

"NESSIE" NEWS

Monthly Newsletter by Noreas Environmental Services



VOL. 2, ISSUE 2

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FEBRUARY



*Eric Sabaga's last day is
February 15th. Good luck and
best wishes! You will be missed.*



RON RAMAGE

Keep Up the Great Work!

Congratulations on 10 years being part of our team.
You are invaluable!

Safety at NES

FEBRUARY IS *heart* MONTH

A GREAT TIME TO THINK ABOUT
HEART DISEASE FACTS & PREVENTION

THE *statistics*

LEADING CAUSE OF DEATH FOR
MEN & WOMEN
IN NORTH AMERICA
(Women are equally
affected to men)



ABOUT **600,000**
PEOPLE DIE OF HEART DISEASE
IN THE US EVERY YEAR.
THAT'S 1 IN 4



THE MAJORITY OF HEART
ATTACKS HAPPEN
BETWEEN THE HOURS OF
8 & 9 IN THE MORNING

HEART MONTH

— February —

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW



1 IN 3

U.S. adults is currently living with a type of heart disease.



HEART DISEASE

is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE

Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS

The majority of heart attacks happen during the hours of 8 and 9 in the morning.



STATISTICALLY MOST
HEART ATTACKS
OCCUR ON MONDAYS

\$444 BILLION DOLLARS

In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.



START MOVING

The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

INCREASE HEART HEALTH



GET ACTIVE



CONTROL YOUR CHOLESTEROL



EAT BETTER



MANAGE YOUR BLOOD PRESSURE



LOSE WEIGHT



REDUCE YOUR BLOOD SUGAR



STOP SMOKING

TO LEARN ABOUT ADDITIONAL WAYS
TO BE HEART HEALTHY, VISIT

WWW.HEALTH.NIH.GOV | WWW.HEART.ORG

HARD NUMBERS

By AMERICAN HEART ASSOCIATION NEWS

A sampling of U.S. data from the American Heart Association's 2018 heart disease and stroke statistics report.



103 MILLION

ADULTS WITH HIGH BLOOD PRESSURE



6.5 MILLION

AMERICANS AGE 20 AND OLDER WHO ARE LIVING WITH HEART FAILURE

38 PERCENT

RISE IN THE NUMBER OF HIGH BLOOD PRESSURE DEATHS BETWEEN 2005 AND 2015



23 MILLION
ADULTS WITH TYPE 2 DIABETES

15 PERCENT

ADULTS WHO SMOKED IN 2015



56 MILLION

PEOPLE 40 AND OLDER WHO ARE ELIGIBLE FOR CHOLESTEROL-LOWERING STATINS



38 PERCENT

ADULTS WHO WERE OBESE AS OF 2014



1 MILLION
PEOPLE WHO WILL HAVE A HEART ATTACK OR DIE FROM CORONARY HEART DISEASE THIS YEAR



16.5 MILLION

AMERICANS AGE 20 AND OLDER WHO ARE LIVING WITH CORONARY HEART DISEASE

795,000

PEOPLE WHO WILL HAVE A STROKE THIS YEAR



356,000

CARDIAC ARRESTS THAT OCCUR OUTSIDE A HOSPITAL EACH YEAR



Source: "Heart Disease and Stroke Statistics: 2018 Update: A Report from the American Heart Association," Circulation (numbers rounded)
Published Jan. 31, 2018

Safety at NES

#NBAW

National Burn Awareness Week

FEBRUARY 3-9, 2019

2019 Theme: Scald

For More information:
<http://ameriburn.org/prevention/burn-awareness-week/>



#NBAW
National Burn Awareness Week
FEBRUARY 3-9, 2019

#NBAW HOT TIPS

HOT TIP #1

Babies and older adults have thinner skin so they're at risk for deep burns at lower temperatures and short exposure times.



HOT TIP #2

Never carry hot liquids while holding or carrying a child. Get a lid for your coffee or tea to prevent scald burns.



HOT TIP #3

If you have to leave the bathroom while bathing a child, take them with you.



HOT TIP #4

Did you know? 62% of people treated in burn centers for scald burns are children under the age of 5.



HOT TIP #5

Never place hot liquids on low coffee tables or end tables that a young child can reach.



Too Hot to Handle



Set Hot Water Heaters
At 120° F or the Low Setting -
And NEVER Leave a Child Alone in the Tub

Divas need sunscreen, too!



Save your skin!

⚙️ Reapply every 2-3 hrs

⚙️ Over SPF15

⚙️ Sweatproof ⚙️ Waterproof



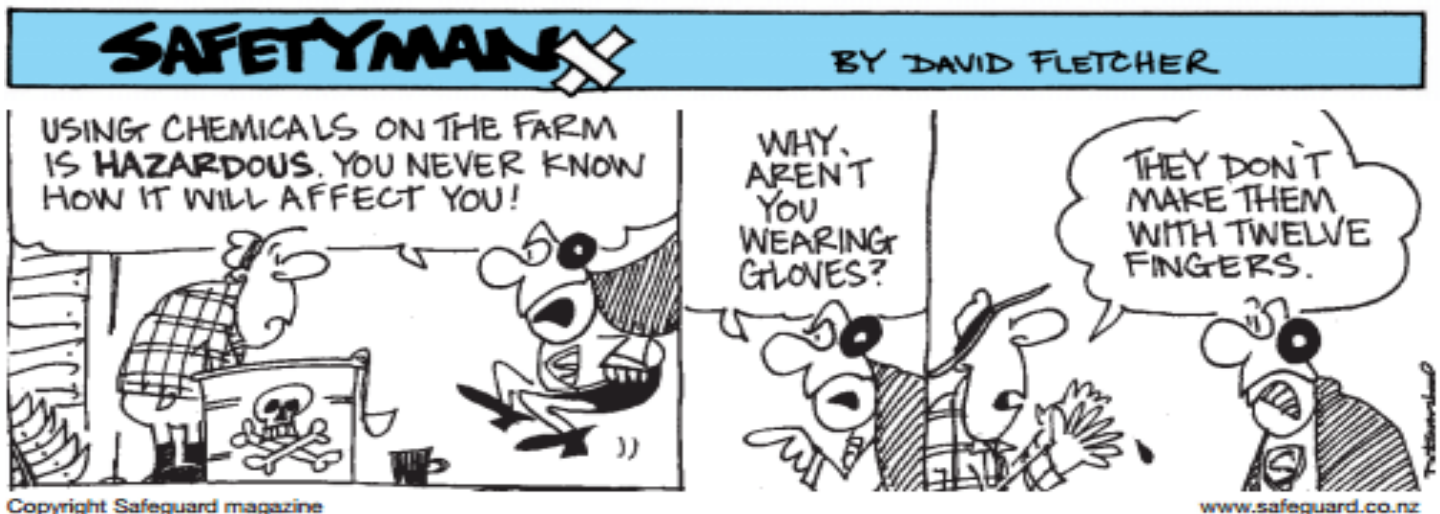
Sunburns Prevent Fun!

NES Environmental Updates

The external ISO Audit will be conducted May 7th—9th by Karen Reaume of NSF.

Whenever you complete a project that is an improvement or upgrade to a facility, please take a picture if possible and send to Ellen or to your supervisor to include in our Continuous Improvement Action Plans.

Thanks to Tim Palm for the pictures he sent in!



“Hindsight is a wonderful thing but foresight is better, especially when it comes to saving life, or some pain.”

William Blake

happy birthday!

PROJECT
ANNIVERSARY

FEBRUARY BIRTHDAYS

FEBRUARY ANNIVERSARIES

Raymus Payton

February 2nd

Jonathan Field

February 16th

Jose Griffin

February 17th

Gilberto Orozco

February 19th

LeeAnn Stroud

February 29th

LeeAnn will be claiming the 28th
and March 1st this year



Jose Griffin

6 years

Arlene Rodriguez

3 years

Joseph Jones

9 years

Dustin Martinez

11 years

Jorge Montano Diaz

6 years

Ron Ramage

10 years

Dennis Delacruz

1 year

To the entire NES team,

Happy
Valentine's Day!