



Weekly Safety Tip

Safety at Home



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For Injury-free Hammer Use

Doing stuff around the house can give you a real sense of accomplishment. But, let's be honest, smacking your thumb with a hammer while trying to hang pictures is no fun at all. So, if you want to channel your inner DIY pro without any painful mishaps, check out this cool trick for hammering.

The Tip: To avoid hurting yourself while hammering, all you need is a good ol' clothespin. This simple gadget can be a lifesaver. Just use it to hold your nail in place while you line up your swing with your other hand. Say goodbye to those days of 'reactionary words' that all too often also have you ending up with a sore thumb.



Open Ridged Plastic the Easy Way

Nothing beats the tyranny of those stubborn plastic cases – seriously, they're like the arch-nemesis of parents everywhere, especially during the holiday season. But fear not... If you want to dodge any potential plastic-induced injuries, just grab your trusty can opener.

The Tip: Cracking open those rigid plastic packages is a breeze when you treat them like a hunk of metal. Just align the can opener along the edge, grip it tight, and start turning the handle. You won't believe how effortlessly you can crack these things open now.



Put a Plastic Bag Over Your Car Mirror

Winter can be unforgiving, and icy windscreens and mirrors on your car can turn your mornings into an icy ordeal.

If you're without the luxury of a garage, here's a nifty little hack to fend off Jack Frost.

The Tip: Grab some Ziplock bags, open them up, and slip them onto your mirrors. These plastic shields will fend off most of the ice and snow.

Weekly Safety Share



Type 2 Diabetes...



Type 2 Diabetes ... One-third of Americans with diabetes

don't know they have it. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina (shown below), nerve damage, and impotence. But if found early, you can control it and avoid complications with diet, exercise, weight loss, and medications.



Screening for Type 2 Diabetes

A **fasting plasma glucose test** is most often used to screen for diabetes. Doctors may also use the **A1C test**, which checks how well your body has controlled blood sugar over time. Healthy adults should have the test every three years starting at age 45. Some people, including those with high cholesterol or high blood pressure, should start testing earlier and more often.



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