

# SAFETY & WELLNESS UPDATE



## APRIL 2020

### Mental Well-being in Changing Times

As public health officials work to slow the spread of COVID-19, we are constantly reminded of social distancing and self-quarantining. While these actions are very important to help slow the spread, we must remember too that this can impact our stress levels and mental health. Here are some practices that may help:

#### Stick to a Schedule

One of the best things you can do for your mental well-being is stick to a routine. For example, if you're used to going to the gym before work, try to wake up early and get an at-home workout in before you start your day. Maintaining as much normalcy as possible with your daily routine can help lift your mood and prevent boredom and stress from taking over.

#### Get a Good Night's Sleep

This is along the lines of sticking to a routine. Breaking your normal sleep pattern can have negative effects on your mental well-being. Stick to your typical schedule as much as possible.

#### Engage in Outdoor Activities

Unless health officials give you specific instructions to stay in your home no matter what, try to get outside periodically. This could involve yard work, taking a walk or taking a bike ride. Being outside helps promote vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun.

#### Don't Obsess Over the News

It can be easy to get overwhelmed by watching the news and reviewing the updates of the COVID-19 situation. While it is important to be informed, you should not obsess over the news. Rather than randomly checking for updates and looking for the latest on social media, consider checking updates once in the morning and once a night. Limit your time for updates.

#### Practice Positivity and Gratitude

Take five minutes a day to write down the things you are grateful for. This has been proven to lower stress levels and change your mindset. While you are social distancing, it is important to build time into your routine to practice positivity or express gratitude to boost your mood.

#### Stay in Touch

You may not be able to be physically with your family members but you can take advantage of FaceTime, Skype and other apps made to help people see each other and catch up.

If you find you do need someone to talk to, don't ever hesitate to contact your Employee Assistance Program at 1-800-252-4555 or 1-800-225-2527. They have counseling services to help with personal issues such as stress. In addition, you can log onto [theEAP.com](http://theEAP.com) to take advantage of resources and see all they have to offer. If you have any questions, please do not hesitate to call Michelle Peryea, RN, Safety and Wellness Coordinator, at (518) 775-5420.



### IN THIS ISSUE:

MENTAL WELL-BEING IN CHANGING TIMES.....	1
CLEANING AND DISINFECTING YOUR HOME.....	2
SPRING, YES SPRING, CLEANING SAFETY!.....	3
NEVER MIX CHEMICALS.....	4

### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/](http://LEXINGTONCENTER.ORG/)  
[WELLNESS](#)  
TELEMEDICINE  
PROVIDER:  
[UNITED CONCIERGE](#)  
[MEDICINE](#)  
LEXINGTON MEDICAL  
PLAN AND CAFÉWELL  
LIFE POINTS PROGRAM:  
[CDPHP](#)

MANAGERS, PLEASE  
POST THIS  
INFORMATION AND  
SHARE IT WITH YOUR  
STAFF.

## Cleaning And Disinfecting Your Home

### Everyday Steps and Extra Steps When Someone Is Sick

#### How to clean and disinfect

**Wear disposable gloves** to clean and disinfect.

#### Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



#### High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



#### Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.**

**Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

**Follow manufacturer's instructions** for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

**Leave solution** on the surface for **at least 1 minute**

**To make a bleach solution**, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**

#### Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



CS3162708 04/03/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Spring, Yes Spring, Cleaning Safety!

Believe it or not, it is that time of year when we can start thinking about spring cleaning! Towards the latter part of the month of March, when it really starts to get warmer, we make those plans to clean up, straighten up and get rid of STUFF! Before we start moving furniture and boxes and cleaning out those garages and sheds, let's PLAN with SAFETY in mind.

### Best Practices for Furniture Moving Safety

There are a series of best practices for preventing muscle injuries associated with furniture. These best practices include, but are not limited to:

1. Determine if it is necessary to move a bed in order to change out sheets and blankets. If you can avoid moving the bed, the better.
2. For larger scale moves, always include Lexington Maintenance to assist.
3. For metal cabinets or shelving and other furniture that looks like your hands may be cut or get slivers, always wear leather work gloves. Don't have them? Ask your manager.
4. Always empty bookshelves or filing cabinets before moving them. This lightens the load, and the drawers can come out unexpectedly and cause muscle strains or items to drop out on people. If you can lock drawers, do so!
5. You should always have two people bring items out to the dumpster. Always fully open the lid and then two-person lift into the dumpster.

### Safety Precautions:

When items are on the floor or ground that need to be lifted to standing, it is best to:

- ◆ Bend at the knees.
- ◆ Keep the item close to your body.
- ◆ Ensure you have a good grip and look forward (instead of down).
- ◆ Stand/lift (without a quick jerking motion).
- ◆ It is also a good idea to "test" the object (such as a box) to see how heavy it is or if one side or corner weighs more.
- ◆ If possible (and many times it truly is), take items out of boxes or containers to lighten the load. You will need to make more trips to your destination, but this is better than a trip to the hospital!
- ◆ Really heavy items should never be brought up or down stairs without either lightening the load or getting help from someone. Use of handrails is a must on stairs to prevent trips and falls.
- ◆ Avoid awkward body positioning such as weight on your back and shoulders by slouching and bearing the weight of the furniture. Tip bookshelves, for example, and work with a co-worker so one person can stand upright and the other person can bend slightly at the legs and lift with the legs to standing.

**BE SAFE!!!**

## Never Mix Chemicals!

Lexington has a general rule to never, under any circumstances, mix chemicals, and for very good reasons. We simply add water to dilute concentrated formulas. Otherwise, use as instructed.

### DO NOT MIX THESE CLEANING PRODUCTS

#### BLEACH + VINEGAR

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



#### BLEACH + AMMONIA

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



#### BLEACH + RUBBING ALCOHOL

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



#### HYDROGEN PEROXIDE + VINEGAR

This combination makes peracetic/peroxyacetic acid, which can be highly corrosive



DO YOU HAVE QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:

Michelle Peryea  
Safety and Wellness Coordinator  
127 E. State Street, Gloversville  
[peryeam@thearclexington.org](mailto:peryeam@thearclexington.org)  
(518) 775-5420