



Plan for Health: June 2021

This month's highlights include National Safety Month, Family Health and Fitness Day, and Sharecare's featured Challenge.

National Safety Month

When one thinks of National Safety Month, they may think it just involves the workplace. However, it encompasses more than that. National Safety Month brings awareness and efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities. This month will highlight a safety concern in each of these categories.

Workplace safety

One safety concern at the workplace are injuries due to poor ergonomics. Ergonomics is the study of people's efficiency in their working environment. 1.5 million workplace injuries are reported each year and about half are attributed to poor ergonomics. With many people shifting to working from home this past year, it's important to make sure you have an ideal work space in place.

The following are steps you can take to help you optimize your well-being and overall performance:

- Avoid awkward postures that put strain on joints.
- Adjust the height of work tables.

- If sitting for extended periods of time, adjust chairs so you have proper leg and back support.
- Reduce frequency, duration, and severity of exposure to elements that may cause stress.
- Take rest breaks to interrupt ongoing repetitive movements.

Road Safety

While road safety consists of multiple topics from teen driving to bicycle safety, this month will bring awareness to distracted driving. Each year more than 3,000 people die in car crashes involving a distracted driver. Distracted driving consists of any activity that diverts attention from driving, including talking or texting on your cell phone, drinking and eating, talking to people in your vehicle, and fiddling with your stereo system. Texting is the most alarming distraction. In the 5 seconds it takes to read or send a text, at 55 mph you will have gone the length of an entire football field. So, what can you do to ensure you minimize your distractions while behind the wheel?

- Stop using cell phones while driving.
- Recognize hands free devices offer no safety benefit.
- Understand the dangers of cognitive distraction to the brain.
- If you're a parent, lead by example.
- Tell others about the dangers of cell phone distracted driving.

Homes & Communities

167,127 people died in 2018 from a preventable injury. The majority of these deaths are happening outside the workplace in people's homes and communities. Community safety involves a wide array of topics such as opioids, choking and suffocation, older adult falls, emergency management, child safety, poisons, and distracted walking. With the start of pool season, this month will highlight the importance of water safety. Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year. Drownings continue to be the second leading cause of preventable death through age 15. Keep these precautions in mind this summer when in or near the water:

- Never swim alone.
- Don't push or jump on others.
- Don't dive in unfamiliar areas.
- Learn CPR and rescue techniques.
- Make sure the body of water matches your skill level.
- Never leave your child alone around water.

For more safety tips, visit [\[nsc.org\]](http://nsc.org)nsc.org.

Family Health and Fitness Day relaxation

Warmer weather means more opportunities to get outside and get active! Celebrate Family Health and Fitness Day on Saturday June 12, 2021! Every year, the second Saturday in June is promoted to help encourage the importance of parks and recreation in keeping communities healthy. Ways to participate include having fun at a nearby playground, enjoying a healthy picnic lunch at a park, going for a hike, visiting an outdoor farmers market, playing a sport, or going on a bike ride. So round up the family and get some fresh air!

Sharecare featured Challenges

Stay Focused, Stay Safe Challenge

Staying focused can be difficult as we are surrounded by constant distractions in an always-connected world. Stress, sleep loss, dehydration, inactivity, an unhealthy diet and other lifestyle factors could also play a role. For National Safety Month, work on improving your focus to help stay safe! Join this challenge starting on May 25th by going to [\[mycare.sharecare.com\]](http://mycare.sharecare.com)mycare.sharecare.com, and clicking Achieve à Challenges à Upcoming and join the challenge. Track 21 days starting June 1st to meet the goal in the month of June.

Please see the attached flyer for a healthy summer recipe.

Plan Ahead: Join us next month for July's health topic: **National Park and Recreation Month and UV Safety Month.**