

June is National Safety Month

National Safety Month 2020

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How to Protect Yourself & Others? COVID-19

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness (CDC, 2020)

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

hands wash light icon

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

people arrows light icon

Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

head side mask light icon

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

box tissue light icon

Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

spraybottle icon

Clean and disinfect

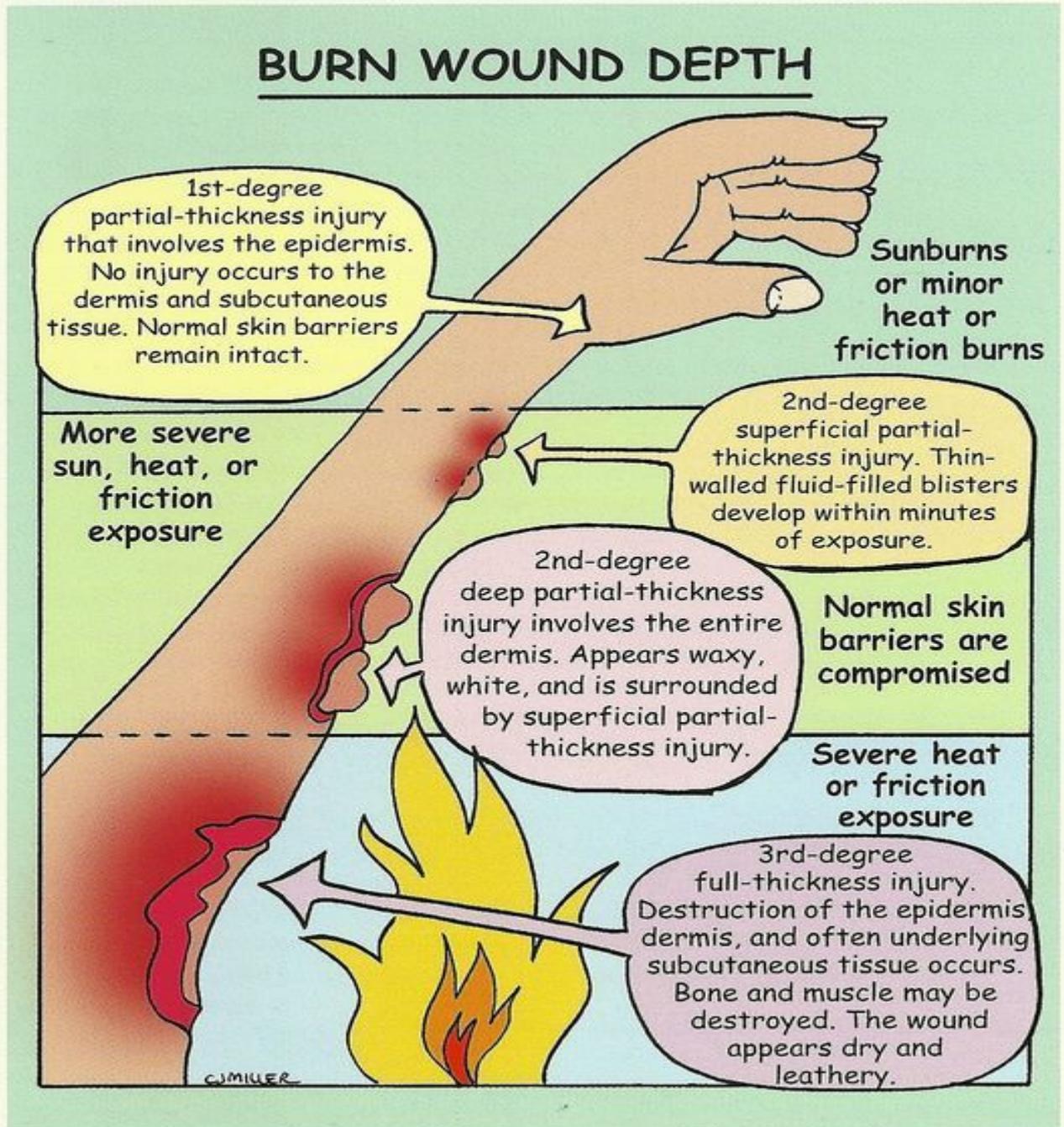
- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectant](#)[external icon](#) will work.

head side medical light icon

Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

BURN WOUND DEPTH



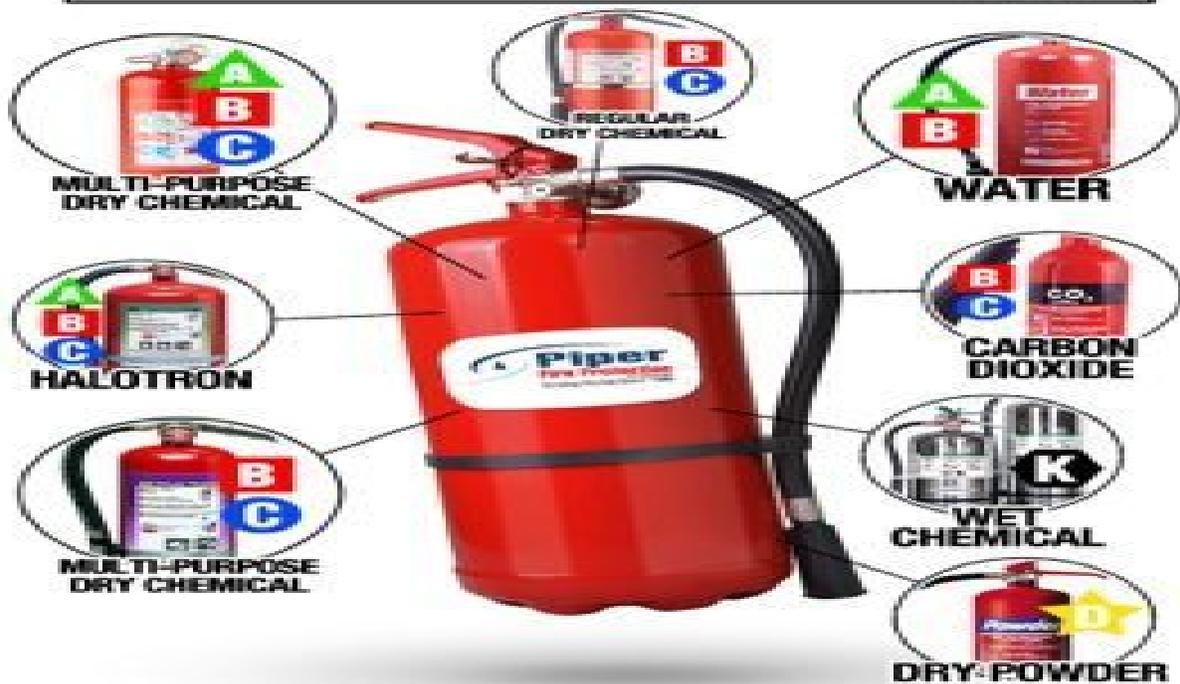
TYPES OF FIRE EXTINGUISHERS

AND WHAT EACH OF THEM DO.

Due to the spectrum of materials and chemicals that can catch fire, there are a variety of fire extinguisher types containing distinct agents. Having the right type of extinguisher is crucial to maintaining a safe home or workplace.

CLASSES OF FIRES

 Class A General flammable materials such as fabric, paper, and lumber.	 Class B Combustible liquids such as motor oil, automotive fuel, and paint.	 Class C Electric current and devices.	 Class D Flammable metal.	 Class K Kitchen flammable, such as grease or fat used in a frying pan or deep fryer.
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WWW.PIPERFIRE.COM

Protection Matters

Ear Protection

- use in noisy areas to avoid hearing loss

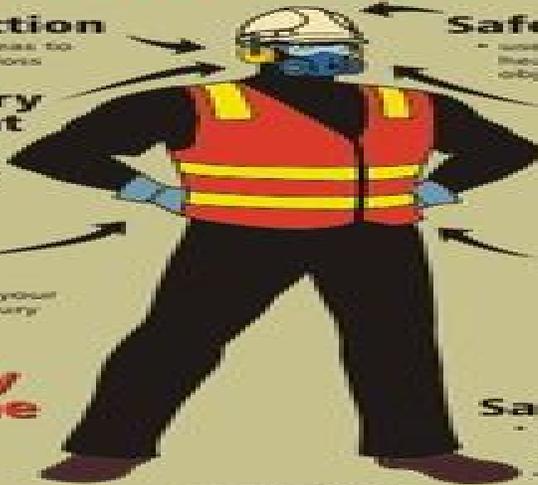
Respiratory Equipment

- use to protect from inhaling dust and other contaminants

Safety Gloves

- use to protect your hands from injury

You only have one body!



Safety Helmet

- use to protect your head from falling objects

Safety Glasses

- use to protect eyes from flying particles

Reflective Clothing

- use to make sure you are highly visible to other personnel

Safety Shoes

- use to protect your feet from falling or rolling objects

Personal Protective Equipment (PPE)

WORK SAFE

Select and use the appropriate PPE to help minimize exposure to physical, chemical, mechanical, electrical, radiological & other workplace hazards.

BE SAFE



Head Protection

Hard hats help provide protection from head impact, penetration injuries, and electrical shock. Ensure hard hats fit properly and are well maintained.



Eye/Face Protection

To protect against hazards and use spectacles, goggles, side shields, face shields, or special shields and helmets to help provide eye and face protection.



Hearing Protection

Earplugs and earmuffs are designed or molded and designed to help prevent hearing damage, as well as reduce the physical and psychological stress of a noisy work environment.



Respiratory Protection

Properly fitted and used respirators select the proper respirator to help protect against the effects of harmful dusts, gases, vapors, fumes, mists, and sprays or aerosols.



Body Protection

Choose the proper clothing and gear for protection from heat, radiation, fire, acids, molten metal, and more. Include fall protection equipment and high-visibility clothing when needed.



Hand Protection

Select the right gloves for the job to minimize injuries, such as cuts, lacerations, abrasions, chemical and thermal burns, and prevent harmful substances from absorbing into the skin.



Foot/Leg Protection

Foot and leg safety shoes and boots can help prevent injuries from sharp objects, falling or rolling objects, molten metals, electrical hazards, hot surfaces, and slippery surfaces.



HAZMAT STUDENT

Online Safety Training Courses

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United Services Group

OSHA's Heat Safety Tool App



TUESDAY SAFETY TIP

HEAT ILLNESS

What is heat illness?

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken such as drinking water frequently and resting in the shade or air conditioning. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

Symptoms of Heat Exhaustion:

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Cramps
- Nausea/Vomiting
- Fast heart beat

Symptoms of Heat Stroke:

- Red, hot, dry skin
- High Temperature
- Confusion
- Convulsions
- Fainting

If someone in your crew has symptoms:

1. Inform your supervisor you need medical help and call 911.
2. Start providing first aid while you wait for ambulance to arrive.
3. Move the person to a shaded area to aid in cooling them off.
4. Little by little, give them water (as long as they are not vomiting).
5. Loosen their clothing.
6. Help them cool off: fan them, use ice packs under the arm and soak clothing in cool water.

Safe Work Practices and Tips:

- Watch out for early symptoms. You may need medical help.
- "Easy does it" on your first days of work in the heat. You need to get used to it.
- Rest in the shade - at least 5 minutes as needed to cool down.
- Drink water even if you aren't thirsty - every 15 minutes.
- Wear hats and light-colored clothing.
- Have water, shade to rest, and training/emergency plan in place.

Source: OSHA, <http://www.osha.gov/heat/>

Phone: (980) 237-1335

For more information, visit us at www.united-services.com

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Common Blood Pressure Medications

There are a LOT of medications to treat hypertension. Keep them all straight with our handy chart!



ACE Inhibitors

Works by: Dilating blood vessels to increase the amount of blood pumped by the heart, while also lowering blood pressure.

Typical suffix: -pril

Common Drugs: Enalapril (Vasotec)
Lisinopril (Prinivil, Zestril)
Quinapril (Accupril)
Benazepril (Lotensin)



Beta Blockers

Works by: Making the heart beat slower and less forcefully, which in turn lowers blood pressure.

Typical suffix: -olol

Common Drugs: Metoprolol (Lopressor, Toprol-XL)
Atenolol (Tenormin)
Propranolol (Inderal LA, InnoPran XL)
Bisoprolol (Zebeta)



Calcium Channel Blockers

Works by: Relaxing and widening the arterial blood vessel walls. Some also slow heart rate.

Typical suffix: -pine

Common Drugs: Nifedipine (Procardia)
Nisoldipine (Sular)
Amlodipine (Norvasc)
Diltiazem (Cardizem, Tiazac)



FOLLOW UNION TEST PREP ON:



NATIONAL SAFETY MONTH

Each week throughout National Safety Month in June is an opportunity to make a difference in your home, work, and community.

Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood.

HOW TO OBSERVE

Get involved!

- Report repairs as they are needed
 - Hold drills at home to help children know what to do in the event of
 - fire
 - tornado
 - medical event
 - another natural disaster
 - Volunteer to participate in community emergency preparedness events
 - Put together a first aid kit
 - Take a CPR class
 - Teach someone to change a tire properly and safely
 - Learn about proper storage and disposal of medications
 - Take a defensive driving course
 - Learn how to identify fall hazards in a home
- Visit the National Safety Council [website](#) for tips and resources and use

#NationalSafetyMonth to share on social media.

HISTORY

The [National Safety Council](#) promotes National Safety Month annually.

There are over 1,500 national days. Don't miss a single one. Celebrate Every Day® with [National Day Calendar](#)!