's KEEP Healthy program ([www.kidney.org](http://www.kidney.org))
- Take fewer over-the-counter pain meds, such as NSAIDs (non-steroidal anti-inflammatory drugs) and never



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CONSTRUCTING HAPPY, HEALTHY LIVES.

- go over the recommended dosage. NSAIDs include aspirin and ibuprofen.
- Cut out processed foods, which tend to have lots of sodium, nitrates and phosphates, and are linked to cancer, heart and kidney disease. Try the DASH diet. ([www.dashdiet.org](http://www.dashdiet.org))
- Exercise at least 30 minutes a day to help control your blood pressure and lower blood sugar, which is vital to

kidney health.

- Drink plenty of water to help your kidneys clear sodium, urea and toxins from your body. Drinking water and avoiding sugary drinks help prevent painful kidney stones.
- People with kidney problems may need to restrict fluid intake, but for most people, 1.5 to 2 liters (3 to 4 pints) of water per day) is healthy.



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## NEED SUPPORT IN KEEPING COMMITMENTS?

The RLG Wellness Committee recommends: Find an 'accountability partner' - or be one for someone else!

We could all use support in keeping our commitments - especially during tough times with countless distractions. An accountability partner can help.

Your accountability partner can be anyone you trust - a coworker, friend, neighbor or family member.

An accountability partner:

- Tracks your progress as you work toward goals.
- Calls you out when you make excuses.
- Uncovers your blind spots by helping you see roadblocks preventing you from reaching your goals.
- Warns you when you're reverting to the behavior you want to change.

- Serves as your sounding board to listen, brainstorm and discuss solutions.

If you're the accountability partner:

- Understand your partner's goal and action plan and make sure you will support them.
- Focus in a positive way on your partner's successes and goals. Expect reasonable failures as well as successes. Gently refuse to accept excuses and hold your partner accountable to what they agreed to do.
- Listen to understand. Compassionately encourage, challenge and remind your partner of their goals.
- Communicate honestly, respectfully and regularly. Ask difficult questions and make objective, useful observations. Keep your conversations confidential.

- Share your knowledge and brainstorm solutions. Help identify real or perceived obstacles. Humbly share the lessons you have learned.

- Stay committed, objective and free from personal interest in your partnership's success or failure. Realize this relationship may last for months or years, depending on what you've agreed to.

For more information, go to <https://www.fearlessculture.design/blog-posts/how-to-increase-your-chances-of-success-get-an-accountability-partner>

What are you doing 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](mailto:june.remley@rlgbuilds.com)



## CVD and the Construction Industry



### Cardiovascular diseases by the numbers<sup>1,2</sup>...



**121 million**

Americans are living with some form of cardiovascular disease. That's equal to the entire populations of California, Texas, Florida, New York and Pennsylvania combined.



**An average of 2,300**

Americans die from cardiovascular diseases every day.



**\$351 billion**

is spent every year on direct and indirect expenses on cardiovascular diseases.



**Approx. 211,000**

construction workers (1 in 25) have been diagnosed with cardiovascular disease. That's more than double the number of people who attended the Rose Bowl.

### Key risk factors include...<sup>2,3,4,5</sup>



**1 out of 4**  
construction workers are obese

#### Obesity

Defined as having a body mass index of 30 or greater



**1 out of 4**  
construction workers use tobacco

#### Tobacco Use

Smoking is the leading preventable cause of death in the U.S.



**Nearly half of**  
all construction workers don't get enough exercise

#### Lack of Activity

A key risk factor for both heart disease and stroke.



**1 out of 25**  
construction workers have diabetes

#### Diabetes

Increases a person's risk of cardiovascular diseases.