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**A new year brings the opportunity to start fresh** in many areas of life. For many people, this means big plans and aspirations, and often, resolutions. For some suggested risk resolutions from the Nonprofit Risk Management Center (NRMC), check out their [infographic](#). According to historical accounts, the earliest recorded New Year's celebration took place around 4,000 years ago in Babylon. When Julius Caesar reworked the calendar year to sync with the sun, he declared January 1 as the start of the New Year to honor Janus, the month's namesake and the Roman god of beginnings. Many traditions, including eating special foods, singing songs and making resolutions are also important on the eve of January 1st. Although resolutions are extremely common, they are often difficult to maintain. According to a 2002 study from the *Journal of Clinical Psychology* nearly one-third of people who make resolutions will have given up on their goals by the end of the second week, and more than half will have fallen off track by June. Given these statistics, what are some ways you can help make your resolutions stick? Read more [HERE](#).

**It is often called the silent killer for a reason.** Carbon Monoxide (CO) is an invisible, odorless, colorless gas created when fuels (such as those used in heating buildings) burn incompletely. In the homes, shelters and other residence facilities heating and cooking equipment that burn fuel can be sources of carbon monoxide. CO alarms should be installed in a central location outside each sleeping area and on every level of homes and facilities where people reside. People can be poisoned by a small amount of CO over a long period of time or by a large amount over a shorter amount of time. Fire departments around the US responded to over 80 thousand non-fire CO incidents in 2010, or an average of nine calls per hour. Read more about Carbon Monoxide Safety in the [Online Resource Library](#).

**Fitness training balls, also known as stability and exercise balls,** are commonly used at fitness facilities around the country. They are typically rugged and durable, but are not without limits. When not used in a proper manner, and within manufacturer's recommendations, they can burst. As recently as 2009 the Consumer Product Safety Commission (CPSC) recommended the recall of nearly 3 million exercise balls due to a number of reports of various injuries to consumers. The majority of these and continuing injuries are due to improper use rather than equipment defect. Read about safe use considerations in the [Online Resource Library](#).

**Standing for long periods of time or sitting at a desk all day** can take a toll on your neck. Workplace injuries are not limited to maintenance workers. Workers with more stationary responsibilities should take time throughout the day to stretch or for a break. [Simple neck stretches](#) can help to prevent or reduce stiffness and pain.

## **Did you see this in the previous E-news:**

**Is your Staff prepared to accept breastfeeding mothers?** Public health advocates are stressing the importance of breastfeeding infants. The Centers of Disease Control and Prevention ([CDC](#)) has identified breastfeeding as “one of the most highly effective preventive measures a mother can take to protect the health of her infant”. Many mothers are following this advice while attending parent-child classes or in another public venue. Unfortunately the Internet is flooded with stories of how organizations have not recognized a mother’s right to breastfeeding in public. Many states have laws protecting the rights of mothers along with federal statutes. Organizations should review their state [Public Breastfeeding Law](#) and ensure they have a policy in place that complies with laws. More information is available in the Online Resource Library [HERE](#).

**Most work-related injuries are preventable.** The US Bureau of Labor Statistics (BLS) encourages employers to understand the simple fact that education and training can prevent most injuries in the workplace. BLS recently released its annual Survey of Occupational Injuries and Illnesses and reported that approximately 3 million private-sector workers in the US suffered severe injuries or illnesses on the job in 2013. While 3 million workers with serious injuries or illnesses at work is far too high a number according to BLS, the injury rate in the US has steadily declined for several years. BLS encourages employers to take a proactive approach to preventing health and safety hazards on the job. Employers should find and fix hazards before injuries occur. Read more [HERE](#). Staff safety information is available in the [Online Resource Library](#).

## **This Month’s Topics:**

*New Year’s Resolutions*  
*Carbon Monoxide Safety*  
*Use of Fitness Balls*  
*Ergonomics*  
*Public Breastfeeding Policies*  
*Preventing Workplace Injuries*