Move and unload slowly and carefully.

More lifting tips:

- Always turn to face the object that you are about to lift
- Push, don’t pull, because pushing is easier on your back
- Ask for help in lifting heavy objects

Did you know that there are 9 different Haz-mat classes? Maybe you have seen some of these on your daily travels...

**CLASS I**—Explosives

**CLASS II**—Gases
- 2.1—Flammable gas
- 2.2—Non-flammable gas
- 2.3—Posion gas

**CLASS III**—Flammable liquid

**CLASS IV**—Flammable solid
- 4.1—Flammable Solid
- 4.2—Spontaneously Combustible
- 4.3—Dangerous when wet

**CLASS V**—Oxidizers & Organic Peroxides

**CLASS VI**—Poison (Toxic)

**CLASS VII**—Radioactive

**CLASS VIII**—Corrosive

**CLASS IX**—Miscellaneous

Four out of five adults experience low-back pain at some point. One major cause is lifting incorrectly. If you lift objects, light or heavy, the right form can prevent pain and injury.

Lift it right:

- Think before you lift. Don’t lift more than you can handle.
- Bend at the knees, not at the waist. Squat close to the load.
- Grip the load firmly with both hands, not just the fingers. Place hands on diagonally opposite corners so one hand pulls towards you and the other one lifts.
- Lift with the strong muscles of your hips and legs. Keep your back straight and your stomach muscles tight.
- Straighten up slowly, holding the load close to your body, with the weight balanced. Keep your arms and elbows against your sides.
- Don’t twist or turn while lifting, holding, or moving with the load.

Always lift with your legs.
Product Recalls:
Kidde Recalls Fire Extinguishers Due to Failure to Operate

Name of product: Kidde XL Fire Extinguishers

Distributor: Walter Kidde Portable Equipment Inc., of Mebane, N.C.

Hazard: The pressurized cylinders in the recalled fire extinguishers could lose pressure and fail to operate. In the event of a fire, this failure could put a consumer and property at risk.

Incidents/Injuries: None reported.

Description: This recall involves the Kidde XL Fire Extinguishers with model numbers FX340SC, FX340H, FX340GW, XL5MR, FX210R, FX340SC-2, FX210W, XL2.5TCZ-4, E-340-3 and with manufacture dates between October 2007 and April 2008. “Kidde” and the model number can be found on the label on the front of the extinguisher. The manufacture year is on the bottom of the extinguisher. If your extinguisher is one of the listed model numbers and is marked with the year 07 or 08, contact Kidde to determine if you have a recalled extinguisher.

Sold at: Department, home, and hardware stores nationwide from October 2007 through April 2008 for about $35.

Remedy: Consumers should immediately inspect the pressure gauge. If it points to the red zone, contact Kidde to receive a free replacement extinguisher. If the gauge is not in the red zone, but you have questions about an extinguisher within the listed model numbers, please contact Kidde for additional information.

Consumer Contact: For additional information, contact Kidde at (888) 345-4407 between 8 a.m. and 5 p.m. ET Monday through Friday or visit the firm’s Web site at www.Kidde.com

Did You Know…
The ancient Greeks thought that eating cabbage would cure a hangover and the ancient Romans thought that eating fried canaries would do the same. Today, some Germans eat a breakfast of red meat and bananas, some French drink strong coffee with salt, some Chinese drink spinach tea, some Puerto Ricans rub half a lemon under their drinking arm, some Haitians stick 13 black-headed needles into the cork of the bottle from which they drank, and some Russians drink vodka in an effort to cure hangovers. None of these "cures" is effective.

What Were They Thinking?

Questions, comments, suggestions?
Contact Kevin Burns at ext. 2865 (kevin.burns@alvernia.edu) or Kera Wierzbicki at ext. 2231 (kera.wierzbicki@alvernia.edu)