



Weekly Safety Tip

Where to Go - What to Do

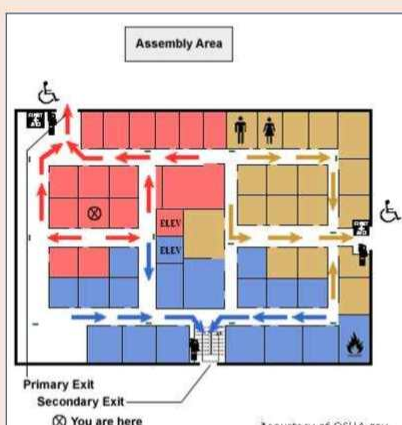
WEEKLY SAFETY TIP for Week May 9, 2022

WHERE SHOULD I GO? WHAT SHOULD I DO?

You are notified that a tornado is heading toward your location, the fire alarm system in the building is activated, or there is a notification to evacuate the building you are in. These are just a few example situations where you should either evacuate a building or take shelter in a building. If you are not very familiar with the facility and the procedures where you are located then you may not know what to do in one of these situations.

Many building owners will display emergency procedure maps in their facilities to assist occupants when these situations arise. Talk to your Manager or building supervisor if your company does not have a plan posted.

**Know Your Evacuation Plan.
It Could Save Your Life.**



Your company should have an emergency evacuation map located in a convenient and obvious place. It is important to know where to go when an emergency happens. For more information, please visit:

www.ready.gov/business/implementation/emergency
www.osha.gov/SLTC/etools/evacuation/

SNEEZES / SNEEZING



Dave Varwig's

SAFETY & HEALTH SHARE



Sneezes / Sneezing

Sneezes — those sudden, forceful bursts of air expelled through your nose and mouth — are the body's automatic method for getting irritants like dust, pollen, or germs out of the nose or throat.

Sneezing is a coordinated, protective respiratory reflex that occurs due to stimulation of the upper respiratory tract, particularly the nasal cavity.

Sneezing is one of those bodily functions that happens so often we rarely give it much thought.

But, when one achoo turns into a full-on sneeze attack, you might start to wonder what's going on (and whether there's anything you can do to stop it).

When certain nerves in the nose are stimulated by an irritant, a message is sent to the brain to get the gunk out ASAP. Signals go out to muscles in the chest, abdomen, vocal cords and the back of the throat, telling them to work together to expel the irritants from your airways.

This response is incredibly powerful. **Sneezes can travel up to 100 miles per hour** and send **more than 10,000 mucus droplets out into the air**, per the American Lung Association.

(Which is why they're so great at spreading germs — and why it's so important to cover them!)

One sneeze is often enough to clear out the offending culprit, but not always.

What Causes Sneezing Fits?

Some people sneeze only once or twice, while others seem to go gesundheit many times in a row. Sneezing a little or a lot are both normal. If the first sneeze isn't powerful enough to get rid of the irritants, the body will make you sneeze multiple times until you expel the irritants out.

1. It's Just the Way You Sneeze

If you're someone who seems to deal with sneeze attacks habitually, your sneeze reflex may just be a little less powerful. If you tend to sneeze in threes, for example, your body may need those three tries to get the irritant fully out of your nose.

Multiple sneezes themselves aren't generally cause for concern, but if it seems like you're sneezing nonstop, it might be worth looking into a possible underlying cause, such as allergies.

2. It's Allergies

Often the culprit is an allergen that isn't well managed. If you're getting exposed to an allergen over and over again, you'll be prone to sneeze attacks more often, as you may not be able to clear your nasal passages in one go.



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