

EXTRA, EXTRA  
READ ALL ABOUT IT  
M&O

## Safety & Compliance News

### FEBRUARY—AMERICAN HEART DISEASE AWARENESS MONTH

Heart disease is the leading cause of death in American men and women. However, there are ways to prevent and control it. The Centers for Disease Control and Prevention (CDC) recommends people take these steps in order for a safe and healthy heart:

- **Eat a healthy diet.** Choose healthy meals and snacks that are low in fat and high in fiber to prevent high cholesterol. Be sure to include plenty of fresh fruits and vegetables.
- **Exercise regularly.** Maintaining a healthy weight can decrease your risk of heart disease. Physical activity also helps lower cholesterol and blood pressure.
- **Monitor your blood pressure.** Check your blood pressure regularly because it often has no symptoms.
- **Don't smoke.** Smoking increases your risk for heart disease.
- **Limit alcohol use.** Drinking too much alcohol can increase your blood pressure and lead to heart disease.
- **Have your cholesterol checked.** Check with your health care provider as to how often your cholesterol should be checked.

### TIPS TO AVOID SLIPS, TRIPS, AND FALLS

- Contaminants on the floor—includes water, oil, and grease
- Poor Drainage—pipes and drains
- Indoor Walking Surface Irregularities—uneven floor surfaces
- Outdoor Walking Surface Irregularities—holes, rocks, and debris
- Poor Lighting
- Stairs and Handrails
- Stepstools and Ladders
- Trip Hazards: Clutter—includes hoses, wires and cables
- Improper Use of Floor Mats and Runners—prevent slips, trips, and falls by wearing slip resistant shoes, clean and maintain your work space.



## Safety matters



### M&O Birthdays

#### February

Anthony Velasquez	Leslie Ream
Felipe Garcia	Anthony Calvillo
Lydia Enriquez	Esteban Leon
Vincente Flores, Jr.	Carl Brown
Art Foulkes	Freddy DiVincenzo
Rauland Bailon	Derrick Shanta
Russell Hart	Mike Lopez, Jr.
Frank Ball	Melvin Galarza
Gilbert Olvera	Marc Jensen
Aleksandro Negrette	Alex Lytel
Jerry Reza	

Shout out to:  
**Mike Lopez** for his safety awareness on signage at the gas pumps. Way to go!