

HEALTH: *"The state of being free from illness or injury. The condition of being sound in body, mind, or spirit"*



Fatigue – You're More Than Just Tired

Americans often don't recognize the importance of sleep. The National Safety Council (NSC) is a leader in working to change the culture with research, education and outreach programs related to sleep health in the workplace.

Fatigue at Work, on the Road Can be Deadly

We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many that means a tired couple of days as our bodies adjust.

People often make light of how little sleep they get on a regular basis; an [over-worked, over-tired condition](#) has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

Work often requires us to [override those natural sleep patterns](#). More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts.

Following are a few facts for employers:

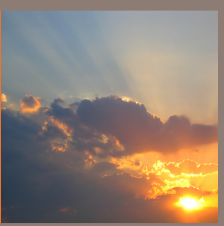
- Safety performance decreases as employees become tired
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually
- Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern



[ATALIAN Global Services
Fatigue Management Training](#)

Source: <https://www.nsc.org/work-safety/safety-topics/fatigue>

Source: <https://www.nsc.org/work-safety/safety-topics/fatigue/survey-report>



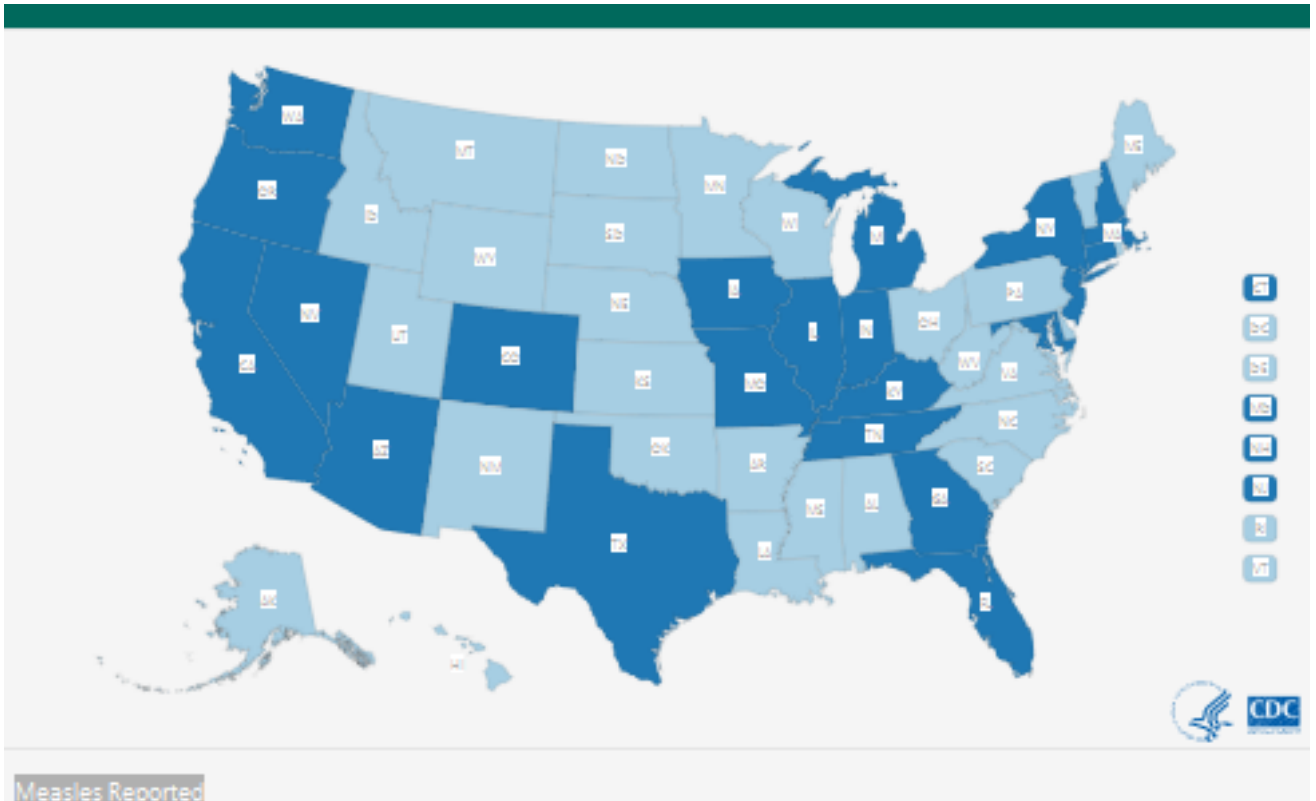
MEASLES CASES AND OUTBREAKS

[Español \(Spanish\)](#)

Measles Cases in 2019

From January 1 to April 26, 2019, 704** individual cases of measles have been confirmed in 22 states. This is an increase of 78 cases from the previous week. This is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.

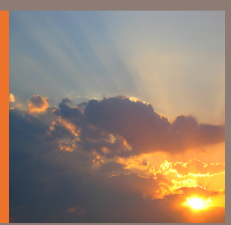
States That Have Reported Measles Cases in 2019



The states that have reported cases to CDC are Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Nevada, New Hampshire, New Jersey, New York, Oregon, Texas, Tennessee, and Washington.

**Cases as of April 26, 2019. Case count is preliminary and subject to change.

Data are updated every Monday.



ACHIEVING GOOD HEALTH THRU CLEANLINESS



Washing your hands of a situation can be a good thing. One of the best ways to protect your hands and the rest of you—is good, old-fashioned soap.

When should you wash your hands?

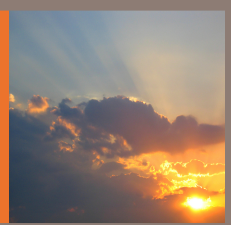
- **Before**, during, and after preparing food
- **Before** eating food
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- ..And always follow hand washing protocols in the work place

How should you wash your hands?



Source: <https://www.cdc.gov/features/handwashing/index.html>

Source: <https://www.ehstoday.com/hand-protection/washing-your-hands-situation-can-be-good-thing>



Needle and Sharp Prevention

To prevent or minimize exposure from a sharp:

- Always wear personal protective equipment
- Never push trash down in the barrel
- Never sling trash bags over your shoulder
- Use a barrier device, such as a broom/shovel when cleaning up
- Cleanup of bodily fluid is to be done by **trained personnel only**
- Locate puncture resistant disposable containers for contaminated sharps, needles and broken glassware, utilized at job sites.
- Identify readily accessible hand washing facilities
- Locate emergency eye wash stations in industrial settings.
- Review ATALIAN safety guidelines for prevention of needlesticks and sharps
- Do not throw needles or sharps into the trash or down the toilet.

Injured by a Needlestick or Sharp?

- Determine what stuck you.
 - Medical professionals can analyze this to see if it's infectious
- Immediately wash with soap and water
- Flush affected area with water (nose, mouth, or skin)
- Report the incident to your supervisor or manager

[ATALIAN Safety Guidelines for Prevention of Needlesticks and Sharps](#)