

CONGRATULATIONS

GLEN DUFRAIN

The answer to the last question was:

Which method is better for your back; Pushing a cart or Pulling a cart?

It is generally considered better to push a cart, dolly, lawnmower, wheelbarrow, etc. than it is to pull it. However, if you do have to pull it, consciously force yourself to tighten your stomach muscles and try to maintain good body posture.

THERE'S AN APP FOR THAT! <http://www.orosha.org/apps/liftcalc/lifting-calc-options.html>

This is a link to a lifting calculator app. The app is available on Apple, Android and Google Play markets. Go ahead, give it try!

SAFETY QUIZ:

St. Helens High School won OR-OSHA'S State Wide Safety Video Contest for Young Workers. Click the link; and watch the video "Flashbacks". Then tell me which of the following injuries did not take place in the video.

<http://www.youtube.com/watch?v=IUev4NAr5J0&list=PLM75uPd4sBhxxdTT6SUIwj903KVyWsxug>

- A) Falling off an unsecure ladder
- B) Chemical exposure in a confined space
- C) Electrocution due to not following lockout tag out procedures
- D) Stepping on a nail due to poor housekeeping.

Send your answer to Heidi by email at: heidis@deltafire.com

or via text at: 971-235-0112