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www.esafetyline.com/eei

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MANUFACTURER'S REPORT



Vitamin D: Are You Getting Enough?

submitted by Professional Health Services

Vitamin D has been in the news a lot lately, and for good reason: More research is proving that vitamin D is part of the key to improving health, preventing a variety of diseases and maybe even heading off the H1N1 (swine flu) virus.

What is vitamin D?

According to the Vitamin D Council, this vitamin is technically not a vitamin; it's in a class by itself. When your body metabolizes vitamin D, the product is actually a secosteroid hormone that helps the body absorb and metabolize calcium and phosphorus — which is why it has been added to milk for years.

There are several forms of vitamin D, but the two types recognized as being the most beneficial to humans are D2 (ergocalciferol) and D3 (cholecalciferol). Foods may be fortified with either, and both are readily available as nutritional supplements.

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*continued from cover***Why you need more vitamin D**

Besides helping your body maintain healthy levels of calcium and phosphorus in the blood and build stronger bones, vitamin D intake has been linked to:

- * decreased risk of osteoporosis
- * lowering high blood pressure
- * protection against certain cancers and autoimmune diseases

Without adequate vitamin D, the body can develop vitamin D deficiency diseases such as rickets — which causes skeletal deformities in children — and osteomalacia, which causes weak muscles and bones. The Vitamin D Council cites research that links vitamin D deficiency to a variety of diseases and health problems, including:

- * 17 types of cancer
- * heart disease
- * stroke
- * diabetes
- * depression
- * chronic pain
- * osteoarthritis
- * birth defects
- * periodontal diseases

Who's at risk for developing a serious vitamin D deficiency?

Besides people with limited sun exposure, groups at risk include elderly people, obese people and babies who are exclusively breastfed, as well as people suffering from certain diseases including Crohn's disease and cystic fibrosis.

How to increase your vitamin D intake

Exposure to sunlight promotes sufficient vitamin D synthesis in the skin, but few of us get adequate sunlight these days. And with winter coming up, we'll get even less. Good food sources include fish, eggs and milk, and you can also supplement with an old-fashioned remedy: cod liver oil.

How much vitamin D do you need?

The Vitamin D Council recommends 5,000 IU of vitamin D daily for those who avoid sunlight or work indoors. That sounds like a lot, but consider that your body can naturally produce as much as 10,000 IU with just 20-30 minutes of midday sun exposure.

If you're interested in learning more about onsite health services such as screening, contact Professional Health Services at 1-800-833-3005 or solutions@phsmobile.com.

Important Dates to Add to Your Calendar**The Spring Occupational Safety & Health Committee Conference**

Royal Sonesta
New Orleans, Louisiana
Sunday, April 25, 2010 – Wednesday, April 28, 2010

Fall Occupational Safety & Health Committee Conference

Rosen Plaza
Orlando, Florida
Sunday, September 26, 2010 – Wednesday, September 29, 2010

Check out the EEL Website for more information on the Spring Conference -

<http://www.eei.org/meetings/Pages/2010-04-SpringOccupationalSafety-HealthCommitteeConference.aspx>

“When Nature Calls” What do the Outside Field Crews do?

submitted by Brief Relief Personal Lavatory Systems

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The days of the going in the bushes, behind trees, in bottles and buckets, underground vaults or between the bins’ doors should be over for outside workers. Today field crews should be utilizing bathrooms when ever possible.

Are they?

In today’s’ environment of neighbor watch- es, security cameras, and safety concerns there continue to be incidents of public uri- nation. Most towns have laws against it.

When these incidents are reported and in some cases recorded they cost everyone involved time, money, public relations re- sponses, and public and individual safety.

A worker who delays a “nature’s call” on the job can have a number of consequences. They can range from the individuals health, ability to perform the task safely and cor- rectly, or even contamination of the work area.

There is a solution. The Brief Relief system is complete, personal, portable sanitation system for people on the go. It consists of

a urinal bag that can hold up to 20 oz of liquid, treat it, so it can be disposed of in the trash container. Both men and women can easily use it. Brief Relief can easily be placed in the vehicle glove box or the per- son’s pocket.

The benefit of using Brief Relief can make a safer, less costly, and environmentally friendly place to work.

Making it happen effectively needs manage- ment commitment.



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According to the Prevent Blindness organization, there are nearly 700,000 work related eye injuries each year and 90% of those could be prevented with the use of OSHA approved safety eyewear.

SVS Vision is dedicated to reducing those injuries and can take the hassle out of administering and supplying your Company with an OSHA approved **Safety Eyewear** program. SVS provides:

- ◆ **A cost effective** safety eyewear administration and fulfillment program.
 - Our Member Services team tracks and verifies your employee eligibility, provides authorization, and completes billing, saving you time and paperwork.
 - Our in-house lab manufactures OSHA approved safety eyewear meeting and exceeding ANSI standards. Because we own our manufacturing lab and service hundreds of businesses, we are able to control costs and offer the most cost effective safety program in the nation.
- ◆ **Customizable, comprehensive** safety eyewear solutions for your organization - whether you employ 5 or thousands, SVS can service your needs.
- ◆ The **largest safety eyewear provider network** in the nation is available to you. Centered around more than 50 SVS owned locations, our nationwide provider network can be customized for any group's needs.
- ◆ A **dedicated service representative** is assigned to service your group. Our representatives understand the "ins and outs" of your safety plan and member requirements and will work with you ensure great customer service.

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SVS Vision is an American company, providing administration and manufacturing of safety eyewear for over 35 years.

Contact Deb Malbin at 800-656-6135

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Reliant XtraDri

www.itifabrics.com

Reliant Xtra Dri™ fabrics meet the flame and textile fabric requirements of ASTM F-1506, have been arc tested to ASTM F-1959, and conform to NFPA 70E which is a voluntary standard published by the National Fire Protection Association and establishes thresholds for worker protective apparel based on exposure to arc hazard risk.

Garments manufactured with Reliant Xtra Dri™ fabrics, designed with the wearer in mind, offer the most comfortable, breathable, inherently flame and arc resistant fabrics available today.

- Available with comfort stretch for a garment that moves with you
- Available in Reliant+ with anti-odor protection to prevent the growth of odor causing bacterial on the fabric



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Standards

- ITI fabrics meet or exceed the following standards:
- NESC (National Electrical Safety Code) requirements
 - NFPA 1975 (National Fire Protection Association)
 - NFPA 70E (Standard for Electrical Safety in the Workplace)
 - ANSI / ISEA 107-2004 (American National Standards Institute)
 - ASTM F-1506 (American Society for Testing Materials)
 - ASTM F-1959 (American Society for Testing Materials)

// Reliant Fabrics offers the highest comfort levels, meeting industry standards at the most competitive pricing. //

RELIANT XTRA DRI™

Comfort. Quality. Cost Effective.

At Innovative Textiles Inc. (ITI), we believe our competitive advantage in the flame resistance (FR) marketplace is defined by our engineering of flame resistant woven and knitted fabrics that exceed our customers needs. In fact, you'll find that typically, ITI fabrics exceed industry standards for quality and critical performance such as flame and arc resistance, moisture management, odor control, and comfort, resulting in the highest degree of wearer acceptance in the FR industry.

Don't sweat it.

Reliant Xtra Dri™ fabrics promote a natural cooling effect, as the fabric quickly absorbs moisture away from the skin, spreads it, and then efficiently and quickly transports the moisture to the surface of the garment for effective evaporation and accelerated drying. Reliant Xtra Dri™ takes full advantage of the hydrophilic technology found in the fiber properties and efficiently wicks moisture / perspiration away from the skin, keeping you dry and comfortable.

Benefits.

Reliant Xtra Dri™ fabrics meet the flame and textile fabric requirements of ASTM F-1506, have been arc tested to ASTM F-1959, and conform to NFPA 70E which is a voluntary standard published by the National Fire Protection Association and establishes thresholds for worker protective apparel based on exposure to arc hazard risk.

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For More Information

Innovative Textiles is a leading manufacturer of engineered flame resistant fabrics using the inherent and unique FR property of Modacrylic blends. Reliant™ fabrics exceed typical industry standards for both flame resistance and arc protection and offers the highest level of comfort and wearer acceptance available. Markets served include; Fire Fighter Station wear, Electrical Utility Transmission and Distribution, Petroleum and Chemical Refining and General Manufacturing as well as Military markets.



For more information visit www.itifabrics.com



Fabrics by: INNOVATIVE TEXTILES, INC.