Signs of Stroke? Think F.A.S.T.

Every year, about 800,000 people suffer strokes in the U.S. A stroke happens when the blood supply to your brain is interrupted or reduced. Strokes can be devastating, but if you think fast, then you may increase your chances of recovering, depending on the stroke’s severity.

Use F.A.S.T. to identify the common symptoms of stroke:

- **FACE:** You try to smile and 1 side of your face droops.
- **ARMS:** You attempt to raise your arms and 1 side drops down.
- **SPEECH:** You speak and you have slurred speech or your speech sounds odd.
- **TIME:** Call 911 immediately if you have 1 or more of these symptoms.

Other signs include: dizziness, trouble walking, trouble seeing with 1 or both eyes, confusion, numbness or weakness on 1 side.

Reduce your risk of strokes by practicing these safe habits: Get plenty of exercise (if okayed by your health care provider), manage your cholesterol levels and blood pressure, eat healthy and lose weight if you’re overweight.

CLOSE CALLS: Report Near Misses

- When did the incident occur — date and time?
- Was it early or late in the day?
- What were the conditions? Was it dark? Poor lighting?
- Was weather a factor? Was it raining? Snowing?
- What do you believe caused the near miss?
- Was everyone wearing the proper protective gear?
- Were all safety procedures followed?
- Was it a life-threatening situation? Or a minor injury? Or property damage?
- Have there been similar near misses? If so, pay attention to patterns.
- What can be done to prevent this incident from reoccurring?

These questions need to be answered to prevent a near miss becoming a tragedy.

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Preventing SKIN Cancer

According to the Skin Cancer Foundation, 1 in 5 Americans will develop skin cancer. And, the American Association for Cancer Research states that more than 85% of all skin cancers are estimated to be caused by UV radiation exposure from the sun.

Here are some ways to prevent skin cancer:

- **SEEK** the shade between 10 a.m. and 4 p.m.
- **USE** 1 oz. of a broad-spectrum, SPF 30 or higher sunscreen of daily. It can reduce your risk of developing squamous cell carcinoma and melanoma by 40% and 50%, respectively.
- **EXAMINE** your skin from head to toe every month. See a dermatologist if a mole changes color, shape or size.
- **GET** an annual mole screen by a dermatologist.
- **COVER** up with a hat and clothing, especially if you’re working outdoors.

10 Battery Basics

When used correctly batteries are lifesavers; however, just like everything else, there’s a safe way and an unsafe way to use them. Follow these battery basics to prevent injury or explosion during use:

- Follow manufacturers’ guidelines and be sure to use the correct batteries for the product.
- Don’t mix old batteries and new batteries.
- Use only batteries of the same type and brand.
- Don’t use damaged or corroded batteries.
- Don’t mix alkaline with non-alkaline batteries.
- Install batteries correctly.
- Keep button batteries away from children.
- Don’t store batteries with or near metal objects (in pockets, purses, drawers); it could cause them to short-circuit.
- Don’t charge non-rechargeable batteries.

2.2020

The Smart Moves Toolkit

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