

# IRVING MATERIALS, INC.

"WE'RE PROUD OF OUR WORK"



## SAFETY TOPICS

### SAFETY

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skillful execution! It represents the wise choice of many alternatives!!

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- Sprains and Strains Continued
- For What It Is Worth!

#### **For What It Is Worth!**

##### *King Arthur and the Witch*

Young King Arthur was ambushed and imprisoned by a neighboring kingdom. Rather than kill the well known king, Arthur was offered freedom as long as he could answer a very difficult question. The question: "What do women want?" King Arthur agreed to provide the answer within one year or return to imprisonment and certain death.

Arthur returned to his kingdom and began polling everyone for an answer, priests, wise men, even the court jester. No one could come up with a satisfactory answer.

Many people advised Arthur to consult the old witch, for she had answers to every question, but the price for the answers were always exorbitant.

On the last day of the year's quest for an answer, Arthur broke down and went to the witch. She agreed to answer the question but the price was for the Witch to marry Sir Lancelot, the most noble of the Knights of the Round Table and Arthur's closest friend. (Continued on back)

## TREATING A SPRAIN OR STRAIN

Last month we talked about the difference between a sprain and a strain. I also mentioned that sprains and strains are the most common non-fatal injury involving lost work-days. To continue with this topic, we'll review treating these injuries.

I need to give credit to the National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse and ICI for this information.

**What Are The Signs and Symptoms of a Strain or a Sprain?** Typically, people with a strain experience pain, muscle spasm, and muscle weakness. They can also have localized swelling, cramping, or inflammation and, with a minor or moderate strain, usually some loss of muscle function. People typically have pain in the injured area and general weakness of the muscle when they attempt to move it. Severe strains that partially or completely tear the muscle or tendon are often very painful and disabling. Signs of sprain include pain, bruising and inflammation. A severe sprain produces excruciating pain at the moment of injury as ligaments tear or separate from the bone.

It is important that moderate and severe sprains and strains be evaluated by a doctor to allow prompt appropriate treatment to begin. You should see a doctor if:

- You hear a popping sound when your joint is injured.
- You have pain and cannot put any weight on the injured joint.
- You cannot move the injured joint.
- You cannot walk more than four steps without significant pain.
- Your limb buckles or gives way when you try to use the joint.



- You have a fever and the area is red and hot.
- The pain, swelling, and stiffness does not improve in two to three days.
- You are in doubt about the seriousness of the injury or how to care for it.

It is important to remember that inadequate or delayed treatment may cause long-term damage and chronic pain.

When treating mild sprains or strains, use the "RICE" therapy method:

- **Rest**—Consider temporary light-duty work. Your doctor may advise you to put no weight on an injured area for 48 hours. If you cannot put weight on an ankle or knee, crutches may help.
- **Ice**—Apply an ice pack to the injured area four to eight times a day. To avoid cold injury and frostbite, do not apply the ice for more than 20 minutes at a time.
- **Compression**—Compression of an injured ankle, knee, or wrist may help reduce swelling. Examples of compression bandages are elastic wraps, special boots, air casts, and splints. Your doctor will advise which to use.
- **Elevation**—If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart to help decrease swelling.

It is important to avoid sprain or strain injuries by not jumping off of equipment, by planning your route of travel looking for obstacles that could cause trips, and not over exerting when materials handling is involved.

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**King Arthur and the Witch continued:**

Young Arthur was horrified. This witch was the most hideous creature he had ever seen. He refused to force his friend to marry her and endure such a terrible burden, but Lancelot, learning of the proposal, spoke to Arthur. Lancelot said, "no sacrifice is too big compared to your life and the preservation of the Round Table".

Hence a wedding was proclaimed and the witch provided the answer which Arthur sought. That being, "What a woman really wants is to be in charge of her own life."

Everyone in the Kingdom instantly knew that the witch had uttered a great truth and that Arthur's life would be spared.

And so it came to pass that the neighboring kingdom granted Arthur his freedom and Lancelot and the witch had a wonderful wedding.

The honeymoon hour approached and Lancelot, steeling himself for a horrific experience, entered the bedroom. But, what a sight awaited him. The most beautiful woman he had ever seen lay before him on the bed. The astounded Lancelot asked what had happened.

The beauty replied that since he

had been so kind to her when she appeared as a witch, she would henceforth, be her horrible deformed self only half the time and the beautiful maiden the other half. She asked, "Which would you prefer? Beautiful during the day . . . Or night?"

What a predicament! During the day a beauty to show off to friends, but at night in the privacy of the castle, an old witch? Or, hideous during the day, but at night a beautiful woman to share his bed?

What would you do?

Sir Lancelot, knowing the answer the Witch had given King Arthur said that he would allow HER to make the choice herself.

Upon hearing this, the witch said that she would be beautiful all of the time because he had respected her enough to let her be in charge of her own life.

The moral of this story is:

**If you don't let a woman have her own way . . . !**

**Things are going to get ugly!**

This is an amusing story, but it has an application in most things that we do. It has to do with how you deal with other people. If you do it right, everyone is a winner!



**Make Safety Soar in 2004**