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Travel green

Just as our most well-intentioned dieting plans can be derailed when traveling, so too can our Going Green intentions. In the scramble to prepare for vacation, we can sometimes forget about the little things that add up.

But with a little planning, we can bring our eco-friendly selves along for the trip. And what better month to think about it than April, with Earth Day to cheer us on?

Here are some tips to make your vacation a little greener:

- **Pack a water bottle.** Most airports have water bottle filling stations located near restrooms, so you don't need to worry about what to do after you're forced to dump out the bottle prior to heading through the security line. 
- **Bring cloth napkins and reusable straws.** They're easy to slip into your suitcase, purse or backpack. Not only do they provide an alternative to plastic straws and paper napkins, but add a touch of class to any meal. You can also consider packing utensils.
- **Remember your reusable bags.** They take up hardly any room in your luggage, and you'll feel good about bringing back souvenirs and the like in your handy-dandy reusable bag rather than a handful of plastic bags. 
- **Forego having the hotel sheets and towels changed daily,** though you can still have your bed made up. And treat your hotel room like you would your house, remembering to turn lights off when you leave and adjusting the thermostat at night and during the day when you head out.

- **Eat local.** Half the fun of visiting a new place is checking out what's popular with the locals -- so why not extend that to restaurants that source food locally or shops that do the same? It'll make exploring even more fun.
- **Mix and match clothes.** When traveling, limit items by choose tops and bottoms that are interchangeable and that you love.

So, as you are seeing new places and having new experiences remember to think green so that future generations can enjoy these places too.

Are you accountable for safety?

How you behave has an effect on whether a job is safe, according to Brian Fielkow, CEO of Jetco Delivery, Inc. writing in OHSONline.com.

He says both company and employee are accountable for safety.

An accountable employee:

- ◆ Admits fault.
- ◆ Knows the safe way and does it.
- ◆ Actively seeks to understand a task.



Companies are accountable when they:

- ◆ Don't accept excuses for unsafe work.
- ◆ Make processes and expectations clear
- ◆ Make reasonable demands with core safety values in mind.

Easter Bunny Riddles



1. What is the difference between a crazy bunny and a counterfeit banknote?
2. What does the Easter Rabbit get for making a basket?
3. What is the Easter Bunny's favorite kind of music?
4. Why does Peter Cottontail go hopping down the bunny trail?
5. How is the Easter Bunny like Shaquille O'Neal?
6. What would you get if you crossed the Easter Bunny with an over-stressed person?

What to do When the First Responder Turns out to be You

You see a crash on a dark road. You witness a co-worker injured in a machine accident.

These are cases when the first responder isn't wearing a uniform. The first responder is probably you.



The first thing you may have to do is stop the bleeding.

Heavy bleeding can drain out as much as 40 percent of the body's blood in just 4 minutes, according to First Aid for Life. More than that is life threatening. So it is crucial to work quickly.

Here is what you must do:

- First, make sure you are safe. Get out of the traffic lane. Turn off machinery. You have to be safe yourself to help the victim.
- Locate the wound and call for help. Calling for help and starting treatment should be done simultaneously if possible. So, find the wound while calling 911. Never remove a foreign object from a wound. The object could be holding back bleeding.
- Use the cleanest fabric item you have to apply direct pressure to the wound. Don't wad up the material since that will reduce the pressure on the wound. Instead, fold it into a thick layer. There will be bleed-through, but don't remove the cloth. Add another layer of cloth while you keep applying pressure. Never lift the cloth to see if the bleeding has stopped. The key is direct, constant pressure. Do that until emergency personnel arrive.
- In cases of severe injuries that occurs far from help, a tourniquet might be required. Choose a sturdy length of material at least 1.5 inches wide. Tie tight and knot about five inches above the wound. Get an object like a knife or stick and knot again around it. Twist to tighten. Leather belts might not work because they can't be twisted tightly enough around the knife or stick. A shoelace may be too thin.

Making a Healthier Easter Basket - Less candy, more fun!

We do love our sugar, and barely a month goes by without some holiday giving us a reason to indulge (Halloween in October, Valentine's Day in February, Shamrock Shakes in March, chocolate anytime).

Easter, celebrated on April 21 this year, is renowned for its potential sugar rush: from marshmallow Peeps to chocolate bunnies and jellybeans. It can be difficult to think of something other than candy to include in those Easter baskets.

If you are looking to eliminate or at least reduce the amount of sweets in your basket, here are some ideas:

- Toys. There's no shortage of fun Easter-themed toys this time of year, including plastic eggs with popular characters inside to Legos kits, nesting dolls, and Crayola crayons in the shape of Easter eggs.
- Books. Ok, so a book isn't a chocolate bunny, but it can be super fun anyway. Choose from any number of coloring books, activity books, or even a rousing game of Mad Libs (surely there's an Easter edition).
- Gardening kit. 'Tis the season to plant stuff! You can find cute gardening kits themed for Easter, or simply design your own to get started on those spring and summer flowers, herbs, or veggies.
- Jewelry. Add some shine with sparkly earrings or bracelets, or a dazzling pair of shades.
- Bubbles! Come on, who doesn't love blowing bubbles? Opt for traditional or go for a more modern twist with scents and colors.
- Gift cards. Are the kids not so little anymore? Gift cards always work, and they don't have to cost you a fortune.



Riddle Answers:

1. One is bad money and the other is a mad bunny.
2. Two points just like everybody!
3. Hip-hop, of course!
4. Because he's too young to drive.
5. They're both famous for stuffing baskets.
6. An Easter basket case!