

JUNE IS SAFETY MONTH

KEEP UP WITH ANNUAL AND SCHEDULED DOCTORS APPOINTMENTS

Preventative care visits are very vital in keeping you healthy. You should at least see your primary care physician once a year to determine your overall health condition. If there happens to be anything concerning it is better to find out as early as possible to give you the best chance of recovery.

If you are experiencing any symptoms such as pain, soreness, trouble thinking clearly, weakness, extreme fatigue, dizziness, loss of hearing etc. please schedule a visit with your doctor promptly.



ARE YOU PREPARED FOR AN EMERGENCY?

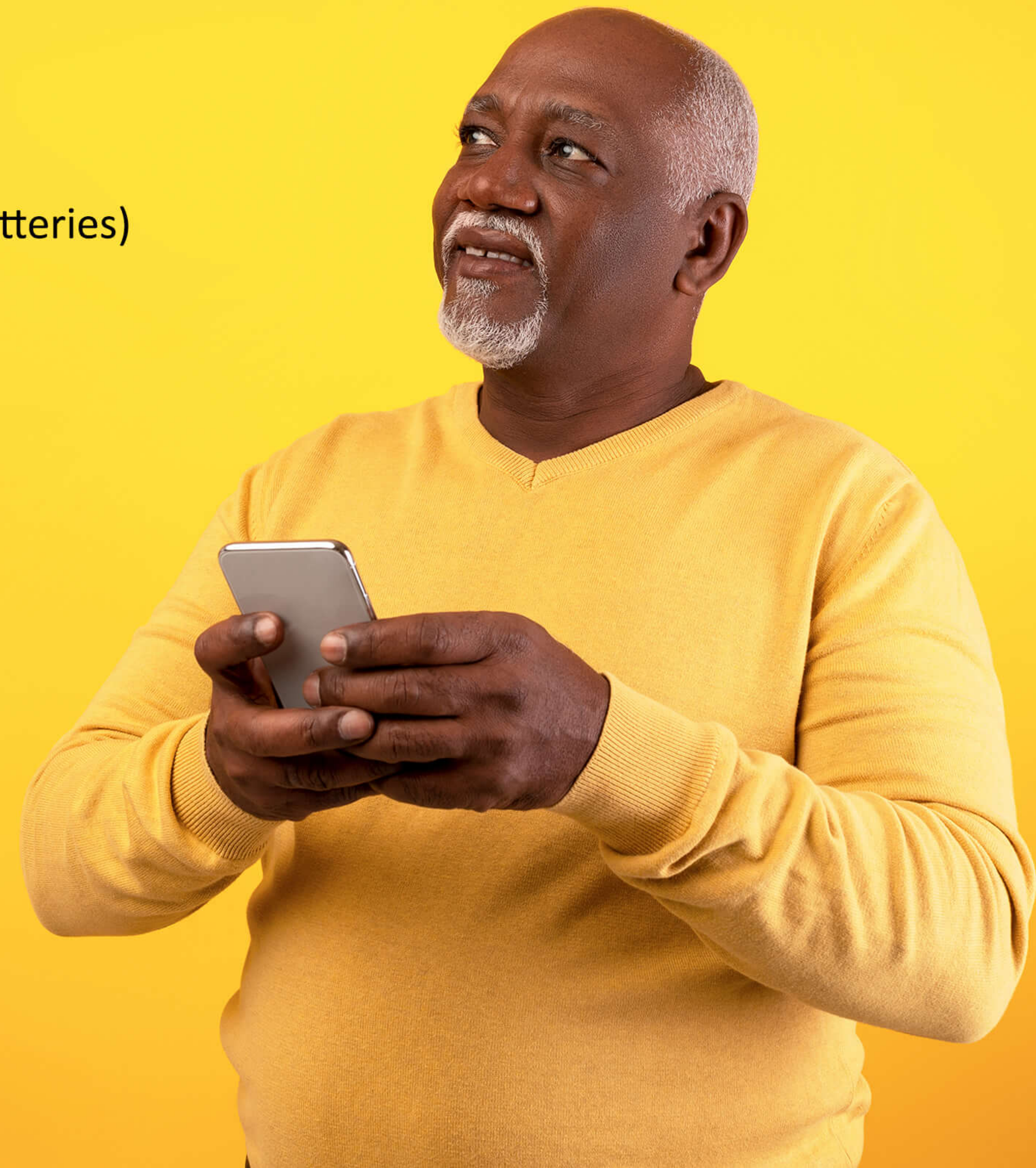
The Boyscout Motto is “Always Be Prepared.” Whether we want to admit it or not at somepoint in your life you will have an emergency of somesort. It is a good idea to prepare as much as you can for when it takes place.

HURRICANE EMERGENCY

- An emergency food, water, and medicine supply
- Emergency power sources such as flashlights (don't forget extra batteries)
- Safety and personal items
- Important documents, including medical documents, wills, passports, and personal identification
- A fire extinguisher
- Emergency contact phone numbers

MEDICAL EMERGENCY

- Doctors information
- Emergency contact list
- List of medications
- Emergency response pendant
- First aid kit



WATCH OUT FOR SLIP AND FALLS

In the United States alone, falls account for more than 8 million hospital emergency room visits, representing nearly one-quarter (21.3%) of all visits, according to the National Floor Safety Institute (NFSI).

WATCH OUT FOR THE FOLLOWING:

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Sloped walking surfaces
- Shoes with wet, muddy, greasy or oily soles
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without skid-resistant surfaces
- Metal surfaces
- Weather Hazards — rain, sleet, ice, snow, hail, frost, wet leaves or pine needles

THINGS TO DO TO PREVENT SLIPS AND FALLS:

Remove Clutter and keep walkways clear
Avoid wet surfaces
Avoid cords and cables across walk ways
Wear anti slip shoes and keep shoes tied
Install hand rails in shower or bathroom
Make sure areas are well lit.



HEAT RELATED ILLNESSES

SIGNS AND SYMPTOMS:

HEAT STROKE: high body temperature 103 or higher, hot, red, dry, or damp skin, fast pulse, headache, dizziness, nausea, confusion, loss of consciousness.

HEAT EXHAUSTION: heavy sweating, cold, pale, clammy skin, fast, weak pulse, nausea, vomiting, muscle cramps, tiredness, weakness, dizziness, headache, fainting.

HEAT CRAMPS: heavy sweating during intense exercise, muscle pain or spasms

SUNBURN: Painful, red and wark skin, blisters on the skin.

HEAT RASH: red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases).

WHAT TO DO WHEN THESE SYMPTOMS OCCUR:

HEAT STROKE: Call 911 right away, move the person to a cooler place, help lower the persons temperature with cool cloths, or a cool bath.

HEAT EXHAUSTION: Move to a cool place, loosen clothing, put cool wet cloths on your body, sip water, seek medical attention if symptoms worsen.

HEAT CRAMPS: Stop physical activity, move to a cool place, drink water or sports drinks, wait for cramps to go away, get medical attention if symptoms worsen.

SUNBURN: stay out of the sun until sunburn heals put cool cloths on, take a cool bath, use lotion, do not break blisters.

HEAT RASH: stay in cool dry place, keep rash dry, use powder to soothe rash.

