

June is National Safety Month



National Safety Month

Staying safe at work and at home is often taken for granted, but periodically taking a step back to re-evaluate habits can mean the difference between preventing an accident or having one.

Here are some facts and tips from the National Safety Council:

Workplace safety

- Overexertion, mainly sprains and strains accounts for approximately 40 percent of both on- and off-the-job injuries. Pay attention to what your body tells you.
- Overexertion injuries are caused from excessive lifting, pushing, pulling, holding, carrying, or throwing.
- Know your limits. Don't be afraid to slow your pace or take a break if your body needs one.
- Lighten your load with a friend. Take the strain off with half the load.
- Avoid bending, reaching and twisting when lifting.
- Lift with your legs bent and objects close to your body.

Driving safety

- Crashes from cell phone use and texting while driving are on the rise. Texting while driving is the equivalent of *DRIVING DRUNK!!*
- Both handheld and hands-free devices increase driver reaction time and are equally as dangerous.
- As of Jan. 1, 2010, eight states (California, Connecticut, Maryland, New Jersey, New York, Oregon, Utah, and Washington) and the District of Columbia have implemented handheld cell phone bans and 28 states have text messaging bans for all drivers.
- Research shows drivers who text are eight to 23 times as likely to be involved in a collision.
- Encourage your friends and family to leave their phones out of reach while driving.



Summer safety

- Overexposure to the sun can damage the skin and could potentially cause skin cancer.
- Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat.
- Baseball caps provide little protection except to the face. A brimmed hat should protect the neck, face and ears.
- Carry a source of water with you. Take drinks frequently—every 15 minutes.
- Wear sunscreen that has an SPF of at least 15. (Most dermatologists suggest more, try 30 or 45. Check out clothing specifically made to block the sun and provide protection.)
- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water, if conscious, and seen by emergency medical personnel.



Let's all STAY SAFE all year-round, on and off the job.