



C.A.N.E.L. LODGE 700

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MONTHLY EH&S REPORT FOR

C.A.N.E.L. LODGE 700

est. in 1959

82 Saybrook Road Higganum, CT. 06441

Phone: 860-345-2098

Email: paul.dickes@sbcglobal.net

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**fight like Hell for the**  
**living by Mother Jones**

## 0010 Monthly Report

### What is the difference between a cold and the flu?

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and [seasonal coronaviruses](#). Seasonal coronaviruses should not be confused with SARS-CoV-2, the virus that causes COVID-19. Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have serious [associated complications](#).

### How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests can tell if a person is sick with flu.

### What are the symptoms of flu versus the symptoms of a cold?

The [symptoms of flu](#) can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

The bottom line is if you have a cold, flu, covid-19 or

even allergies a evaluation of your symptoms is critical for you, your family and your co-workers. We have had

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

several cases in the last two months of members with Covid -19 at work transmitting it to others.

The Union is currently addressing the issue of the RTX

and Pratt & Whitney website with the RIDII link and EH&S procedures not available for employees. Please be patient we know how long it takes the company to respond to issues.

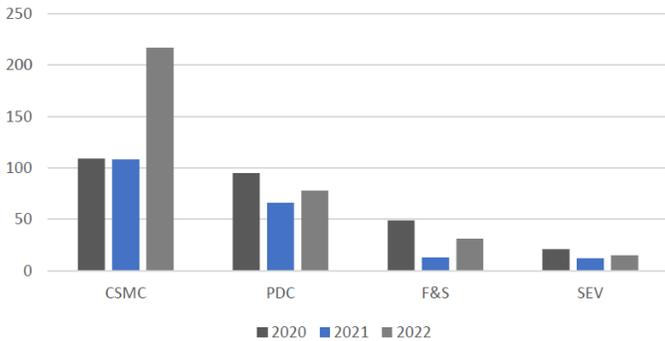


To learn more about the I.A.M.A.W. Safety and Health click on the link [Safety and Health - IAMAW \(goiam.org\)](#)

To view the full Monthly EHS report, go to [iam700.org](#) click on [Environmental Health & Safety – CANEL Lodge 700 \(iam700.org\)](#)

Respectively submitted Chief Union Safety Representative Paul Dickes.

As this year ends and all the great work we have done with RIDII's in 2022, we are hoping to increase the number submitted in 2023. By you submitting a



RIDII you have lowered the risk of injuries to a Union Sister and Brother. There are well over 330 RIDII's submitted. Thank You for everything you have done. Keep up the good work.

November 21st and November 22nd we had a solicitation to join a VEHS teams in Middletown. If you missed this solicitation meeting to Join a VEHS team, please feel free to contact a Union Safety Representative or e-mail me paul.dickes@prattwhitney.com .

Reporting work connected injuries as soon as they happen is very important and filing a Workers compensation [FORM: 30C Notice of Claim for Compensation \(ct.gov\)](#) is the 2nd most important thing to do. I have reported this to the membership several times this year at the monthly meeting and in the Monthly EH&S report and in the Compass. We still have members failing to report injuries and not filing a CT Workers Compensation form out when they are injured. It is critical to fill out this form after reporting your injury.

Go to Connecticut Workers Compensation Commission Web site to view all information concerning Connecticut's workers Compensation Commission.

Here are some Helpful links:

1. [If You're Hurt At Work \(ct.gov\)](#)
2. [What You Need to Know \(ct.gov\)](#)
3. [PUBLICATION: Information Packet \(ct.gov\)](#)
4. [PUBLICATION: An Employee's Pocket Guide To Connecticut Workers' Compensation \(If You Are Injured On Your Job\)](#)
5. [Forms : Claim Forms \(ct.gov\)](#)

If you need help with workers compensation, contact a Union Safety Representative and we will help you as much as we can.

Remember report injuries early and fill out a 30C. The company will not do this for you and they will not tell you of your rights.

Also when you are talking with the insurance agent for workers compensation, they are not your advocate they are the company's paid insurance carrier to handle your case and are not on your side.

When injured tell your supervisor then go to medical. Do not give any other information than what's below

- a. Be concise and to the point. (i.e. lifted a part and felt pain in my shoulder)
- b. Have the nurse repeat your statement that is being entered into your records.

Do not give any more statements to medical, Workers compensation insurance carrier, supervision or anyone representing the company without a Union Safety Representative present. If they make it a condition of employment to talk with them give it under protest and then call a Shop Steward or a Union Safety Rep. **These people are not your friend. If a company Safety Professional sees you, make sure a Union Safety representative is present.**