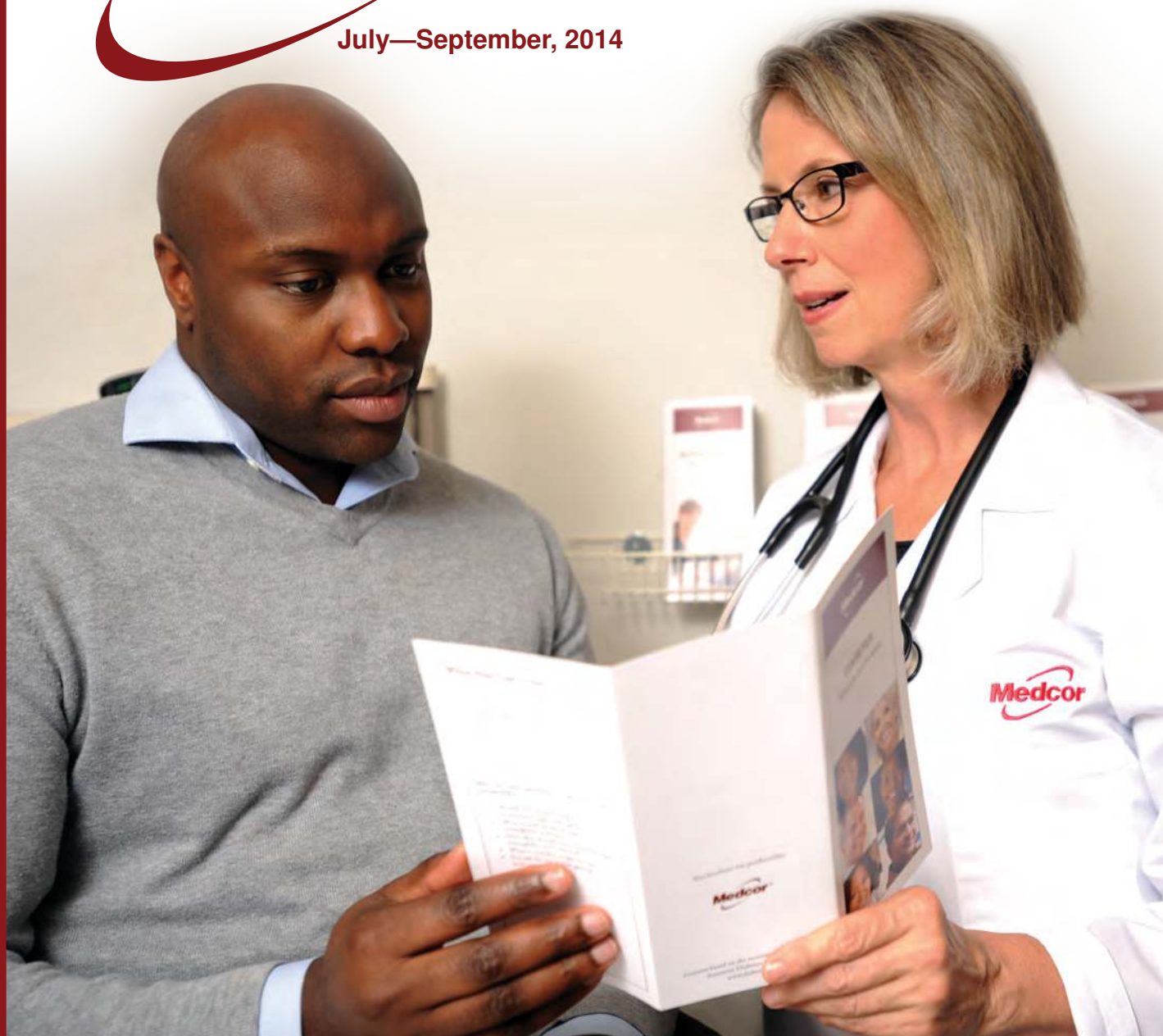


NEWS from  
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## *info updates...*

• **Regardless of age, daily activity is the major key to overall health for adults**



• **Skin cancer is common, deadly and it's critical to know the advance warning signs**



• **'Top 10' list from OSHA can help employers avoid costly penalties**





The Surgeon General's Report, a joint consensus statement from the Center for Disease Control and American College of Sports Medicine, and a report from the National Institutes of Health agree that older individuals as well as young can see significant benefits from moderate physical activity.

## People can achieve benefits by investing in thirty minutes of modest, daily activity

by Heather Klaus

Health and Wellness Manager

New research supports that it is never too late to begin an endurance training routine and benefit from it!

A study on men has found that "relatively intensive" endurance exercise provides heart benefits regardless of age when training begins. The exercise specific to this study was running or cycling.

Each participant was assessed before and after training, and the results revealed that, "despite biological changes with age, the heart still seems - even at the age of 40 - amenable to modification by endurance training. Starting at the age of 40 or older does not seem to impair the cardiac benefits."

One need not be a marathon runner or an elite athlete to derive significant benefits from physical activity.

The Surgeon General's Report, a joint CDC/ACSM consensus statement, and a National Institutes of Health report agreed that benefits will generally occur by engaging in at least 30 minutes of modest activity on most—preferably all— days of the week.

Modest activity is defined as any activity that is similar in intensity to brisk walking at a rate of about 3 to 4 miles per hour.

These activities can include any other form of occupational or recreational activity that is dynamic in nature and of similar intensity, such as cycling, yard work, and swimming.

***"The secret of getting ahead is getting started."***

***Agatha Christie***

Remember, moving is good for your heart at any age. A regular dose of physical activity can:

- Lower your resting heart rate
- Help manage your weight
- Reduce blood pressure
- Decrease LDL (think: "L" for lousy cholesterol)
- Increase HDL
- Increase your exercise tolerance (be able to do work with less fatigue)
- Increase in insulin sensitivity



# Fighting back...

## The war against skin cancer requires that you prepare for a deadly adversary

by Gregg Cognac

Physician Assistant/Director of Clinical Affairs

Skin cancer is by far the most common type of cancer. Anyone can get skin cancer, regardless of skin color.

### What is Skin Cancer?

Skin cancer develops when skin cells are irreversibly damaged and begin to grow and divide uncontrollably. Skin cancer can spread and cause destruction of nearby healthy tissue as well as to other parts of the body.

### Leading Causes

Sun exposure and indoor tanning are leading causes of skin cancer. Increased likelihood to develop skin cancer is attributed to sun exposure time, frequency and intensity. Even laying out during the summers years ago increases one's lifetime risk.

### Prevention

✱Never use a tanning bed or sun lamp. Research shows that using a tanning bed increases your risk of getting the most lethal type of skin cancer (Melanoma) by 75%.

✱Limit exposure time. Whenever pos-

The National Cancer Information Center has trained specialists available 24 hours a day, 7 days a week. Call 1-800-227-2345

sible, limit time outside when the sun is strongest (between 10 a.m. and 2 p.m.).

✱Use sunscreen and lip balm. Every day, apply sunscreen to all skin that will be exposed to the sun (face, ears, hands, neck, etc.). Use only products with labels that say UVA/UVB or broad-spectrum protection and provide sun protection factor (SPF) of at least 30.

✱Utilize sunglasses. Make wearing sunglasses with ultra violet ray protection part of your daily routine. Skin cancer (Melanoma type) can develop in the eyes.

✱Proper clothing choice is important. Clothing can protect you from the harmful ultra violet rays of the sun. As a general rule, clothing that you can see through when held up to bright light does not pro-

tect well against UV rays. Additional UV protection can be added to clothing.

### Screening

An early detection of skin cancer can save your life.

✱Self-exams are critical. It is important to know what existing moles or other skin lesions (abnormal growths) look like and be able to identify when there are changes or recognize when new ones originate.

✱Meet with a dermatologist. Schedule an appointment for an examination with a dermatologist if you have any of the warning signs of skin cancer.

### Warning Signs

Melanoma is the most lethal type of skin cancer. Look for the important "ABCD" warning signs:

**A**—Asymmetry, **B**—Border irregularity, **C**—Color variations, and **D**—Diameter larger than a pencil eraser.

**NOTE:** melanoma *can*, at times, be smaller than a pencil eraser.

If you have questions or concerns about skin cancer, schedule an appointment with your physician or contact the National Cancer Information Center.



Left: Playing a round of golf without taking proper precautions can lead to something far more dangerous than an uncomfortable sunburn. Damaged cells can develop into a life-threatening cancer known as melanoma.

Above: This example of melanoma cancer has all four of the classic "ABCD" warning signs. Photo used with the permission of the National Cancer Institute.

# OSHA releases its 'Top 10' list

by Raymond Loch, Safety Training Manager

Okay, as far as entertainment value goes, it may not rival late night television hosts and their opening monologues, but OSHA did publish its list of the "Top 10" most frequently cited construction standards, following inspections of work sites in 2013.

No, OSHA was not intent on pitting itself against the likes of David Letterman or Conan O'Brien in a comedic battle of wits. Rather, it was attempting a pre-emptive strike, aimed at saving businesses from needlessly paying out high penalty fees (up to \$7,000 for a serious violation, and as much as \$70,000 for repeated or willful violations).

OSHA annually publishes this "Top 10" list to alert employers about commonly cited standards, so employers can take steps to find and mend recognized hazards before OSHA ever takes punitive action against a

company. Normally, OSHA does not grant advanced notice of its inspections, and inspections are generally performed at sites where imminently dangerous situations are known, fatalities or catastrophes have occurred, complaints or referrals have been given, the work site has been issued a citation in the past, or inspections may be pre-planned or programmed.

While it poses no threat to replace the heroes of late night television, OSHA is meeting its goal of reducing fatalities, injuries, and illnesses in the workplace.

Too many preventable injuries occur on the job, leading companies to spend unnecessary dollars on fines and healthcare costs.

Medcor offers a variety of safety compliance training courses designed to meet the requirements and needs of companies, including OSHA compliance, emergency medical, emergency response, industrial

fire suppression, and technical rescue. For more information, contact the author at [Raymond.loch@medcor.com](mailto:Raymond.loch@medcor.com)

Yes, OSHA citations can be costly, but for the most part, they are avoidable.

And now... here are the "Top 10" Most Frequently Cited OSHA Construction Standards for 2013:

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## #10:

1926.451(b)(1) – Scaffolds not fully planked at each work level.

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## #9:

1926.451 (e)(1) – Scaffold access/egress. Many citations involve climbing on the cross bracing.

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## #8:

1926.453(b)(2)(v) – Fall protection in aerial lifts. Users must receive training in the manufacturer's instruction.

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## #7:

1926.501(b)(10) – No fall protection for flat roofing. Consider using parapet guardrails and portable-type fall arrest anchorage.

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## #6:

1926.451(9)(1) – Fall protection on scaffolding. Fall protection starts at 10 feet.

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## #5:

1926.102(b)(1) – No safety glasses. Hundreds of eye injuries occur each year from working without safety glasses.

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## #4:

1926.100 – Hard Hats. Fatalities occur when workers are hit by falling objects.

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## #3:

1926.501(b)(1) – Open sided floors that were more than six feet in depth were not protected with standard guardrails or equivalent. Guardrails must be able to withstand 200 pounds of force.

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## #2:

1926.1053(b)(1) – Training in the safe use of ladders. Ladder falls killed over 100 workers in the last 10 years. Ladders need to extend three feet above the landing.

*And now... (drum roll!)*

the **#1** citation for 2013 is...

1926.501(b)(13) – Fall protection in residential construction. Having no fall arrest has been the ongoing #1 OSHA citation since 2007.



Working at heights involves many potential hazards. Employees must ensure proper use of ladders, fall arrest protection, guardrails, and other safeguards to prevent injuries and avoid regulatory violations.