

Chapter 1 : What Happens When Food Goes Into the Lungs? | calendrierdelascience.com

That would mean the next slow slip event will happen sometime around February It's just one of those things, where everyone gets the lecture beforehand." Slow slips around the world.

For some, falls result in hurt feelings, skinned knees or broken bones. For others, falls can signal the beginning of lifestyle changes or even lead to death. Because the natural aging process can affect vision, strength and balance, adults 65 and older are at elevated risk for falls, however falls are not a natural part of aging and can be prevented. Every 20 minutes an older adult dies from a fall, and many more are injured, according to the Centers for Disease Control and Prevention. By planning ahead and envisioning the future you want, you can identify simple steps that can make a big difference here are some resources to help: Find a community falls prevention program: The National Council on Aging makes it easy. Punch in your zip code and contact your local agency. Practice balance exercises at home. Check your risk for falling: This CDC self-assessment test allows you to answer yes or no to each statement. Then, share the results with your doctor. Talk to Your Doctor Talking to your doctor is the first step in figuring out your personal fall risk and what changes you can make to be safer. Ask your doctor or pharmacist to review your prescriptions and over-the-counter medications regularly, paying attention to tranquilizers, sedatives and antidepressants. Some medicines on their own or when combined with other medicines can affect balance and cause drowsiness, dizziness or a feeling of being light-headed. Vitamin D deficiency can increase fall risk. During a regular exam, be sure to check for foot pain and proper footwear. Have your vision tested on an annual basis. Walking aids can mean the difference between safely navigating your world or experiencing a fall doing what you love. Make Your Home Safer While falls can occur anywhere, they most often occur at home. Try these tips to make your home safer: Understanding fall risks is the first step to keeping our loved ones and ourselves safe.

Chapter 2 : Caught Shoplifting: What Happens Next? | Soapboxie

What Actually Happens When You Raise the Minimum Wage. it looks more like a pink slipâ€”even more for businesses than for employees. As those workers gain.

The best shoplifters get in and out of the store quickly. The following article is NOT intended to be legal advice. If you are stopped by a Loss Prevention employee, you are advised to consult with your lawyer. Shoplifting laws vary from state to state and country to country. The following is just a guide. The Tylenol is just sitting there waiting to be stolen. You look up to see a black camera dome, straight above you. You think it over. Your palms get sweaty. You reach over and swipe it off the shelf already feeling and looking guilty. Your heart is pumping, and you can actually hear it. You decide to do some legitimate shopping. It takes you another half an hour to fill up your grocery cart and then you head up front to the check out lanes. After the cashier checks out your order, you pay for your items using your Visa card. The grocery bagger has placed your last bag inside your carriage and you walk outside, feeling pretty good about yourself. Could you please step back inside the store with me? Hundreds of questions are going through your mind. Am I going to be arrested? Will this get in the paper? My husband is going to kill me! What you do from this point on might determine how you spend the rest of your day. This will cause a reaction from the store detective. If the detective is allowed to apprehend you, they will attempt to grab you and force you to come back into the store. If the store detective is NOT allowed to touch you depending on local laws and the rules of the store , and you run, they may at their option notify the police. As nervous and excited you are, the store detective is just as and perhaps more nervous than you are. They have no idea who you are. Try to remain calm. This is a crucial moment. Try and stay calm. LP has heard it all before. The excuses get old after awhile. The store detective does not care about your reasons for stealing. They want the apprehension to happen. They NEED your name, address and other personal information for their records. They have to justify their paycheck to their boss and their store. If you go inside the store with the detective, you can be out in 5 minutes. LP is watching your every move. Keep your hands clear of your pockets, handbag, etc. You only stole a bottle of Tylenol. Make certain a witness is present: Once in the LP Office, make sure there is a witness present of the same sex as yourself. If the detective is the same sex as the shoplifter a person of the opposite sex may be used as a witness. The witness will in most cases be whatever employee of the store is available. You will be asked a series of questions. The detective may anticipate a lie and ask you the same question later on in the interview. At this point you may want to give up the Tylenol-and whatever other merchandise you have taken from that store. Wait for the detective to ask you for the merchandise. Do NOT stick your hands in your pocket to get the merchandise on your own. The detective may interpret this action as a threat. If you have proper ID, the detective will probably release you upon your signature. Be careful what you sign. The detective is not an attorney, either. Use your own judgement. You could refuse to sign, but this may be taken as a sign of non-cooperation and the police may be called. If the state where you reside, has a Civil Recovery Law in effect, you may also be asked to sign a statement stating you understand the elements behind Civil Recovery. Civil Recovery is a law that says merchants have the right to civilly sue the shoplifter for costs incurred during the shoplifting process. Civil Recovery is the way that LP Departments make money. That money goes to the bottom line. There will be a phone number on the form usually connecting to the collecting company you can dial for more info. Talk to your attorney before making any kind of civil demand payments. In fact, my advice is to talk with your attorney after your shoplifting apprehension. If you bitch loud enough, the store may even give you a gift certificate to use on your next shopping trip. If the detective tells you that you the police are on their way, shut your mouth. There is no changing their minds. Save your breath and try and calm down before the police arrive.

Chapter 3 : Five Scriptures That Will Help You Get through Almost Anything - new-era

Oh those dollies look, adorable in their slips! They certainly are winners in more ways than one! Willa looks beautiful in her new slip. I happen to know a.

Earthquake Basics Epicenter, hypocenter, aftershock, foreshock, fault, fault plane, seismograph, P-waves, magnitude, intensity, peak acceleration, amplification After big earthquakes, we say them. But what do these terms mean? What do they mean for what we felt and what we will feel the next time? Do we really understand what seismologists are saying? This section describes how earthquakes happen and how they are measured. It also explains why the same earthquake can shake one area differently than another area. It finishes with information we expect to learn after future earthquakes. Earthquakes and Faults What is an earthquake? An earthquake is caused by a sudden slip on a fault, much like what happens when you snap your fingers. Before the snap, you push your fingers together and sideways. Because you are pushing them together, friction keeps them from moving to the side. When you push sideways hard enough to overcome this friction, your fingers move suddenly, releasing energy in the form of sound waves that set the air vibrating and travel from your hand to your ear, where you hear the snap. The same process goes on in an earthquake. The friction across the surface of the fault holds the rocks together so they do not slip immediately when pushed sideways. Eventually enough stress builds up and the rocks slip suddenly, releasing energy in waves that travel through the rock to cause the shaking that we feel during an earthquake. Just as you snap your fingers with the whole area of your fingertip and thumb, earthquakes happen over an area of the fault, called the rupture surface. However, unlike your fingers, the whole fault plane does not slip at once. The rupture begins at a point on the fault plane called the hypocenter, a point usually deep down on the fault. The epicenter is the point on the surface directly above the hypocenter. The rupture keeps spreading until something stops it exactly how this happens is a hot research topic in seismology. Aftershocks Part of living with earthquakes is living with aftershocks. Earthquakes come in clusters. In any earthquake cluster, the largest one is called the mainshock; anything before it is a foreshock, and anything after it is an aftershock. Aftershocks are earthquakes that usually occur near the mainshock. Sometimes the change in stress is great enough to trigger aftershocks on nearby faults as well. An earthquake large enough to cause damage will probably produce several felt aftershocks within the first hour. The rate of aftershocks dies off quickly. The day after the mainshock has about half the aftershocks of the first day. Ten days after the mainshock there are only a tenth the number of aftershocks. An earthquake will be called an aftershock as long as the rate of earthquakes is higher than it was before the mainshock. For big earthquakes this might go on for decades. Bigger earthquakes have more and larger aftershocks. The bigger the mainshock, the bigger the largest aftershock, on average, though there are many more small aftershocks than large ones. Also, just as smaller earthquakes can continue to occur a year or more after a mainshock, there is still a chance for a large aftershock long after an earthquake. Foreshocks Sometimes what we think is a mainshock is followed by a larger earthquake. Then the original earthquake is considered a foreshock. The chance of this happening dies off quickly with time just like aftershocks. After three days the risk is almost gone. Sometimes, the chance that an event is a foreshock seems higher than average - usually because of its proximity to a major fault. These are the only officially recognized short-term "predictions. Earthquakes occur on faults. When an earthquake occurs on one of these faults, the rock on one side of the fault slips with respect to the other. Faults can be centimeters to thousands of kilometers long. The fault surface can be vertical, horizontal, or at some angle to the surface of the earth. How do we know a fault exists? Past fault movement has brought together rocks that used to be farther apart; Earthquakes on the fault have left surface evidence, such as surface ruptures or fault scarps cliffs made by earthquakes ; Earthquakes recorded by seismographic networks are mapped and indicate the location of a fault. Some faults have not shown these signs and we will not know they are there until they produce a large earthquake. Several damaging earthquakes in California have occurred on faults that were previously unknown. Surface features that have been broken and offset by the movement of faults are used to determine how fast the faults move and thus how often earthquakes are likely to occur. For example, a streambed that

crosses the San Andreas fault near Los Angeles is now offset 83 meters 91 yards from its original course. The sediments in the abandoned streambed are about 2, years old. If we assume movement on the San Andreas has cut off that streambed within the last 2, years, then the average slip rate on the fault is 33 millimeters 1. This does not mean the fault slips 33 millimeters each year. Rather, it stores up 33 millimeters of slip each year to be released in infrequent earthquakes. The last earthquake offset the streambed another 5 meters 16 feet. If we assume that all earthquakes have 5 meters millimeters of slip, we will have earthquakes on average every years: This does not mean the earthquakes will be exactly years apart. While the San Andreas fault has averaged years between events, earthquakes have occurred as few as 45 years and as many as years apart. See the web resources listed here.

Chapter 4 : Important Facts about Falls | Home and Recreational Safety | CDC Injury Center

It was very weird because it happened while I was going to bed: I was about 18 at the time, I was prepped and ready for the night, climbed on my bed (yes I had one of those Ikea beds with a desk underneath), tucked myself under the covers and, as I placed my head on the pillow, the alarm clock went off.

E-mail Why do bad things happen, even to good people? Thanks to modern revelation, we have a few answers. The past few years have produced a lot of scary headlines. Innocent people, even children, are not spared. Why do these things happen? Philosophers and theologians have wrestled with that question for centuries. We have revelation, both ancient and modern. What do we know for sure? However, we know, we are sure, that God loves His children. Something wonderful happens when we really know, without a doubt, that God loves us—our questions completely change. So what can I learn from this experience? Adversity is simply part of earth life. From it we can grow and progress if we choose to. Yes, some trials come because of our own disobedience, but many trials are simply part of life. The scriptures contain many examples of righteous people who suffered: The fact is, bad things happen to good people. Brown of the First Presidency — why the Lord would put Abraham through the experience of being asked to sacrifice his own son. Obviously God knew that Abraham would be willing to do anything God commanded, and if that was so, why did the Lord put him through such a test? I think we would all agree that we learn more from our tough times than from our easy times. Sometimes bad things happen to good people. And because He loves us, He will never desert us. However, He also desires that we have a choice in the matter. In the Pearl of Great Price, Enoch sees a frightening vision. Chains often symbolize bondage in the scriptures, and Enoch sees Satan looking up and laughing at the world in chains. Enoch also sees the Lord, who looks down on the sinful world and weeps. The Lord answers in what I think is one of the saddest passages of scripture: Clearly, what the Lord desires is that we love one another and choose to obey Him. But some do not. This scripture provides evidence that the Lord notices the tragedies on the earth and that He is affected by them. There are other questions in all of this, too. How many acts of premeditated evil has God prevented? How many of these tragedies could have been much worse? There is no way we could know. How many traffic accidents has He helped you avoid? How many times has He inspired you to do something that saved someone from injury? We will never know in this life. The plan of happiness allows for agency, and therefore it also allows for evil. There is no flaw in the plan. Our Work Is Not Finished! As you recall, Alma and Amulek taught the people of Ammonihah. Some of them were so wicked that they responded to the message by building a bonfire and throwing the believing women and children into the flames. They forced Alma and Amulek to watch the horrible suffering. They died, but they were going to a glorious place. You still have your own mission. Like Alma and Amulek, perhaps you were spared because your work is not finished! After making such a statement, the obvious question becomes, what about those who die in such tragedies? Does that mean their work is finished? Perhaps their work on earth is finished, but apparently there is more work to do in the spirit world. Death is just another milepost in the plan of salvation. One mission president noted the sadness experienced by families who send a missionary out into the field. He also observed the great joy experienced by the mission president and his wife as they welcome a new missionary into their area. The very same event brings different feelings to different people depending on where they are. Similarly, those who are left behind feel sadness at the passing of their loved one, but there is great joy in the spirit world as the departed spirit enters into the next phase of his or her eternal existence. The best way to prepare for death is to live life at its fullest. I believe the Lord will hold us accountable for what we did with our lives whether we have trials or not, whether we marry or not, and whether our life is easy or not. Needless to say, Alma and Amulek witnessed an awful scene. I wonder if they were ever able to forget what they saw. How did they survive? The answer lies in Scripture Four. But notice the other words—things in addition to sins that Jesus took upon him: Alma and Amulek must have relied on the Atonement of Christ to get them through the sadness, the nightmares, and the emotional trauma of the tragedy in Ammonihah. We must rely on the Atonement to help us through our personal tragedies as well. The newspapers, the cable news networks, and the politicians will

be debating the causes and solutions to our modern problems for years. And one day, the Lord will return and answer all our questions: Think of the perplexing questions regarding the creation of the universe, the origin of the dinosaurs, and the age of the earth. He is the one who will help us get through anything and everything. The language of the scriptures is absolute when it comes to power of the Savior. See the list on the next page. Finally and most important for our discussion, in the midst of our trials and adversity, He promises us the power to overcome all things with no almost: While we may not have all the answers in this life, the Lord does, and we can trust Him more than anyone or anything in this world. He will help us get through everything. We know that God loves His children. We know that part of His plan is to allow evil to exist in the world. We know that the Savior suffered not only for our sins, but also for our pains and afflictions, and we know that one day He will conquer the evil one, answer all our questions, and bless us with a fulness of joy. The language of the scriptures is absolute when it comes to His power. Notice the absence of the word almost in the following verses: Why did this happen to me? Everyone on earth has agency, and sometimes those who misuse it have an impact on many innocent people. How could God allow evil to happen? We may never have all the answers in this life. He promises us the power to overcome all things with no almost.

Chapter 5 : Earthquakes and faults - Putting Down Roots in Earthquake Country

The people I have mentioned came to perceive reality from a vantage point other than the norm; then they used what they gained from that experience to benefit others.

And besides, common sense is overrated, how you prove an assertion is to actually look at real numbers and statistics on the matter instead of just coming up with an answer to the question, claim is common sense, and just call it the truth. Not that long ago we thought that the sun gravitated around the earth, and it was common sense, of course we saw with our own eyes how the sun moved across the sky, not until we analyzed it in a scientific manner we found that common sense was wrong. The point is supply and demand should dictate wages. I think this would carry a lot more punch than the exorbitant overage they earn today. Let's price real estate by actual hourly rates and not labor costs, automobiles by actual hourly rates and not labor costs. Where does this end or is this as benign as any scavenger hunt ravaged by retrobutive servitude. I thought ideas that work one way also work in reverse. If we need more money in that means we need less money out, or is it the other way. I know if more goes out more must be taken in. Hey look I promised not one penny of tax increases not one I promise not anyway, anyhow. Funny I finally understand what my mother meant when she said anyhow. End of conversation folks. Raising the minimum is a small solution, a baby step toward kickstarting a rather stagnant economy. If some of that bailout money had been put into US local small businesses, these quibbles about minimum wage would be non-existent. People need to know who the real enemy is. Blaming the poor and degenerate is like blaming a raindrop for causing a Tsunami. AFBooks Very astute article that enunciates sound economic theory lost on most economists and politicians. Our economy is bound to fail and that is a good thing. Sooner we realize that Capitalism is some type of illusionary race to manufacture and sell as much crap as you possibly can before you die, with no true intent or goal. Anyway if we must to capitalism. These stories above are unproven scare tactics that have no grounds as the political, economic, not to mention technological aspects of our culture that we live in now are unmatched throughout any time in the history of mankind. There is nothing to compare this moment to. Inferno2ss The only reason Capitalism has been less effective the last 50 years is due to government interference. Poor people and people making just over min wage will be impacted the most. What are you talking about, this has nothing to do with race. Hence the disregard for indigenous brown people, otherwise known as indirect racism. That is a total stretch. How do you get from a Free Market to human injustices and rape? Personally I think the minimum wage should stay the same and then there should be a limit on the difference between the salary of the highest and lowest paid employee in the company. For example the highest paid employee would only be allowed to be paid 30X what the lowest paid employee would be paid. Brad Viets If we raise the non-skilled workers wage then we must raise the semi-skilled and skilled workers wage also and so on. Why would a semi-skilled worker agree to get the same wage as a non-skilled worker? Or why would a skilled worker agree to the same wage as a semi-skilled worker? The effect of raising the minimum wage causes increases all the way up the chain. Either the business goes out of business or the prices of goods and services goes up "inflation. Marilyn Crosbie My argument exactly! In the hotel industry they all pay you very little unless you move into upper management which is difficult. I think they should decrease minimum wage and give it to semi skilled workers who are out of college or have work experience but can't find a skilled job in this economy. What do you think? But as a skilled worker, working as a contractor, I am often asked or presented with contract to hire work that desires a skilled, degreed individual with 8 or more years experience, and possibly a certification or two. Marilyn Crosbie Yes, never in history that I know of has the minimum wage jumped like this. Inflation would force them into complying with the rise in cost. Bo So let me get this straight. People who work at fast food chains sound get a 5 dollar raise California but people who went to school and took out loans does not? Asterisk Actually, the idea is that their pay would only go up because of the minimum wage. Meanwhile, these companies are earning billions of dollars each year and the C-level folks in it are pocketing enough to pay your salary to everyone working for the company for a year or longer. The wealth disparity is staggering. Jesse Steele In my experience it almost never works that way. I only ever

had one job where I got a raise when minimum wage went up because my pay was tied to minimum wage e. I worked a other places during minimum wage increases at state levels where there was zero effect on my wage. What was affected was the price of food and necessities. Those things will often go up just because people are talking about raising the minimum wage. I now farm and see another interesting part of this equation. The prices I am paid for what I produce will go down at the same time prices go up at the market. The rich are only rich because you buy their product. Steve jobs only became a billionaire because you morons bought his iPhones. Then you complain he was too rich yet you bask in this advanced world brought to you by engineering science and charismatic leaders who can deliver to the people. You do your own hunting, fishing, sewing, pump your own water, crop harvesting, built yourself a nice log cabin out in the boonies, etc. We all pay these fools. Then we need wage regulation, a fair wage formula, highest paid may not make more than 50x the lowest paid, evenly divided all across, problem solved. Capitalists on top use this system among them, but quickly call it socialism when it would benefit those who actually do all the work. John Smith you sound like a child who just got into politics and listened to a load of horseshit from liberal propoganda and thinks he knows how to solve all the problems. John Smith why you always thinking about penis? Aaron Rock And there are your true colors. It is just group think nonsense by people who have no clue how capitalism or a free market should actually work. The government regulations put on businesses the last 60 years is what has crippled our economy. Whoever is on the top will take the most, and not because the one on top does the work, but because the one on top has the keys. See my nigga, the real problem is, dummies like you bought the bull that just because the nigga on top has the keys, you have to suck his dick. Inferno2ss Dummies like me understand to require skills that are in demand so I can dictate how much I make instead of sitting around waiting for the government to help me out. Dummies like me, start small businesses and hire other dummies like me who are skilled and pay them what they are worth, not what a fool like you thinks they are worth. More importantly, when it costs more to mine coal than making you suck dicks, come on, you know they gonna go with fracking your face with cum to get to your fart. Steel, are you fucking kidding? Why would we suck our dicks ourselves, when we can have you suck our dicks for much less, little to no work, and we can bitch slap you for not swallowing right. The only skill you have is sucking dicks and the only small business you built is a cum well.

Chapter 6 : Who Will Pay For Your Medical Bills After an Accident? | AllLaw

Perception determines "truth." We invent our own reality through our own perceptions and others', and by accepting what appears to be real as real. History is filled with stories of people who, in "slipping between the cracks" of their own consciousness (thus altering how they perceived.

More Like This The Problem In , over one million people suffered a slip, trip or falling injury, and over 17, Americans died as a result. Of the estimated 3. About 5, workers died from a fall in Add to these the personal and family costs and trauma, and it is evident that slips, trips and falls should be avoided. Falls accounted for nearly 25 percent of all serious disabling work injuries: Elevated falls accounted for 26 percent of the injuries in fruit and vegetable production occupations. Same-level falls accounted for 12 percent in both livestock and horticultural production occupations. In addition, 32 percent of all elevated falls in Florida agriculture were from ladders, while 25 percent were from vehicles and other mobile equipment. Same-level falls were on walking or working surfaces in 76 percent of the incidents. The back was the most frequently injured part of the body in falls: The joints -- wrist, elbow and shoulder, or the ankle, knee and hip -- accounted for 32 percent of elevated falls and 47 percent of same-level falls. Most injuries are sprains and strains: Fractures are the result of 19 percent of elevated falls and 10 percent of same-level falls. Bruises and contusions account for most of the remaining injuries. Types of Falls Falls are of two basic types: Same-level falls are most frequent, but elevated falls are more severe. Injury results when the individual hits a walking or working surface or strikes some other object during the fall. Over 60 percent of elevated falls are from less than 10 feet. Same-Level Falls Examples of same-level falls are described below. Slip and Fall Slips are primarily caused by a slippery surface and compounded by wearing the wrong footwear. In normal walking, two types of slips occur. The first of these occurs as the heel of the forward foot contacts the walking surface. Then, the front foot slips forward, and the person falls backward. The second type of fall occurs when the rear foot slips backward. The force to move forward is on the sole of the rear foot. As the rear heel is lifted and the force moves forward to the front of the sole, the foot slips back and the person falls. The force that allows you to walk without slipping is commonly referred to as "traction. Technically, traction is measured as the "coefficient of friction. The coefficient of friction depends on two things: To prevent slips and falls, a high coefficient of friction COF between the shoe and walking surface is needed Figure 1. On icy, wet, and oily surfaces, the COF can be as low as 0. A COF of 0. To put these figures in perspective, a brushed concrete surface and a rubber heel will often show a COF greater than 1. Leather soles on a wet smooth surface, such as ceramic tile or ice, may have a COF as low as 0. Shoes with soft rubber soles and heels with rubber cleats provide a high coefficient of friction COF. Providing dry walking and working surfaces and slip-resistant footwear is the answer to slips and their resultant falls and injuries. Obviously, high heels, with minimal heel-to-surface contact, taps on heels, and shoes with leather or other hard, smooth-surfaced soles lead to slips, falls, and injuries. Shoes with rubber-cleated, soft soles and heels provide a high COF and are recommended for most agricultural work. In work areas where the walking and working surface is likely to be slippery, non-skid strips or floor coatings should be used. Since a COF of 0. If the working surface is very slippery, no footwear will provide a safe COF. Trip and Fall Trips occur when the front foot strikes an object and is suddenly stopped. The upper body is then thrown forward, and a fall occurs. The same thing can happen going up a flight of stairs: Step and Fall Another type of working and walking surface fall is the "step and fall. In this type of fall, the person normally falls forward. A second type of step and fall occurs when one steps forward or down, and either the inside or outside of the foot lands on an object higher than the other side. The ankle turns, and one tends to fall forward and sideways. Contributing Factors Proper housekeeping in work and walking areas can contribute to safety and the prevention of falls. Not only is it important to maintain a safe working environment and walking surface, these areas must also be kept free of obstacles which can cause slips and trips. One method which promotes good housekeeping in work environments is the painting of yellow lines to identify working and walking areas. These areas should never be obstructed by objects of any kind. Adequate lighting to ensure proper vision is also important in the prevention of slips and falls. Moving

from light to dark areas, or vice versa, can cause temporary vision problems that might be just enough to cause a person to slip on an oil spill or trip over a misplaced object. This is a particularly serious problem on stairs.

Behaviors that Lead to Falls In addition to wearing the wrong footwear, there are specific behaviors which can lead to slips, trips, and falls. Walking too fast or running can cause major problems. In normal walking, the most force is exerted when the heel strikes the ground, but in fast walking or running, one lands harder on the heel of the front foot and pushes harder off the sole of the rear foot; thus, a greater COF is required to prevent slips and falls. Rapid changes in direction create a similar problem. Other problems that can lead to slips, trips and falls are: These and other behaviors, caused by lack of knowledge, impatience, or bad habits developed from past experiences, can lead to falls, injuries, or even death.

Elevated Falls Generally, elevated falls are less frequent but more severe than same-level falls in the workplace. In Florida agriculture, 17 percent of all serious injuries are from elevated levels and eight percent are from same-level falls. Falls from ladders while harvesting oranges and grapefruit are the major cause of elevated falls in Florida agriculture, but there are also significant numbers of falls from vehicles and equipment, loading docks, buildings and other structures.

Falls from Ladders Ladders may be fixed or portable. They may be straight- extension- or step-ladders and may be manufactured from wood, metal, plastic, or fiberglass. They can be light-, medium-, heavy-, or extra-heavy-duty. They can be two feet high step-stools, 18 feet for extra-heavy-duty step-ladders, and 40 feet or longer for extension-type ladders. The materials from which ladders are constructed have advantages and disadvantages in weight, durability, flexibility, conductivity, and strength. The intended use of the ladder should determine the type purchased, and only American National Standards Institute ANSI approved ladders should be used. One major caution is that metal ladders should never be used in locations in which the ladder or its user could come into contact with electricity. A ladder should be long enough so that when it rests against the upper support the user can work with waist no higher than the top rung of the ladder or above the rung at which the siderails are resting against the upper support. This means that the top three rungs of a straight ladder, or the top two steps of a step-ladder, should never be used for the feet. The lower ends of the siderails should be equipped with slip-resistant pads, particularly if the ladder is to be used on hard surfaces. The same is true for the upper ends of the siderails if they are to rest against a surface. Ladders should be set at, or as near, a 4: That is, for each three or four feet of rise from the base to the upper resting edge of the ladder, the base should be one foot out from a vertical line from the upper resting edge of the ladder to the working surface. As an example, if a ladder is leaning against a ledge that 20 feet off the ground, the base of the ladder should be five feet back from the Preventing Injuries from Slips, Trips, and Falls 4 wall. The base of the ladder must be firmly set so that there is no possibility of slippage or settling into soft ground. The resting edge of the ladder should have both siderails in contact with the object building or tree it is against. When setting a ladder against a tree, set the ladder in the crotch of two limbs so that it cannot slide in either direction. Whenever there is any question as to the stability of the ladder, additional effort should be made to stabilize the ladder as it is being climbed. Tying the top of the ladder to the supporting structure can also keep the ladder from slipping or sliding. Ladders should be inspected before use: Never paint ladders, as the paint can hide potentially dangerous conditions. Wooden ladders can be coated with linseed oil or an oil-based wood preservative to keep them from drying out and cracking. Allow ladders to dry thoroughly before using them or the rungs will be slippery. The rungs and siderails of ladders must be kept free of oil, grease, and mud; they should be kept dry. Since the shoe has limited contact with the rung or step of a ladder, it is very important that both rungs and shoes have a high COF. Only shoes with heels should be worn when climbing ladders; users should be taught that the rung or step of the ladder should be just in front of the heel, under the arch of the foot. Stepping or standing on a ladder with the front part of the shoe is inviting a slip and fall. Always face the ladder when climbing or descending. Another frequent cause of ladder-related injuries is attempting to reach too far left or right. Reaching further can cause the ladder to slide in the opposite direction. Tying the ladder to the structure supporting it can prevent this and is a recommended practice. Small tools may be carried in a tool belt, not in the hands; but a better choice is to raise tools and supplies with a rope. Never raise or lower power tools by the cord or while they are plugged into an electrical source. Make-shift ladders, chairs, boxes, and barrels should never be used as substitutes for a ladder -- the risk is far too great.

DOWNLOAD PDF THOSE SLIPS WILL HAPPEN

Falls from Vehicles and Equipment Death or serious injury is a frequent result of extra riders falling from tractors, equipment or the bed of a truck.

Chapter 7 : National Ag Safety Database - National Ag Safety Database

What happens to those who slip especially those in what physically occurs happens more often than you might think. It's almost as if on some level, knowingly or.

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. What Can Happen After a Fall? Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines like blood thinners. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling. Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. Lower body weakness Vitamin D deficiency that is, not enough vitamin D in your system Difficulties with walking and balance Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet. Vision problems Foot pain or poor footwear Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over. Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. These are some simple things you can do to keep yourself from falling. Talk to Your Doctor Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do. Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines. Ask your doctor or healthcare provider about taking vitamin D supplements. Do Strength and Balance Exercises Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise. Have Your Eyes Checked Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed. If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are. Make Your Home Safer Get rid of things you could trip over. Add grab bars inside and outside your tub or shower and next to the toilet. Put railings on both sides of stairs. Make sure your home has lots of light by adding more or brighter light bulbs.

Chapter 8 : Values & Capitalism » What Actually Happens When You Raise the Minimum Wage - Values

The same process goes on in an earthquake. Stresses in the earth's outer layer push the sides of the fault together. The friction across the surface of the fault holds the rocks together so they do not slip immediately when pushed sideways.

Chapter 9 : Dolls in those Giveaway slips! and a new doll for sale!

Enjoy those pink slips, guys! those kids tend to grow up to be racist fuckers too. I get back an humbly worded apology and a promise to never let it happen.