

NATIONAL **SAFETY** MONTH

Each June, the National Safety Council celebrates National Safety Month. This year's theme is "Safety: It takes all of us." Join the Council and thousands of organizations across the country to reduce the risk of these key safety issues:



Week 1: Prevent prescription drug abuse

- Ask your doctor about the risk of addiction when he or she advises prescription painkillers. Take these medicines only as prescribed.
- If you suspect a co-worker is abusing prescription drugs, contact your Employee Assistance Program or Human Resources. Signs of abusing these drugs include:
 - Lack of focus or attention
 - Poor judgment
 - Missing work often



Week 2: Stop slips, trips and falls

- Follow your workplace's safety guidelines.
- Keep walkways and stairs free from clutter, water and other falling hazards.
- At home, use grab bars and safety mats in your tub and shower and next to the toilet.



Week 3: Be aware of your surroundings

- Scan your area for potential hazards.
- Follow workplace safety rules for storing objects securely and safe use of machines.
- Pay attention at all times. Do not get distracted when working or when you walk, especially when using your cell phone.



Week 4: Put an end to distracted driving

When you are driving, focus on the road. Do not use your smartphone or cell phone for texting or talking. Hands-free talking does not make driving safer. Your mind is still sidetracked.

- The National Safety Council suggests that you change your voicemail greeting to something like: "Hi, you've reached (insert your name). I'm either away from my phone or I'm driving. Please leave a message."
- Avoid other distractions, too. Examples are eating, talking to passengers, grooming, reading (including maps) and adjusting a radio, CD player, or MP3 player.



Bonus week: Summer safety

- Limit exposure to the sun, especially between 10 a.m. and 4 p.m. Wear a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher, as directed. Wear a wide-brimmed hat and sunglasses that wrap around and block both UVA and UVB rays.
- Follow directions to use outdoor tools and the lawn mower safely.
- Drink plenty of water to help prevent heat-related problems.