

Prevention Awareness

Oneida County Prevention Council Bulletin

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Play it safe, be prepared

June is **National Safety Awareness** month and the commonalities between prevention and safety awareness far exceed their differences. Safety Awareness month aims to reduce the leading causes of injury and death at work, on the road and in our homes and communities through encouraging preventative measures. This falls in line with prevention, proactively addressing risks to decrease negative consequences. Each week of June there is a theme the National Safety Council focuses on, provided below are ways to engage each week.

Week 1: Stand up to falls. Falls in the home are one of the leading causes of injury-related deaths in the U.S., second only to poisoning. Youth are at a higher risk of falling according to a Purdue University study that found over 50% of them fell during daily activities which can include engagement in sports.

Be proactive: Use non-skid rugs, keep drawers and cabinets closed, be aware of wet or slippery surfaces, ensure that there is adequate lighting, refrain from walking while distracted, and be aware of your surroundings.

Week 2: Recharge to be in charge (focusing on fatigue). According to the CDC 1 in 3 adults don't get enough sleep and an estimated 37% of the U.S. workforce is sleep deprived. Proper sleep allows us to recharge our stamina and effectively address any risks.

Be proactive: Get 7-9 hours of sleep daily, this increases to 9-9 ½ hours for adolescents, stick to a schedule (go to bed and wake up at the same time every day, including the weekends), avoid eating before bed, and avoid any electronic devices before bed.

Week 3: Prepare for active shooters. The National Safety Council encourages individuals to be prepared for some difficult situations such as an active shooter, as they can often act erratically this can be your best defense.

Be proactive: Do your best to remain calm in any situation, be aware of where the exits are, silence any electronic devices, always flee if possible, and when it's not, hide in an area out of sight. If you see something suspicious, say something, contact authorities immediately.

Week 4: Don't just sit there (focusing on ergonomics). In most cases back pain is not the result of a serious underlying issue but the result of actions such as improper lifting and straining. About 80% of the U.S. population will experience back pain at some point in their lives.

Be proactive: Lift safely in all situations, keep your back straight and bend at your knees, lift with your legs not your back, make sure your feet are firmly planted on solid and even ground when possible, and ask for help when necessary. For more information visit www.nsc.org/act/events/Pages/national-safety-month.aspx

Did you know?

- Falls are the most common cause of traumatic brain injuries, including concussions.
- Sleep deprivation has been shown to raise the risks of depression, obesity and heart disease.
- It is estimated that only 9% of high school students get an adequate amount of sleep at night.
- 31 million individuals in the U.S. will experience low-back pain at any given time.
- Smoking and carrying extra weight can make you more susceptible to back injuries.
- An average of 11.4 active shooter incidents occurred annually from 2000-2013 with an increasing trend.

If you have any questions, or are interested in prevention services please contact Jodi Warren, Prevention Coordinator, at jwarren@cflrinc.org or by calling 315-768-2643.