

BETTER OUTCOMES THROUGH EMPLOYEE SAFETY AND WELL-BEING

Don't Get Sick, Get Vaccinated!

According to the Center for Disease Control (CDC), influenza, commonly known as the flu, is responsible for the loss of nearly 17 million workdays each flu season. With almost half of the U.S. population getting a flu vaccine annually, prevention is key. Below are some useful tips to prevent the spread of the flu viruses.

Get Vaccinated!

None of us look forward to the flu vaccine, but it does increase your chances of avoiding getting sick, and minimizes the severity of the illness if you do contract the flu virus.

Build a Germ Barrier!

The flu virus is easily passed on from one person to the next. When you touch a contaminated surface and then touch your eyes, nose, or mouth, you easily transmit the virus. Stay home if you are sick and avoid others who are sick people if possible.

Use Common Hygiene Tips!

- Wash your hands often using warm water, soap, and clean drying materials.
- Carry an alcohol-based hand sanitizer with you for times when soap and water are not available.
- Bring along disinfectant wipes to clean any surfaces you are about to touch.
- Take extra care not to touch your mouth, eyes, or nose without washing your hands first.
- Don't share utensils, glasses, plates, etc. with others, and be sure to wash dishes and utensils in the dishwasher or with hot water and soap.

Stay Healthy!

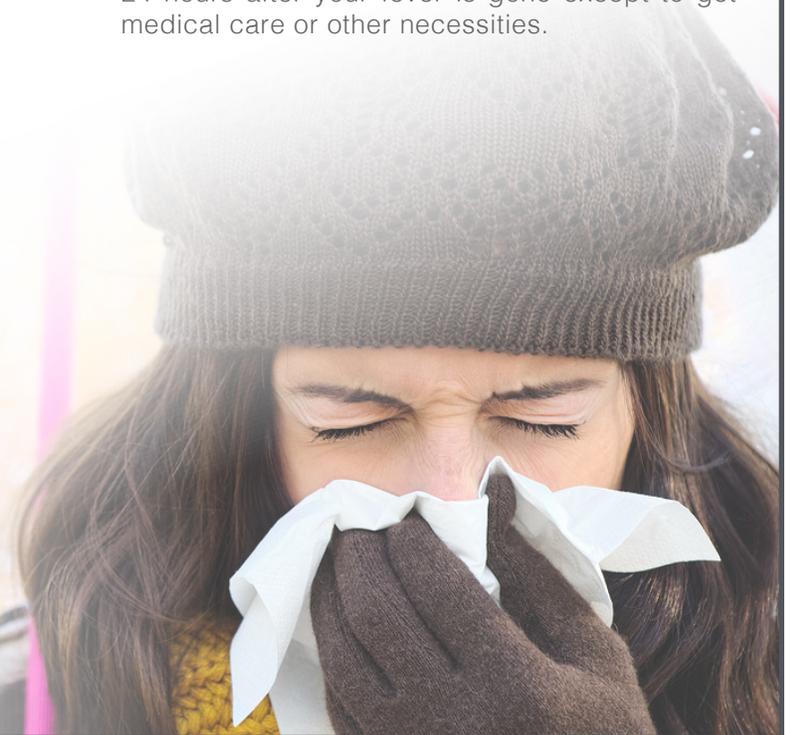
- Eat a balanced diet.
- Exercise regularly.
- Get seven to nine hours of sleep each night.

Quit Smoking!

Smoking makes you more susceptible to the flu. When smokers get sick, they tend to have a more severe infection and have a higher risk of complications.

If you DO get sick, consider these tips:

- Whenever you sneeze, sneeze into your elbow, not your hand, where you can pass the virus to others.
- After you blow your nose, throw out your used tissues. Don't leave them lying around for someone else to find.
- Try to avoid close contact with others who are sick.
- If you are sick with a flu-like illness, limit contact with others.
- The CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.





Keeping a Heads Up on Concussions

As the weather cools down from the heat of summer, a common pastime in the fall is football and other outdoor sports. Participating in outdoor activities is a fun way to stay healthy, though it is always useful to be aware of warning signs to look for in the event of an injury. One of the most serious injuries that could occur is a concussion or Traumatic Brain Injury (TBI). Every day, 153 people in the United States die from injuries that include TBI, representing about 30% of all injury-related deaths. Concussions and TBIs commonly occur after a bump, blow or jolt to the head or body. If you notice anyone experiencing the following symptoms after an injury, it is best to contact emergency services right away:

1. Having trouble remembering events leading up to, or occurring directly after, the injury.
2. Having trouble moving or is moving clumsily.
3. Talking at a slower rate than normal.
4. Fainting or losing consciousness.
5. Experiencing mood swings or rapid changes in behavior.
6. Nausea or headaches.
7. Sensitivity to light or sound.

Source: www.cdc.gov

Knife Safety Reminders

Celebration of Fall often includes carving pumpkins or making pumpkin pie! Cutting into the thick skin of a pumpkin can be difficult. Use proper precaution to prevent an accidental knife injury. Safety statistics tell us that knives cause more disabling injuries than any other hand tool. Tips to reduce the likelihood of a cut or puncture include:

- Use knives **ONLY** when your hands and the knife are free of oil, grease, or other wet substances to prevent handles from slipping.
- Cut **AWAY** from your body. If you must cut towards your body, use proper protective equipment such as a cut resistant apron.
- Mark the area you plan to cut to reduce the chance of error.
- Use sharp knives as dull knives require extra force and increase the probability of an injury.
- Never use a knife that is defective or broken.
- Carry all knives in a sheath or holder. Try using retractable knives if possible.
- Hold materials steady when cutting.
- Do not allow children to use any knives without adult supervision.



Source: Knife Safety Reminders SafetyConnection