



NCARNG Weekly Safety Newsletter



May 13, 2016

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Visit us at [NCGKO](#)
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Gear Up

Always wear a helmet. A bicycle helmet should be snug, level, and stable on your head and cover most of your forehead before any adjustments are made. Place the helmet on your head, and without buckling the chin strap, shake your head to see if it shifts from side to side. If the helmet moves a lot, it's too loose and either needs to be tightened with pads or the ring at the back and base of the helmet, OR you need a smaller helmet. Headlights on your bicycle are just as important as rear lights. Have the appropriate reflectors on your bike. Check your equipment. Make sure your bike tires are properly inflated and that the brakes work.

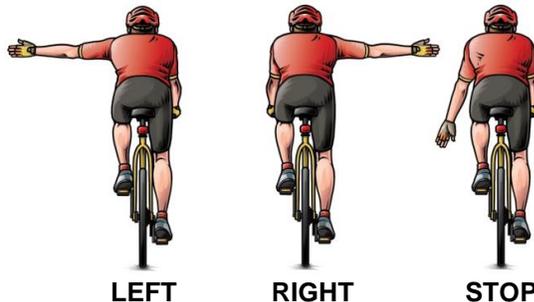
Avoid busy streets

One of the biggest mistakes that people make when they start biking is to take the exact same routes they used when they were driving. It's usually better to take different streets with fewer and slower cars. Sure, cyclists have a right to the road, but that's a small consolation when you're dead. Only cross the busiest streets rather than travel on them.

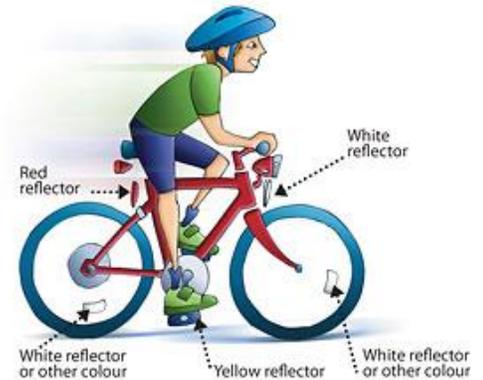
Take the whole lane when appropriate

It's often safer to take the whole lane, or at least ride a little bit to the left, rather than hug the right curb. Here's why:

- Cars at intersections ahead of you can see you better if you're squarely in the road rather than on the extreme edge where you're easily overlooked.
- Taking the lane prevents cars from passing you too closely on narrow roadways.
- Riding a bit to the left prevents you from being a victim of being hit by parked cars opening their doors.



Bicycling is one of the most popular ways to get around, whether for recreation, sport or transportation. An estimated 73 to 85 million Americans ride bikes. Bicycles on the roadway are, by law, vehicles with the same rights, and responsibilities as motorized vehicles. Taking precautions in traffic and wearing protective equipment are a cyclist's best shields against unintentional injuries.



Signal your turns

You're less likely to get hit when your movement doesn't take motorists by surprise. Let them know you're about to turn or move left or right by signalling with your arm. Point your left arm out to move left, and point your right arm out to move right. Before signalling left, be sure to check your mirror or look behind you before signalling (since a car passing too closely can take your arm out).

Re-think music players and mobile phones

It's more important to hear what's around you when you're biking than when you're driving. Whether you want to ride with headphones is your choice, but doing so does increase your risk. Similarly, texting or talking with a mobile phone raises the risk level. When you're mixing with car traffic, the fewer distractions the better. Also, you'll want both hands free in case you have to brake suddenly.

**For more information on Bicycle Safety visit [www.bicyclesafe.com](#) or [www.nhtsa.gov/Bicycles](#)



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How to Eat Your Way Healthy in Seven Days



Want to eat healthier but can't stay motivated? Enter the nutritional nudge you need. Try adopting one healthier option each day of the week with this seven-day nutrition plan. You can start whenever and wherever you are. Take your first healthy step today.

DAY 1: EAT PROTEIN IN THE MORNING

Start the day with a protein-rich breakfast. Options include eggs, turkey sausage, and whole-wheat toast with peanut butter. If you have to eat on the run, stock up on protein-rich energy bars to grab on your way. On the Nutrition Label, look for at least 10 grams of protein, and limit saturated fat (2.5 grams or less).

DAY 2: GET YOUR FILL OF VEGGIES DURING LUNCH AND DINNER

Eat a salad for lunch or dinner. Pile on the protein in the form of grilled lean meat, like chicken, pork tenderloin, or seafood. If you're in a pinch between meals, grab some carrot sticks, hummus, and add a can of veggie juice to fill you up.



DAY 3: CUT OUT THE BAD FAT

Try options that are low in fat when cooking food or ordering out. Look for words like grilled, roasted, or seared. Avoid fried, breaded, or deep fried options. Try out your own grilling skills at home by buying boneless, skinless chicken breasts and sauté them in garlic and olive oil on medium high for at least five minutes per side. Pro tip: check to make sure your chicken is cooked by cutting it open with a clean knife. If the inside is pink, it needs more cooking time.

DAY 4: SUB IN NATURAL SWEETS FOR MAN-MADE ONES

Ditch the sugar today and try a healthy dessert like fresh fruit, a fruit and yogurt parfait, or low-fat frozen yogurt. If you don't have any fruit, make your treats really, really small. Try a fun-size piece of candy.

DAY 5: SWAP OUT YOUR SUGARY DRINK

Sodas, energy drinks, and sports drinks sneak in a lot of sugar calories. You could lose up to 20 pounds a year by cutting out one sugary drink a day (alcohol counts too!).

Skip the sugary beverage today and try one of these three options instead: Hot or iced tea (hold on the sugar, opt for a lemon), fizzy water, or lemon water.

DAY 6: TRY COOKING A MEAL AT HOME

Shock your friends and bring out your inner chef. Make a home cooked meal for a special someone, friend, or roommate. Eat slowly and savor.

DAY 7: BAKE IT AND FREEZE IT

Make a large batch of a healthy meal and freeze individual containers for the coming week.



**Article from www.guardyourhealth.com