

# JIFNEWS

A Quarterly Newsletter from the Somerset County Joint Insurance Fund featuring Safety, Health & Wellness

## Carbon Monoxide Quiz

Test your worker's knowledge of carbon monoxide by having them answer **TRUE** or **FALSE** to the following statements. Refer to the correct answer below for discussion.

- 1) Although carbon monoxide can't be seen or smelled, numerous symptoms can alert you to its presence, including headache, fatigue, shortness of breath, nausea and dizziness.
- 2) If you think you might be experiencing carbon monoxide poisoning, the first thing you should do is get fresh air.
- 3) As long as windows and doors are kept open, carbon monoxide cannot build up in a home or other facility.

### ANSWERS:

- 1) **TRUE.** Carbon monoxide displaces oxygen from the bloodstream, interrupting the normal flow to the heart, brain, and other organs and producing a wide variety of symptoms.
- 2) **TRUE.** You should leave the area immediately and call for help from somewhere else. Prompt medical attention is important.
- 3) **FALSE.** Opening windows and doors helps, but as long as there's an active source of carbon monoxide – burning gas, oil, coal or wood – building can occur. Carbon Monoxide detectors are the only way to alert you to increasingly dangerous levels.

SOURCE:  
SUPERVISORS  
SAFETY BULLETIN



## "Power Sleep" for Better Client Meetings

### *Dr. James Maas On The Nightable*

Are you a "good" sleeper, able to fall asleep as soon as your head hits the pillow, or to take a nap at a moment's notice? As it turns out, if this describes you, it is almost certainly a sign that you are severely sleep deprived, to the point that it is adversely impacting your alertness in client meetings!

During my recent travels, I have been reading the book "Power Sleep" by Dr. James Maas, a generous gift that I received from a financial planner after a comment I made about my own sleeping habits. Dr. Maas is one of the country's leading experts on sleep and sleep research, and the book provides an excellent summary of our current understanding of sleep, its importance, and its impact in our daily lives.

The book itself was a light but fascinating read about sleep that dispels a tremendous number of common myths about sleep behavior and habits, and in the process provides a sound series of basic tips and guidance about how to ensure that you get enough sleep (and how important it is to be well rested!).

First, the book makes the point that most of us are sleep deprived. In fact, it is so common that many of the standard signs of sleep deprivation are actually things that many of us assume are normal - but they're not! Just a few examples from the book - warning signs of sleep deprivation - include: falling asleep within five minutes of getting into bed (it should take about 15 minutes on average); needing an alarm clock to wake up at the appropriate time in the morning (if you follow the Golden Rules of

Sleep, noted below, alarm clocks shouldn't be necessary!); sleeping extra hours on weekend mornings (both a sign of sleep deprivation, and a terrible sleep habit!); feeling drowsy in boring meetings in warm rooms or after heavy meals (if you're sleep deprived, you get drowsy in these situations, but they actually do NOT cause drowsiness themselves!). Does any of this sound like it describes you?

If so, you might consider focusing more on the four Golden Rules of Sleep prescribed by Dr. Maas. First and foremost, get an adequate amount of sleep every night - and although this amount of time does vary by the individual, for the overwhelming majority of us, it really is at least 8 hours per night. Getting less means you may be depriving yourself of sufficient sleep; again, did any of those earlier symptoms seem a little too familiar? Second, establish a regular sleep schedule - which means going to bed at the same time every night, allowing for a full 8 hours of sleep, and waking up without an alarm clock at the same time every morning (including the weekends!). Third, get continuous sleep - make sure you're sleeping at a time, and in an environment, where you can maintain your sleep throughout the night. Because of how our sleep cycles operate, for most of us getting one continuous block of sleep is radically more effective than sleeping a few hours at a time here and there (even if the latter still adds up to 8 hours). And fourth, make up for lost sleep.

CONTINUE ON NEXT PAGE

# The New Jersey Move Over Law

## Help Protect Those Who Protect You



[www.MoveOverLaw.com](http://www.MoveOverLaw.com)

Drivers approaching stationary emergency vehicles, tow trucks and other highway safety vehicles displaying red, blue and/or amber flashing lights must move over one lane or, if not safe to move over, then slow down below the posted speed limit.

**It's the Law!**



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## New Jersey Statute 39:4-92.2

### Procedure for Motorist Approaching Stationary Authorized Emergency Vehicle, Tow Truck, Highway Maintenance or Emergency Service Vehicle

**1.a.** The operator of a motor vehicle approaching a stationary authorized emergency vehicle as defined in R.S.39:1-1 that is displaying a flashing, blinking or alternating red or blue light or, any configuration of lights containing one of these colors, shall approach the authorized emergency vehicle with due caution and shall, absent any other direction by a law enforcement officer, proceed as follows:

- (1) Make a lane change into a lane not adjacent to the authorized emergency vehicle if possible in the existing safety and traffic conditions; or
- (2) If a lane change pursuant to paragraph (1) of subsection a. of this section would be impossible, prohibited by law or unsafe, reduce the speed of the motor vehicle to a reasonable and proper speed for the existing road and traffic conditions, which speed shall be less than the posted speed limit, and be prepared to stop.

**1.b.** The operator of a motor vehicle approaching a stationary tow truck as defined in section 1 of P.L.1999, c.396 (C.39:3-84.6) that is displaying a flashing amber light or a stationary highway maintenance or emergency service vehicle that is operated by the State, an authority or a county or municipality and displaying flashing yellow, amber, or red lights shall approach the vehicle with due caution and shall, absent any other direction by a law enforcement officer, proceed as follows:

- (1) Make a lane change into a lane not adjacent to the tow truck or highway maintenance or emergency service vehicle if possible in the existing safety and traffic conditions; or
- (2) If a lane change under paragraph (1) of subsection b. of this section would be impossible, prohibited by law or unsafe, reduce the speed of the motor vehicle to a reasonable and proper speed for the existing road and traffic conditions, which speed shall be less than the posted speed limit, and be prepared to stop.

**1.c.** A violation of this section shall be punished by a fine of not less than \$100 and not more than \$500.

## POWER SLEEP

(cont. from Page 1)

When you get less than your full night's rest, your body actually accumulates a so-called "sleep deficit" or "sleep debt" which impacts your performance and alertness - and the only way to pay back your debt in this case, is to get extra sleep to make up for it!

The research shows that the consequences of sleep deprivation are remarkably severe. It affects everything from the growth and regeneration of our body tissue, to our immune system, to memory formation and learning, and more. And a lack of sleep can also adversely affect us through the waking day - from being far less focused and capable of active listening in a client meeting, up to the risk of falling asleep while driving! Sleeping "just" 7 hours per night - and accumulating a 1 hour per night sleep debt - produces measurable declines in performance after just a few days of failure to repay the sleep debt! One study showed that people who drive after being awake for 18 hours actually perform worse than those who have a blood alcohol level above .05 (the legal limit for drunk driving in most states)!

In the meantime, if you're feeling really exhausted before your next client meeting (or before you get behind the wheel!), at least consider closing the door to your office and taking a 20 minute power nap (Dr. Maas was the one who first coined that term). As the book reveals, napping is a terrible long-term sleeping habit to rely upon, but it's actually a great way to temporarily restore some of your alertness before an important meeting!

POSTED BY  
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IN CLIENT TRUST & COMMUNICATION AT 06:01  
| COMMENT (1) | TRACKBACKS (0)

# Exercise Helps Ease Arthritis Pain and Stiffness

*As you consider starting an arthritis exercise program, understand what's within your limits and what level of exercise is likely to give you results.*

## Check with Your Doctor First

Talk to your doctor about how exercise can fit into your current treatment plan. What types of exercises are best for you depends on your type of arthritis and which joints are involved. Your doctor or a physical therapist can work with you to find the best exercise plan to give you the most benefit with the least aggravation of your joint pain.

## Exercises for Arthritis

Your doctor or physical therapist can recommend exercises that are best for you, which might include:

**Range-of-Motion Exercises:** These exercises relieve stiffness and increase your ability to move your joints through their full range of motion. Range-of-motion exercises involve moving your joints through their normal range of movement, such as raising your arms over your head or rolling your shoulders forward and backward. These exercises can be done daily or at least every other day.

**Strengthening Exercises:** These exercises help you build strong muscles that help support and protect your joints. Weight training is an example of a strengthening exercise that can help you maintain your current muscle strength or increase it. Do your strengthening exercises every other day — but take an extra day off if your joints are painful or if you notice any swelling.

**Aerobic Exercise:** Aerobic or endurance exercises help with your overall fitness. They can improve your cardiovascular health, help you control your weight and give you more stamina. That way you'll have more energy to get through your day. Examples of low-impact aerobic exercises that are easier on your joints include walking, riding a bike and swimming. Try to work your way up to 20 to 30 minutes of aerobic exercise three times a week. You can split up that time into 10-minute blocks if that's easier on your joints.

**Other Activities:** Any movement, no matter how small, can help. If a particular workout or activity appeals to you, don't hesitate to ask your doctor whether it's right for you. Your doctor might give you the OK to try gentle forms of yoga and tai chi. Tai chi may improve balance and help prevent falls. Be sure to tell your instructor about your condition and avoid positions or movements that can cause pain.

## Tips to Protect Your Joints

Start slowly to ease your joints into exercise if you haven't been active for a while. If you push yourself too hard, you can overwork your muscles. This aggravates your joint pain.

Consider these tips as you get started:

— Apply heat to the joints you'll be working before you exercise. Heat can relax your joints and muscles and relieve any pain you have before you begin. Heat treatments — warm towels, hot packs or a shower — should be warm, not painfully hot, and should be applied for about 20 minutes.

— Move your joints gently at first to warm up. You might begin with range-of-motion exercises for five to 10 minutes before you move on to strengthening or aerobic exercises.

— Exercise with slow and easy movements. If you start noticing pain, take a break. Sharp pain and pain that is stronger than your usual joint pain might indicate something is wrong. Slow down if you notice inflammation or redness in your joints.

Trust your instincts and don't exert more energy than you think your joints can handle. Take it easy and slowly work your exercise length and intensity up as you progress.

## Don't Overdo It

You might notice some pain after you exercise if you haven't been active for a while. In general, if your pain lasts longer than two hours after you exercise, you were probably exercising too strenuously. Talk to your doctor about what pain is normal and what pain is a sign of something more serious.

If you have rheumatoid arthritis, ask your doctor if you should exercise during general or local flares. One option is to work through your joint flares by doing only range-of-motion exercises, just to keep your body moving.

## Exercise Programs for People with Arthritis

Check with your doctor about exercise programs in your area for people with arthritis. Hospitals and clinics sometimes offer special programs, as do local health clubs.

The Arthritis Foundation conducts exercise programs for people with arthritis in many parts of the United States. Programs include exercise classes — in water and on land — and walking groups. Contact your local branch for more information.

SOURCE: MAYO CLINIC

