

The Ergonomics of Reaching Overhead

Certain work responsibilities may require us to reach overhead, which can stress our necks and shoulders. This can result in muscle and joint injuries. To prevent injury and strain, follow these ergonomic guidelines when reaching overhead:

Lighten the load. If you have to lift or lower a load from above, lighten it if possible.

Change the process. Work overhead for shorter periods of time and use work methods that are less labor intensive and that will help you spend less time reaching overhead.

Use tools and equipment that can help you. Such as drill bit or screwdriver extensions. Or use a sturdy platform or an aerial lift to decrease vertical distance.

Preassemble structures. For whatever you are putting together before installing them to minimize time spent working overhead.

Consider working in teams. One person can lift while the other assembles. Rotate the tasks until the job is complete.

Take regular and frequent breaks to give muscles time to relax.

Preventing Ice Dams

When snow and ice buildup at the edge of a roof, it prevents melting snow from draining, causing an ice dam. This buildup of water and moisture cannot only lead to roof damage, but also moisture, mildew and mold buildup inside your home, which can have adverse health effects. Here are three ways to help prevent ice dams:



X Hire an energy professional to access the heat loss from your home (nonuniform roof temperatures can lead to ice dams).

Y Remove snow from the roof with a roof rake — do not attempt to dislodge large icicles. Caution: If you cannot reach the roof from the ground with the roof rake, do not get on the roof; hire a professional.

Z Seal all air leaks in the ceiling and install insulation to make it airtight between the house and attic.

If you discover an ice dam on your roof, have it removed by a professional. And check for mold or mildew that may have formed in your home.

December is Safe Toys & Gifts Month



ANNUAL Safe Gift Guide

This year, the world has seemed to focus on safety more than ever, so giving the gift of safety is one that many may choose. Here are some ideas:

For the health-conscious fashion buff:

Designer and fashion masks. Who says you can't look good while staying safe? There's a wide selection of masks out there for every taste and age.

Sun-safe clothing. Buying for a gardener or a person who spends a lot of time outdoors? Consider purchasing SPF-infused clothing. There are options that are lightweight, moisture wicking and breathable at various prices.

For the online shopper:

Safe delivery boxes. There are many size and tamper-resistant options available for package deliveries to prevent front porch or apartment hallway theft.

Smart doorbells. Many will appreciate doorbells that allow them to see when deliveries are made as well as who is outside their doors.

For the athlete:

Reactive running gear. Walkers and runners will appreciate reactive gear, especially if they need to run before sunrise or after sunset.

Running lights. Select from models for early morning or evening runners and hikers that can be worn on the head, arm, ankle or even on bike helmets.

LED bike lights. These products attach to handlebars or wheels.

