

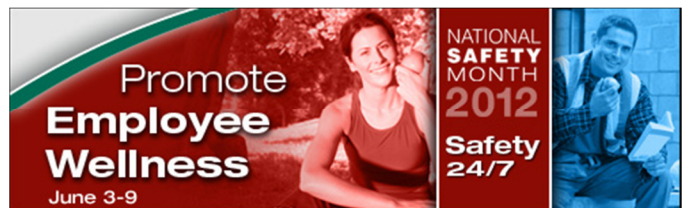
LiveWell @work with Iowa Methodist Occupational Medicine

NSC Promotes June 2012 as National Safety Month

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. NSM is an annual observance to educate and influence behaviors around the leading causes of preventable injuries and deaths. Each week carries a theme that brings attention to critical safety issues.

Week 1: Employee wellness

Small changes can make a big difference to your health and wellness. If people made the choices to eat better, engage in more physical activity and quit smoking, at least 80% of all heart disease, stroke and type 2 diabetes – and up to 40% of cancer – could be prevented.



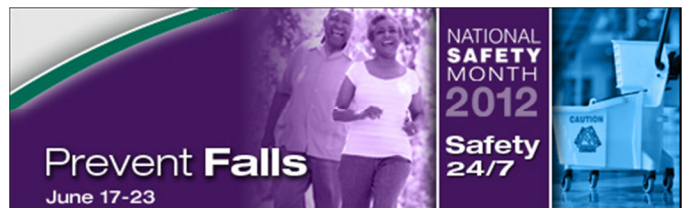
Week 2: Ergonomics

Ergonomics involves designing the job environment to fit the person and is important to take into consideration at work, but also while working on projects at home. It's about learning how to work smarter and preventing conditions such as overexertion.



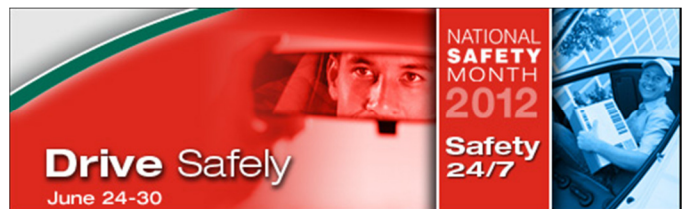
Week 3: Preventing slips, trips and falls

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but risk factors include physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace.



Week 4: Driving safety

Driving is one of the most dangerous activities you will do each day. As traffic on the roads increases during the summer months, keep in mind tips on issues such as cell phone distracted driving, safety belt use, impaired driving and aggressive driving to stay safe when driving.



Source: http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx?VanUrl=nsm