

OnTrack to Wellness

Brought to You by the NYC Transit HR Benefits Wellness Team

February 2020

Safety Around the Clock.

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February is American Heart Month.



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.



F for face

ARMS:

You attempt to raise your arms and 1 side drops down.



A for arms

SPEECH:

You speak and you have slurred speech or your speech sounds odd.



S for speech difficulty

TIME:

Call 911 immediately if you have 1 or more of these symptoms.



T for time

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

Cut out and place in a location where you can easily see it.



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

A **near miss** is defined by the Occupational Safety and Health Administration (OSHA) as "an incident in which no property was damaged and no personal injury was sustained, but where, given a slight shift in time or position, damage or injury easily could have occurred."

An example: An employee trips over an extension cord that lies across the floor but avoids a fall by grabbing the corner of a desk.

Reporting a near miss can prevent a recurrence and a possible tragedy. It's important to describe the chain of events that led up to the near miss.

To do this, follow your company's formal near-miss reporting policy, if it has one, or ask these questions if a near miss occurs on your worksite: ➔



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

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

SAFETY CORNER

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.



February is Cancer Prevention Month.

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:

- 1 Follow manufacturers' guidelines and be sure to use the correct batteries for the product.
- 2 Don't mix old batteries and new batteries.
- 3 Use only batteries of same type and brand.
- 4 Don't use damaged or corroded batteries.
- 5 Don't mix alkaline with non-alkaline batteries.
- 6 Install batteries correctly.
- 7 Keep button batteries away from children.
- 8 Remove batteries with a toothpick or towel if they are corroded. (Don't touch them.)
- 9 Don't store batteries with or near metal objects (in pockets, purses, drawers); it could cause them to short-circuit.
- 10 Don't charge non-rechargeable batteries.



Preying on the Elderly

The Federal Trade Commission (FTC) is constantly on the lookout for fraud, and the following 2 scam calls are cons that prey on elderly people. First, callers posing as Medicare staff are asking for sensitive information, such as Medicare and Social Security numbers, in exchange for free DNA testing. Other callers are claiming to be from the Social Security Administration (SSA), stating that the person's Social Security number (SSN) is suspended. The big problem is that the caller ID can say Social Security Administration.

The FTC's advice:

- Don't trust your caller ID display; scammers have figured out how to fake caller IDs.
- Know that government employees will not threaten to take away benefits, ask for money or personal information to protect your number or benefits.
- Hang up if a caller asks for your SSN, bank account or credit card information.



- Report suspected scams to the SSA Inspector General by calling **800-269-0271**, or learn more at consumer.ftc.gov.

Share this advice with the elders in your life.

TOO HOT! Scald Burn Prevention

Scald burns most commonly occur in the kitchen and bathrooms. According to the American Burn Association, an estimated 376,950 scald burn injuries associated with consumer household appliances and products were seen in U.S. emergency rooms between 2013 and 2017.

Scald burns can be prevented by making sure children are supervised and following these guidelines:

Ensure water temperature at your home is set no higher than 120°F.

Install anti-scald devices in water faucets and showerheads.

Check the water temperature before bathing your baby. A safe temperature is 100°F.

Don't carry or hold your child while cooking.

Use the back burners of your stove and turn pot handles in, away from stove's edge.

Keep hot foods and liquids away from counter edges.

Teach your children not to handle microwaved foods and to open microwaved containers slowly to avoid steam burns.

Don't use a wet oven mitt or potholder. Combined with heat, this can cause scalds.



February 2 to 8 is Burn Awareness Week.



The **Smart Moves Toolkit** including this issue's printable download, **Lowdown on Body Fat**, is at personalbest.com/extras/20V2tools.

2.2020