

GENERAL MEMBERSHIP MEETING

Wednesday, November 19, 2008, 11:30 a.m. – 1:00 p.m., Royal Fork (Columbia Mall)

"Make Sure The Shoe Fits Before You Wear It", Christel Parvey, DPT, Riverview Health

An interactive and individual look at selecting the right shoe for you. Will look at the right fit from sandals to work boots, talk about use of inserts, and give tips on selecting the right shoe for you.

★ ★ ★ **WARNING: Shoes will be removed and we will look at your foot and your shoe!!!** ★ ★ ★

ALSO ⇒ ⇒ ⇒ ⇒ ⇒ Opening Nominations for Board Elections

The Scoop on Snow Shoveling Safety

It happens every winter in the Midwest ... snow falls, usually leaving piles of the stuff to clear from your sidewalks and driveway. Consider the following before you grab your shovel after a major snowfall.

The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the 1996 Surgeon General's Report on Physical Activity and Health. We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. Brisk walking or social dancing are other ways to fit in moderate physical activity during cold winter months.

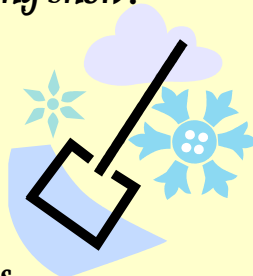
The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shoveling, sedentary men's heart rates rose to levels higher than those normally recommended during aerobic exercise.

Shoveling can be made more difficult by the weather. Cold air makes it harder to work and breathe, which adds some extra strain on the body. There also is the risk for hypothermia, a decrease in body temperature, if one is not dressed correctly for the weather conditions.

Who should think twice about shoveling snow?

Those most at risk for a heart attack include:

- * Anyone who has already had a heart attack.
- * Individuals with a history of heart disease.
- * Those with high blood pressure or high cholesterol levels.
- * Smokers.
- * Individuals leading a sedentary lifestyle.



A Pile of Snow Shoveling Tips

Be heart healthy and back friendly while shoveling this winter with these tips:

- * If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- * Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- * Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- * Dress in several layers so you can remove a layer as needed.
- * Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- * Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- * Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- * Protect your back from injury by lifting correctly.
- * Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- * **Most importantly — listen to your body. Stop if you feel pain!**

NDSU Extension Service [<http://www.ext.nodak.edu/snow.htm>]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00–8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH
NEXT MEETING → December 4th

- **We need candidates for the upcoming Board election.** Please consider serving as a Board Member – THERE ARE 3 SPOTS TO FILL. The following Board Member terms are ending in December (Pat Balstad, Bonnie Knutson and Lyle Ross). *Please feel free to contact any member of our Board to see how easy and rewarding it is to serve as a "Safety Leader"!* E-mail Dale Dahlen at ddahlen@nodakelectric.com to get your name added to the ballot!

BOARD MEMBERS

Steve Harken (President)
 Dale Dahlen (Vice President)
 Joe Strang (Treasurer)
 Tracy Cameron (Secretary)
 Pat Balstad • Carol Gierszewski
 Robert Hewitt • Bonnie Knutson
 Cedric Masa • Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- *Has your contact information changed?* Please e-mail Linda Wiley at info@nosha.net with any updates.

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **December 17, 2008**
 - "Holiday Stress Relief", Jackie Anderson, Northland Community & Technical College
 - Election of Board Members for 2009
- **January 21, 2009**
 - Networking/Round Table – "Brainstorming for General Membership Meetings and Annual Seminar **Topics** for 2009!!!"

Membership Committee

(Davis Hoverson)

- ★ **60+ MEMBERS STRONG...and GROWING!**
- NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.

Ready or Not...

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Have your furnace checked every year by a professional.