

# safety lately



A monthly newsletter from A&A Elevated Facility Solutions

## Healthy Meals



### How to Structure Meals without Spiking Blood Sugar Levels

**You know when you eat something sweet and then later in the day you start feeling sluggish and tired?**

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#### **How to Structure Meals without Spiking Blood Sugar**

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That sugar crash feeling is from a sharp rise in blood sugar levels followed by a decline. Having consistent blood sugar levels provides us with a consistent energy boost. By structuring our meals in a balanced pattern, you will be less likely to experience a “sugar crash”. This is especially a concern if you have diabetes, where you need to maintain control of your blood sugar levels.

**Carbohydrate-containing foods:**

bread, rice, fruit, potatoes, cakes/pastries/ desserts, and pastas.

**Protein-containing foods:**

chicken, beef, turkey, eggs, nuts/seeds.

**Foods that are a carbohydrate & protein source:**

beans, legumes .

## Creating a Balanced Plate

**Half of the plate should be filled with non-starch vegetables**

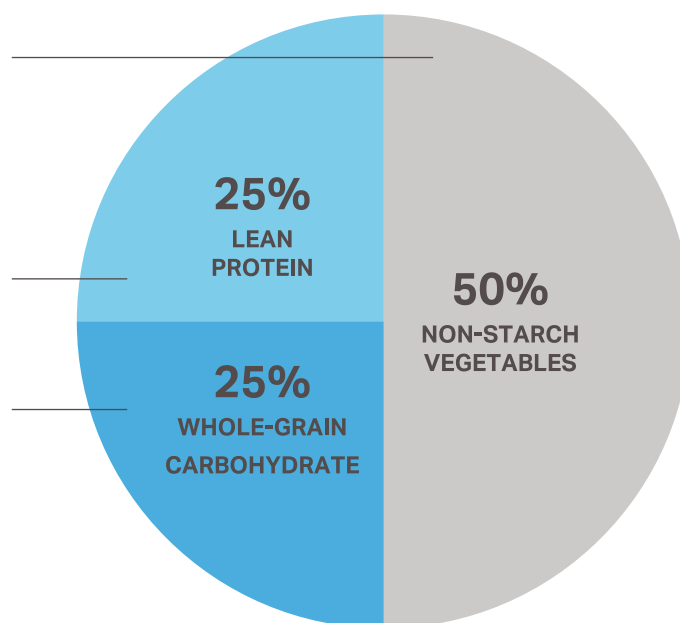
Examples of non-starchy vegetables include leafy greens, broccoli, carrots, cabbage, zucchini, bell peppers, cauliflower, green beans.

**Quarter of the plate should be a lean protein**

Examples of lean protein sources include chicken, turkey, lean cuts of beef, eggs, tofu, beans/legumes.

**Quarter of the plate should be a whole-grain carbohydrate**

Examples of whole-grain carbohydrates are brown rice, whole grain bread, whole grain pasta, quinoa, bulgur, millet, farro, barley, and oats.



## What if You Take Insulin?

If you take regular insulin, it is best to take your insulin dosage 15 minutes before you start eating. This gives insulin enough time to go into action, ready to target the glucose from your food.

## Healthy Snacking

You don't have to skip a snack in-between your meals to stay on track with your health goals. Having 1-2x balanced snacks a day should be viewed as an opportunity to get some extra nutrients and antioxidants in! Checkout these healthy snack ideas below, to help keep you on track with stable blood sugar levels and full till your next meal.

- Apple with nut or seed butter
- Orange with string cheese
- 2% low sugar Greek yogurt with berries
- Hard-boiled egg with hummus
- Slice of whole grain bread with nut or seed butter
- Mashed avocado with lime on whole grain crackers



## Preparing for Emergencies

Safety drills will help people respond quickly and confidently when the time comes. It's impossible to prepare for all emergencies, but with practice and planning, employees will be able to stay calm.

It's easier said than done, but staying calm during an emergency is the best way to make sure that the right choices are made. The person who needs help will be better served by someone who has their head in the right place.

Some calming techniques experts recommend include breathing, visualization, and muscle relaxation exercises. Taking the time to slow down during an emergency could lead to a quicker response if you make better choices.

During an emergency, stress can lead to human error. One way to stop mistakes during emergency response is to automate your safety. An automated safety system will call for help when an employee cannot and escalate an emergency if the contact is unable to respond. By removing the human element, you can ensure that as tensions rise, mistakes won't.

Like anything in the workplace, an emergency response often becomes a team effort. You'll need to be ready to coordinate your response with others.

## Following the Plans and Recording Your Response

As part of planning a coordinated emergency response, you'll want to have a set of instructions available and a way to record a response. When it comes time to respond to an emergency, the response process should be as simple as possible.

Workplace emergencies create a hectic and stressful environment. Recording the response can help to coordinate everyone's effort. If an employee is missing, the recorded response can be given to police or emergency services so that it's clear what steps have been taken.

Planning for emergencies is only useful if everyone follows the same plans. Keeping a detailed record will also help plan for future emergency scenarios.





## What Should You Do if You Get Stuck in an Elevator?

- 1 Take a Deep Breath**

When the elevator you're in first lurches to a stop between floors, your gut response may be to panic, especially if you get claustrophobic. But don't. Getting nervous will only make things worse, especially if you work yourself into a full-blown panic attack and nobody can get in to give you medical attention. So just breathe and remember that this too shall pass.
- 2 Press the Call Button**

All elevators have them, and there's a reason they are there — for situations just like this. Some elevators have an emergency telephone to be used for the same purpose. Your call will signal building maintenance that there's a problem with your elevator and set the wheels in motion for your ultimate exodus. If no one answers your call, try banging on the door to get the attention of people outside to let them know you're stuck inside.
- 3 Sit Back and Relax**

No matter how quickly building maintenance is called, you will still have to wait for them to come and fix the problem.
- 4 Don't Try to Escape on Your Own**

Whatever you do, don't try to get out on your own. You never know when a stuck elevator could start moving again and if you're on your way out, you could get crushed.
- 5 Stay Calm**

The most important thing to do when you're in a stuck elevator is to stay calm. By pressing that elevator call button, you are alerting people to help you with your issue who deal with this sort of thing every day. And remember, at the end of the day, that harrowing experience will be nothing more than a great addition to your cocktail party repertoire.

*What Should You Do if You Get Stuck in an Elevator? (treehugger.com)  
Responding to Emergencies in the Workplace (safetylinelonerworker.com)*