



June is National Safety Month

According to the National Safety Commission (www.nsc.org) the number of injuries at the workplace are declining, but the number of unintentional injuries off the job are on the rise. We can prevent this rise by being prepared not only at work, but in our community and our homes as well. Use the tips below to help you become more prepared for dangerous or emergency situations:

Workplace Safety

- ✦ Take frequent stretch breaks when working at a desk.
- ✦ Use protective gear when needed (ie; goggles, glasses, gloves, etc).
- ✦ Use proper lifting technique, and get help carrying heavy objects.



Driving Safety

- ◇ Obey speed limit
- ◇ Slow down in bad weather, crowded areas, etc.
- ◇ Allow enough time to get to your destination.
- ◇ Don't drink & drive...EVER
- ◇ Do not multi-task while driving.
- ◇ Be patient.



Emergency Preparedness (Work & Home)

- ▲ Follow all safety procedures all the time.
- ▲ Learn first aid & CPR.
- ▲ Keep flashlights handy along with extra batteries.
- ▲ Post emergency numbers near phone.
- ▲ Develop emergency plan: www.ready.gov
- ▲ Install and check smoke alarms & CO detectors.



Safety in the Home & Community

- ⊠ Lock up cleaning chemicals out of the reach of children.
- ⊠ Place nightlights in hallways.
- ⊠ Keep walkways free of clutter.
- ⊠ Use non-slip rugs on hardwood/



YOUR CHECKLIST FOR SAFER HEALTH CARE

The following **Five Steps to Safer Health Care** were developed to help you be more proactive about your personal health care. Ask questions to be sure you understand exactly what your health care choices, as well as instructions, are. Think about the risks, benefits and which choice is best for you when making health care decisions. Follow these five steps to make your health care safer and easier.

1. Speak up if you have questions or concerns. It is important to ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to about your health treatment. Taking a relative or friend with you will help you ask questions and understand the answers. Making a list of questions prior to your visit is also a good way to make sure you ask about everything you want and need to know.

2. Keep a list of ALL medications you take. Tell your doctor and pharmacist about the medications you take, including over the counter, non-prescription medications such as pain relievers and dietary supplements. Ask your doctor and pharmacist about side effects and what to avoid while taking your medicine. When you get your medicine, read the label (including any warnings). Make sure it is what the doctor ordered, and know how to use it. If the medicine looks different than you expected, ask the pharmacist about it.

3. Make sure you get the results of any test or procedure. Ask the doctor or nurse when and how you will get the results of tests or procedures. If you do not get results when expected – in person, on the phone or in the mail – don't assume the results are fine. Call your doctor and ask for your results. Ask what the results mean and what you are supposed to do next.

4. Talk with your doctor and health care team about your options if you need health care services or hospital care. If you have more than one hospital or clinic to choose from when health care services are needed, talk to your doctor or other members of your health care professionals team and ask which hospital or clinic has the best outcomes for the kind of care you need. Check with your area hospitals or clinics about their experience in performing a particular procedure and what their results have been. At discharge, be sure to ask about follow up care. Be sure you understand all instructions before you are sent home.

5. Make sure you understand what will happen if you need surgery or other hospital care. Having surgery is a scary, but common thing these days. Make sure your doctor and your surgeon agree on exactly what will be done during the operation. Tell the surgeon, anesthesiologist and nurses about any allergies, bad reactions to anesthesia, and any medications you are taking. Ask your doctor exactly who will be managing your care while you are in the hospital. Ask your surgeon exactly what will be done, how long it will take, what will happen following the surgery, and what to expect during your recovery. Be sure you ask and understand before the surgery is performed.

Ask Questions

Do you ask questions and voice your concerns until you understand the answers? Do you bring a friend or relative along to ask additional questions and to better understand what your health care professional tells

Know Your Medications

Do you maintain a list of all your current medications and dosages? Do you tell your health care provider about all of the medications you take (prescription and non-prescription)? Do you read prescription labels and warnings closely?

Understand Your Test Results

Do you ask how your test results will be given to you, and when your test results will be given to you? Do you ask how your test results will be given to you, and when your test results will be given to you? Do you assume results are okay if none are provided to you?

Choose the Right Health Care Provider for You

Do you ask your doctor about your care options? Do you understand what is involved in your follow up care? Do you speak up if you don't understand the discharge instructions?

Understand ALL of Your Surgery Options

Do you understand what will happen before, during and after surgery? Did you tell the surgeon and anesthesiologist about any allergies or bad reactions to anesthesia and all medications you take?

If you have any suggestions for future newsletters or questions please submit them to: casey.oakes@healthstatinc.com

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