



Carefulness costs you nothing. Carelessness may cost you your life.

~Safety saying, circa early 1900s

SAFETY CONTACTS

Call 911 for Emergency

Chief Ranger

Lee Buschkowsky
435-781-7731 (o)
970-629-8683 (c)

Safety Manager

AJ Johnson
435-781-7732 (o)
970-620-0607 (c)

Safety Committee Chair

Mark S. Wilson
970-374-3020 (o)
970-629-3760 (c)

All non-emergency potential hazards, notify your supervisor or manager.

Safety, Health, and Wellness

March 2017

Start Smart—Finish Safe



While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk. Here are some simple steps to protect you and your children from overexposure to UV radiation.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million new cases of skin cancer are diagnosed annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be Sun Safe.

Early detection of melanoma can save your life. A new or changing mole should be evaluated by a dermatologist.



Do NOT Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



Avoid Sun Tanning and Tanning Beds

UV radiation from tanning beds and the sun causes skin cancer and wrinkling.



Generously Apply Sunscreen

Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



Seek Shade

Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

Check the UV Index



The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.



Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

What is Wellness? An active lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Stay tuned for news from Dinosaur's new Health & Wellness team soon!

Career wellness: the process of developing skills in and achieving personal fulfillment from our jobs while still maintaining balance in our lives.

Emotional wellness: the process of recognizing, expressing, and managing one's full range of emotions including coping with stress. In addition, it also encompasses the process of developing self esteem and a positive outlook on life.

Environmental wellness: the process of making choices which will contribute to sustaining or improving the quality of life in the world.

Financial wellness: the process of learning to plan, save, and spend financial resources efficiently and within one's means.

Intellectual wellness: the process of expanding knowledge and skills as well as engaging in creative and mentally stimulating activities.

Physical wellness: the process of engaging in healthy activities that benefit the body, such as nutritious eating and exercise.

Social wellness: the process of creating and maintaining healthy, meaningful relationships with those around us.

Spiritual wellness: the process of discovering purpose and meaning in life and living a fulfilling life consistent with one's beliefs and values.



NO BAKE Energy Bites!!!

As featured on thewhoot.com.au
SO healthy! SO easy! SO yummy!

- 1 cup (dry) oatmeal
- 2/3 cup coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 Tbsp. Chai seeds
- 1 tsp vanilla extract

Mix all ingredients together and let set in fridge for about 1/2 hour. Roll

Outrun Extinction

May 13, 2017

dino half

MARATHON

- ◆ Half marathon
- ◆ 5K
- ◆ Kid's Dino Dash

Register at:
dinohalf.com