



Working Safely



Marshall Vaughan observes all safety precautions in operating grinders in the Clinton Mills Maintenance Department. Grinders cause flying chips and sparks which are particularly hazardous to the eyes and other parts of the face. Wheels occasionally shatter during operation, presenting even greater danger unless safety precautions are taken.

Danger

Grinders Can Hurt You

When you use a grinder, you can be exposing yourself to unnecessary hazards unless you follow a few safety rules and procedures:

- Wear goggles
- Check proper adjustment of tool rest
- Make sure necessary guards are in place

People have been seriously injured by failing to follow safe operating procedures.

Grinders in Clinton plants should be operated only by skilled personnel.

When operating grinders always:

- Wear goggles to keep flying particles from hitting the eyes.
- Make sure the tool rest is no more than 1/8th of an inch from the grinding wheel. This prevents the object being worked on from being trapped between the wheel and tool rest, a situation that can injure fingers.
- Make sure the shield on the grinding wheel is in position for added eye protection, if the grinder has a shield.
- Make sure that the metal wheel covers are in place to prevent injury should the wheel shatter.



An Important Message From Clint Mills

Our number one health problem is cost. Medical Care costs keep going up and there is very little relief in sight.

Hospital costs now comprise about 40 percent of most health care expenses. This is why most health care policies place considerable emphasis on hospital care. This is also a strong reason why each of us should do our part to contain hospital costs. Hospital care should only be utilized when absolutely necessary. In many instances, certain diagnostic, X-ray, and other testing can be done on an outpatient basis.

Hospital room rates have gone up faster than any other component of medical care.

If we would all use health care facilities more wisely and only when necessary, we could hold down health care costs.

What Can I Do to Hold Down Costs?

A good place to start is doing a few simple and easy things to stay healthy; get enough sleep daily, exercise properly, eat well balanced meals. You should become better informed about the value of such things as hospital pre-admission testing, second medical opinions when there is doubt about prescribed treatment, and inquire about alternative health care programs.

You should never passively accept a hospital or medical care bill. Any health care provider can make a mistake. Check all charges and make certain you have received the treatment and services indicated.

By working together, we can do our part to lower health care costs.

Facts About Cancer

Do You Know

South Carolinians are developing cancer at the rate of 26 new cases each day—9,400 NEW CASES a year?

ONE PERSON DIES OF CANCER HERE IN SOUTH CAROLINA EVERY 2.3 HOURS? In 1982 approximately 4,800 South Carolinians will die of cancer?

CANCER will strike in TWO OUT OF THREE South Carolina families?

Do You Know

More than 1,600 South Carolinians die each year of cancer NEEDLESSLY who could have been saved if the disease had been detected and treated EARLIER? Today, one-in-three cancer patients is being saved—AND ONE-IN-TWO COULD BE SAVED WITH EARLY DETECTION AND PROMPT TREATMENT?

Cancer's 7 Warning Signals For Adults

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

Cancer's 7 Warning Signals For Children

Any firm mass of swelling that fails to disappear

Unexplained paleness and lethargy

Sudden tendency to bruise without injury

Persistent, localized pain or limping without apparent cause

Prolonged, unexplained fever or illness that fails to follow the usual expected course

Frequent headaches, especially when associated with vomiting

Any sudden eye changes, loss of vision, swelling, bulging, or abnormal eye movement

The 7 Safeguards Urged by ACS

Lung: Reduction and ultimate elimination of cigarette smoking

Colon-Rectum: Proctoscopic exam for male and female over 50 every 3-5 years after two initial negative examinations a year apart.

Breast: Self-examination as monthly female practice. Year apart—at least every 3 years

Uterus: Pap test after two initial negative tests one year apart—at least every 3 years.

Skin: Avoidance of excessive sun

Oral: Wider practice of early detection measure

Basic: Regular physical examination for all adults.