Inside this issue:

Eye protection ............ 1
Safety Focus: Do you go to work sick? ............... 3
How many calories are in your Thanksgiving dinner? ............. 4

Berkley Agribusiness Risk Specialists is here to partner with our customers to assist them with their insurance needs.

The hazards and risk of commercial agribusiness are unique to that type of business. Risk control that is experienced and knowledgeable in commercial agribusiness can assist you in controlling those hazards and risk. BARS experienced and specialized claims personnel will provide a customer-first approach to handling your claims.

Eye protection

Eye protection is required by OSHA where there is a reasonable probability of preventing injury when such equipment is used. Suitable eye protection must be provided where there is a potential for eye injury from machines, flying objects, glare, liquids, injurious radiation, or a combination of these.

Eye protection must meet the following minimum requirements:

• Adequately protect against the particular hazards for which they are designed;
• Be reasonably comfortable when worn under the designated conditions;
• Fit snugly without interfering with the movements or vision of the wearer;
• Be durable;
• Be capable of being disinfected;
• Be easily cleanable; and
• Be kept clean and in good repair.

Wearing eye protection is just as much a part of the job as is using the right tools or equipment. It isn't enough to have your protective eyewear within reach — you must be wearing it properly when you're doing a job where it is required. These stipulations also apply to supervisors and management personnel, and should apply to visitors while they are in hazardous areas.

Selection of Eye Protection

You have to wear the right type of eye and face protection for the hazards. The American National Standards Institute (ANSI) has issued standard requirements for the design, construction, testing, and use of protective devices for the eyes and face. Protective eyewear must meet the requirements of ANSI Z87.1.

Goggles fit the face and form a protective seal around the eyes. Materials can't get under or around the seal. They protect the eyes from impact, dust, splashes, mists, vapors, and fumes. Different types of goggles are designed for different types of hazards. For example, types used to protect from splash hazards have indirect venting, while models used solely for impact hazards can have direct venting to help prevent the lenses from fogging.

Safety spectacles are impact-resistant eyeglasses. They can have metal and/or plastic safety frames, and they're fitted with impact-resistant lenses. They come with and without side shields. OSHA requires side protection (side shields) when

(continued on page 2)
Eye protection (continued from page 1)

there’s a hazard from flying objects. Some models are adjustable so you can get a good fit.

**Face shields** extend from the brow to below the chin across the entire width of the head. Face shields are secondary protection. Goggles or spectacles worn under a face shield provide the important primary protection. Face shields provide additional protection from impact, chemical splashes or sprays, high temperatures, splashes from molten metal, and hot sparks. If you must wear a face shield, be sure to wear the appropriate spectacles or goggles under it.

**Welding helmets** are heat resistant, and they’re fitted with a filtered lens. They provide secondary protection from optical radiation, flying sparks, metal spatter, and slag chips produced during welding, brazing, soldering, and cutting. Goggles or spectacles provide the primary eye protection under the welding helmet.

**Laser safety spectacles or goggles** have specialized lens tints to protect from laser light. Their selection depends upon the equipment and operating conditions in the workplace.

**Fit**

Fitting of goggles and safety spectacles should be done by someone skilled in the procedure. Prescription safety spectacles should be fitted only by qualified optical personnel.

**Inspection and Maintenance**

It is essential that the lenses of eye protectors be kept clean and free of damage. Daily inspection and cleaning of the eye protector with soap and hot water, or with a cleaning solution and tissue, is recommended.

Several methods for disinfecting equipment for eye protection are acceptable. The most effective method is to disassemble the goggles or spectacles and thoroughly clean all parts with soap and warm water. Carefully rinse all traces of soap, and replace defective parts with new ones. Swab thoroughly or completely and immerse all parts for 10 minutes in a solution of germicidal deodorant fungicide. Remove parts from solution and suspend in a clean place for air drying at room temperature or with heated air. Do not rinse after removing parts from the solution because this will remove the germicidal residue which retains its effectiveness after drying.

The dry parts or items should be placed in a clean, dust-proof container, such as a box, bag, or plastic envelope, to protect them until reissue.

**Contacts and Prescription Lenses**

Employers must ensure that employees who wear prescription (Rx) lenses or contacts use personal protective equipment (PPE) that incorporates the prescription or use eye protection that can be worn over prescription lenses.

Dust and chemicals present additional hazards to individuals who wear contacts. OSHA recommends that workers have an extra pair of contacts or eyeglasses in case of contact failure or loss.

**Paying for Eye Protection**

Employers generally must provide required eye protection at no cost to the employee. However, there is an exception – employers are not required to pay for prescription safety glasses provided that:

- They are non-specialty protection (e.g., general safety glasses to protect against impact); and
- They are allowed to be worn off the job.

For example, prescription eyewear inserts/lenses for full face respirators are considered to be specialty eye protection, therefore the exception would not apply and employers would have to pay for the equipment.

On the other hand, ordinary prescription safety glasses to protect against general impact hazards would not have to be provided for free, if the employer allows the employee to take the glasses off the job.
Safety Focus: Do you go to work sick?

Nearly 80 percent of office workers polled come to work even when they know they are sick, according to the third annual Flu Season Survey from Staples. For those that stay home, more than two-thirds return to work when they are still contagious.

In a typical year, the flu virus is responsible for approximately 70 million missed workdays and an estimated $10 billion in lost office productivity. Survey results also show that employees could do more to keep the workplace healthy. Survey data shows office workers continue to make avoidable mistakes that fuel the spread of germs:

- 51 percent of employees only clean their desks once a week or less, even though germs can live on surfaces for up to three days, especially on the keyboard (typically one of the dirtiest personal workspace items);
- 25 percent believe that door knobs/handles are the dirtiest places in the office, while only 6 percent recognize that the break room sink is actually the dirtiest, followed by the office microwave, which only 8 percent selected; and
- 65 percent feel the number of days necessary to be out of the office with the flu is one to three days and often return to work contagious, as the flu virus may be contagious for one day before symptoms develop and up to five to seven days after becoming sick.

Survey findings also revealed that nearly half of workers cited their concern about completing work as the reason they don’t stay home sick. More than a quarter of respondents come to work to avoid using a sick day, even though a majority of those surveyed indicated their average productivity level while sick was only around 50 percent.

Staples recommends these easy steps to help maintain a healthier work environment:

- Offer/encourage a telecommuting program;
- Stock up on sanitizing wipes and cleaners; and
- Educate your staff about cleaning and how long they should stay home when sick.

Avoiding the Cold and Flu

Practicing healthy habits can help you avoid colds and the flu. Fight off infectious germs, by practicing the following:

- Get plenty of sleep. Aim for seven to nine hours of sleep every night. Chronic sleep deprivation can make your immune system less effective, increasing your chances of getting sick.
- Stay active. Walking, running, and other physical activities increase immunity to colds and the flu. According to the National Institutes of Health, activity may flush bacteria out of the lungs, decreasing the chances of a person coming down with a cold or the flu.
- Reduce stress. Stress in small doses can be good, but chronic stress impairs the body’s immune system and increases the chances of getting sick. Adjust your schedule so you’re not overwhelmed. Make time for relaxation.
- Get vaccinated. The best protection against seasonal flu is the flu vaccine, especially for those in regular contact with many people.
- Stop smoking. Smoke weakens the cilia, the hair-like cells lining the nose and airways that sweep incoming viruses away before they can infect you.
- Reduce alcohol consumption. Chronic drinking weakens the immune system. Even moderate drinkers should avoid alcohol when they’re not feeling well. Alcohol can cause dehydration and make congestion worse.

If the worst happens and the flu bogs you down, there are ways to ease the misery:

- Rest. Give your body a chance to heal. Rest when possible during the day and get enough sleep at night.
- Bring on the fluids. To avoid dehydration, increase fluid intake by drinking more water, fruit juice, sports drinks, and clear broths.
- Treat aches and fever. The body’s temperature rises as it fights off the flu virus. To control fever and relieve uncomfortable aches, take an over-the-counter medication such as acetaminophen or ibuprofen.
- Add moisture. Dry air can irritate your throat. Add moisture with a humidifier, or run hot water in the shower and sit in a steamy bathroom with the door closed. Inhaling the moist air can help clean out nasal passages.
Did you know that the traditional Thanksgiving meal can contain as many calories as what you might consume in an entire day? Most of the basic foods are pretty nutritious. It’s those delicious extras that can pile on calories and make you want to eat more. Here are calorie counts in your top ten favorite Thanksgiving dishes.

#1: The Turkey
Turkey alone is very lean with low fat, but who doesn’t want gravy (pure fat) and cranberries on top? The numbers: 4 oz. of white meat is 158 calories; 4 oz. of dark meat 183 calories. Add about 25 more calories if you eat the skin too. The meat has less than 2 grams of fat.

#2: The Stuffing (Grandma’s)
Of course, everyone has their favorite recipe, but grandma’s is the best. This dish has the most sodium of any of the favorites. The numbers: 165 calories, 4 grams of fat, 515 milligrams of sodium.

#3: The Sweet Potatoes (with Marshmallows)
Ah, nutritious sweet potatoes, but who wants them on Thanksgiving unless they are mixed with butter and brown sugar and topped with marshmallows? The numbers: 305 calories, 4 grams of fat.

#4: The Mashed Potatoes
Yes, that’s right. We need two kinds of potatoes. Nice fluffy potatoes loaded with gravy. The numbers: 185 calories, 3 grams of fat (minus the gravy).

#5: The Gravy
Can you eat mashed potatoes and stuffing without gravy on top? The numbers: 100 calories, 4 grams of fat (Butterball-prepared gravy).

#6: The Biscuits
Can you eat just one biscuit? These are hard to resist and very useful for soaking up any excess gravy. The numbers: 212 calories, 10 grams of fat (without the butter on top).

#7: The Jell-O Salad
Jell-O combined with whipped cream, fruit, and cottage cheese finds its way to many a Thanksgiving table. The numbers: 95 calories.

#8: The Green Bean Casserole
This is a Thanksgiving staple in many households. Green beans are healthy too, except for those delicious fried onion rings on top. The numbers: 366 calories, 2.1 grams of fat.

#9: The Pie
When you think of Thanksgiving dessert, you think of pie. Whether it is pumpkin, apple, or mincemeat, a nice big slice slathered with whipped cream is hard to turn down. The numbers: 310 or more calories, 20 grams of fat.

#10: The Drinks
You need to have something to wash everything down with, right? Whether it is wine, beer, a cocktail, sparkling cider, eggnog, or a few sodas, the calories add up. The numbers: 120 calories or more.

If you add it all up, you can consume about 2000 calories at Thanksgiving dinner if you have one helping of everything or 3500 or more calories if you have more helpings. Think moderation, but if you can’t, better wear the pants with the elastic waist.