

THE PORCELAIN PRESS

October 2010

Special Points of Interest

- The new ES&H website will be going live this month. The planned launch date is Oct. 20.
- The 'Accelerate to a Healthy Lifestyle' program has officially started. For more details, go to the ES&H page to sign up and start logging your exercise minutes.
- Nov. 10 is the Winter ES&H Fair. Watch for posters.

ES&H Concern or Suggestion?

- Talk to your SSO or submit ideas from the ES&H homepage, click on 'Concerns & Suggestions'.

Eat Healthy, Exercise Regularly, and Manage Stress

It's hard to eat healthy 24/7. Let's face it, sometimes we just can't help indulging in our favorite pizza, a cheesy burrito, or salty fries.

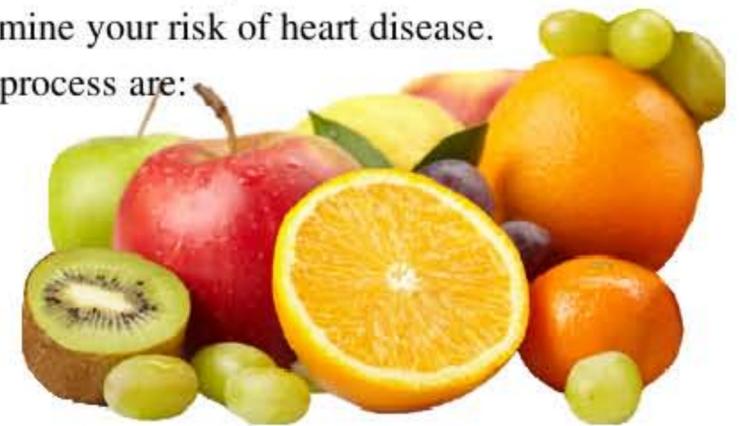
The important thing to remember is how you will eat the rest of the day in order to stay within your recommended daily caloric intake. The Food and Drug Administration selected the mathematically simple 2,000 calorie-a-day diet so consumers could easily calculate the daily values needed for their own diets. Your recommended daily caloric intake will most likely be different and is based on your metabolism and exercise levels, among other things.

By eating healthy, exercising regularly and managing your stress, you can lower your risk of high blood pressure (BP) and lower your risk of a heart attack or stroke. If you have a family history of high BP and you are not sure what your level is, visit your doctor.

With your doctor's help, you will be able to determine your risk of heart disease.

The four general parts of the medical assessment process are:

- You and your families medical histories
- The results of a physical examination
- The results of diagnostic tests and procedures
- The assessment of identified risk factors



Reminder: Automated External Defibrillators

FNAL has placed Automated External Defibrillator (AED) units around the lab. Contact your SSO for the exact locations. Our AED policy can be found in FESHM 5311. The units in Wilson Hall are located near the east elevator bank on floors 1, 3, 5, 7, 9, 11, 13, and 15. An additional unit is located in the Ramsey Auditorium Lobby.

To sign up for CPR and AED Training, contact your supervisor or SSO.

Classes can be found on-line, go to: http://www-esh.fnal.gov/pls/default/class_sched.html or call Joel Kofron at: X8444.

Halloween Safety Tips

Halloween is an evening of fun, costumes, and candy. To make sure it's safe for both adults and children, don't forget the following tips.

- Stay on the sidewalk in small groups where possible.
- Carry either a flashlight or a "glow stick".
- Keep Candle-lit jack-o-lanterns away from landings and doorsteps where costumes could brush against the flame.
- Throw away any candy that is not sealed properly.
- Extinguish jack-o-lanterns before leaving them unattended.

