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# KSU Division of Facilities

# Monthly Safety Bulletin

“Safety First Doesn’t Hurt”

FEATURING: Healthy Food Choices While Traveling

## NEWSFLASH: OSHA Employee Responsibility

It is NOT OK to get HURT!

Safety is part of job performance.

- a) Take reasonable care for the safety and health of yourself and of other persons who may be affected by your acts or omissions at work;
- b) Co-operate with your employer or any other person in the discharge of any duty or requirement imposed on your employer or that other person by OSHA;
- c) Wear or use at all times any protective equipment or clothing provided by your employer for the purpose of preventing risks to our safety and health;
- d) Comply with any instruction or measure on occupational safety and health instituted by your employer or any other person by or under OSHA or any regulations made thereunder.



In celebration of our 40th anniversary, OSHA held the Picture It!: Safe Workplaces for Everyone photo contest. The contest challenged anyone with a passion for photography to capture an image of workplace safety and health and share it with OSHA. In response, OSHA received more than 300 submissions portraying a wide range of industries and activities.



Public Contest Winner

"This is a great captured moment that tells the story of workplace safety. These men are perfectly covered up in hats to protect themselves from the sun. They are using proper tools and protecting themselves with gloves and foot coverings."  
-- Kathleen Klech, Photography Director, Condé Nast Traveler Magazine and Photo Contest judge

# **Health & Safety Tip of the Month:** Healthy Fast Food: A Rest Stop Survival Guide

We all have the best intentions of [eating healthy food](#) and exploring unique local restaurants when we travel, but what happens when you're stuck on a lonely highway with only a rest stop for sustenance? Let's face it -- even health-conscious travelers may find themselves dining at a fast food joint on occasion. But there's no need to blow your diet. Print out our guide to the healthiest options at seven national fast food chains and keep it at hand on your next road trip.

## Arby's

Your best bet on the Arby's menu is the Chopped Farmhouse Salad with turkey and ham, weighing in at 250 calories without dressing. Rather have the Chopped Farmhouse Chicken Salad? Substitute roasted chicken for fried.

► [Arby's nutrition information](#)

## Burger King

You may be surprised that Burger King's Whopper Junior without cheese or mayonnaise actually has fewer calories (340) than the chain's Tendergrill chicken sandwich without mayonnaise (360). Even better is a garden salad with (300 calories) or without (140 calories) grilled chicken. Choose a fat-free or reduced fat dressing.

► [Burger King nutrition information](#)

## Kentucky Fried Chicken

The good news: KFC recently retooled its famous fried chicken recipe to eliminate trans fats. The bad news: That extra-crispy poultry is still a bad bet if you're trying to lose weight or stay healthy (one original recipe fried chicken breast packs in 370 calories). Instead, choose a Caesar or side salad (if you get the Caesar, ask for roasted chicken rather than crispy). Watch the dressings -- using the whole packet can more than double the calorie and fat content of your salad. Green beans, corn on the cob, three bean salad and "Mean Greens" are the healthiest sides.

► [Kentucky Fried Chicken nutrition information \(PDF\)](#)

## McDonald's

McDonald's has a fairly wide variety of salads, but keep in mind that bacon, fried chicken and cheese can make a salad just as fattening and artery-clogging as a burger (if not more!). Be sure to order grilled chicken rather than crispy and ask for a low-fat dressing; any premium salad topped with grilled chicken and low-fat balsamic vinaigrette dressing is 260 - 360 calories. As always, side salads are a simple, healthy alternative. In the mood for a sandwich? The basic hamburger actually has fewer calories (250) than a Premium Grilled Chicken Classic (420). The grilled Snack Wraps are also a good alternative, with 260 - 270 calories.

► [McDonald's nutrition information](#)

## Subway

While we don't suggest living on Subway sandwiches a la Jared, the chain's famous spokesman, Subway is probably your healthiest choice in the fast food world. On the menu is a wide selection of sandwiches and salads with six grams of fat or less.

► [Subway nutrition information \(PDF\)](#)

## Taco Bell

Health-conscious travelers should look straight to Taco Bell's Fresco Menu, which is made up of items with fewer than 400 calories and 9 grams of fat. Options include tacos and burritos. Beware of the healthy-sounding Fiesta Taco Salad, which has a diet-busting 770 calories (avoid many of those by not eating the shell). The fresco-style taco salads are a much better bet.

► [Taco Bell nutrition information](#)

## Wendy's

A great combination to try at Wendy's is a side salad and a small chili -- two items off the dollar menu that are low in fat and high in fiber. Other good choices include the half-size salads, which all have fewer than 300 calories without dressing or extras (such as croutons or crispy noodles). The Jr. Hamburger weighs in with 230 calories and the Grilled Chicken Go Wrap has just 260 calories.

► [Wendy's nutrition information \(PDF\)](#)