

Medical Notes...



Dr. James S. Stout



infections involve the lower bronchi and the lungs. "Head cold" and "chest cold" are the most descriptive and commonly used terms.

The first sign of sickness is an increase in secretions in the nose and throat, a raw feeling in the throat, sneezing and a watery discharge from the nose and eyes. The sinuses, nose and perhaps the chest become congested and there is the all over feeling of "catching a cold".

The victim should take one of the milder cold preparations which includes an antihistamine and decongestant along with aspirin or Tylenol. Stronger, more drying ingredients may promote secondary infections. Rest. Drink lots of clear liquids (other than creamed soups and milk-based beverages).

The infection may become progressively worse. The thin whitish secretions become thicker. If the color changes, it is a signal of a secondary bacterial infection. If secretions increase, the infection is probably out of control, and you should see your physician.

Respiratory Infections

Respiratory infections are a most common health problem this time of year. Several different terms may be used in referring to respiratory infections; sinusitis, pharyngitis, rhinitis and coryza are some of them.

They generally start as viral infections but often are complicated by secondary bacterial infections. Upper respiratory infections are those above the bronchial tree; lower respiratory



Seat Belts Save Holden

By Phil Holden

Friday, December 1, was a lucky day for me. That was the day I survived the wreck in which my 1978 Toyota turned over 2½ times and left me suspended upside down by my seatbelt in the wreckage.

A look at the wreck photograph shows what could have happened if I hadn't been securely held in place

by my shoulder harness.

I don't really know what caused the car to go out of control, but I believe that the right rear tire popped off the rim as I rounded a curve to the left. The loss of traction caused the rear end to spin out and subsequently the car turned over.

I hope my experience will convince some of you who don't buckle up that **your seat belt can save your life.**

New Editor For Fotofax

Robert N. (Bob) Hale has been appointed editor of Fotofax, succeeding Mel Everingham, editor since 1969.

Bob began working at the Brevard plant when he was hired as an LSE clerk, receiving, in 1959. He was later employed as a production worker and stores clerk in the silicon plant.

He graduated in the second Photo Products control mechanic training class, subsequently worked several years as a maintenance foreman. Bob's last assignment was Design Supervisor in the Projects section, plant engineering.



Bob

When asked how he felt about his move from engineering to ERD, Bob said he could sum it up as "Some stage-fright, a lot of enthusiasm."



New Wise Owl Member

Randy Potts recently escaped serious eye injury and possible loss of vision because he was wearing safety glasses. When he removed a valve bonnet flange from the line two CP Rectifier Condensate System, the bonnet released, striking him in the face. He suffered second degree burns from hot condensate discharging from the system which had failed to vent properly after lockout. Randy, who is the 22nd member of the Plant's Wise Owl Club, is pictured above with Plant Manager John Golden, left, and Jim Hendrix, right.

New Safety Theme Announced

By Gary Wilson
Chairman

Safety Program Subcommittee



.. IN 1979

"Safety all the time in 1979" has been selected as the Brevard plant's safety theme for the coming year. The program subcommittee has adopted the hour glass symbol to remind everyone that safety is a full time effort.

Off-the-job safety is a major concern of the plant. An employee stands a far greater chance of serious injury off the job than on the plant. This is evidenced by the 25 off-job injuries in 1978 with no on-plant lost workday cases during the same period. The kickoff brochure is a reminder to all employees that the same safety knowledge and practices used on the job should be applied at home and at play.

Each one of us or one of our family members has probably been involved in some injury or a close call which could have been prevented by putting our safety knowledge into practice.

We wish each employee a happy new year and hope that you will know, understand and practice "Safety all the time in 1979".

Members of the program subcommittee, in addition to the chairman, are Charlie Bates, Rob Daniels, Margaret Garren, Delos Hooper, Jim Kisner, Gurley Levi, Dana Mason, John Passmore, John Scott, Gary Singleton, Albert Staton, Gus Turner, and Jim Wert.

Peephole Driving Is Dangerous

Frosty weather is the time for peephole driving. Some drivers scrape frost from only a small patch of the windshield. Others cover a small portion of the windshield with a piece of cardboard, using the wiper blade to hold it in place. Another approach, imported from Europe, is to hold the palm of the hand tight against the glass for a minute or two. The heat from the hand will melt the frost. Any of these techniques is equally dangerous.

The safety-conscious driver scrapes the frost from front, back and side windows. Many cover the entire wind-

shield with plastic film or cardboard. Often the cleared surface soon frosts over again, and fogging on the inside of the glass adds to the problem. Aerosol frost removers can suddenly form opaque coatings of frost crystals after the driver has started his trip.

If you don't have a heated garage, there's no real substitute for letting your car warm up enough to defrost the windshield. You'll be comfortably warm and driving conditions will be less frustrating. Above all, you will be able to see how to drive safely. Don't be a peephole driver!