

OnTrack to Wellness

Brought to You by the NYC Transit HR Benefits Wellness Team

June 2022

June is National Safety Month.



QuikQUIZ™: Safety Check

The past few years have been all about protecting yourself from COVID-19. But other safety issues, such as burns, distractions and accidental poisonings, continue to be problematic for workers at home and on the job. Test your knowledge:

1 Prevent scalds by adjusting your water heater so the hottest temperature at the faucet is no more than:

- a. 120°F.
- b. 160°F.
- c. 110°F.
- d. 240°F.

2 Hydroplaning can be prevented or minimized by:

- a. Driving slower or pulling over safely if you're driving in heavy rain.
- b. Staying away from puddles and outer lanes where water accumulates.
- c. Avoiding hard braking and quick turns.
- d. All of the above.

3 Every year OSHA releases its top ten workplace violations after inspections. What violation has remained the top cited violation for the 11th year in a row?

- a. Scaffolding.
- b. Hazard communication.
- c. Falls.
- d. Ladders.

4 You need to dispose of expired or unused prescriptions safely by:

- a. Flushing them down the toilet.
- b. Giving them to someone who needs them.
- c. Bringing them back to a drug take back location.
- d. Keeping them until you need them again.



5 What does HAZMAT mean?

- a. It is a mat used to collect hazardous chemicals.
- b. It is a mat that cushions your feet while standing.
- c. It is a special mask used in hazardous conditions.
- d. It is an abbreviation for Hazardous Materials.

Turn to the other side for answers.



June is Internet Safety Month.

Online Precautions for Children

As a parent or guardian, it's up to you to watch over your children's online behavior. Have ongoing conversations with your children and follow these FBI guidelines:

Know what websites, social media platforms, software, games and apps your children use.

Make sure children use privacy settings to restrict access to their online profiles. Educate them about using strong passwords.

Check their social media and gaming profiles and posts. Talk candidly about what is appropriate and what is not.

Explain the permanency of photos, comments and posts. Explain that once they are shared, they never disappear.

Make it a rule that children cannot meet with someone they met online without your permission or knowledge. **Best bet:** Tell your children not to engage with anyone they don't know in real life.

Report inappropriate contact between your children and adults to law enforcement.

Remind your children that making threats online is against the law, even if it is a joke.



SAFETY CORNER

National Trailer Safety Week is June 5 to 11.



Towing Safely

Planning on towing something soon? Towing a boat, trailer or another vehicle takes a skilled, attentive driver and the right preparation. Before you tow:

Check tire pressure on your vehicle and the trailer.

Make sure running lights, brake lights, turn signals and hazard lights are working on your vehicle and trailer.

Secure the hitch, coupler, draw bar and other connecting equipment.

Check that safety chains and wiring have enough slack for turns but are not touching the ground.

Ensure brakes are working on both vehicle and trailer.

Make sure the trailer jack, tongue support and stabilizers are raised and locked.

Check load distribution so it is properly balanced and secure the load.

Check side and rearview mirrors to make sure you can see.

For more tips on driving while towing, visit trailersafetyweek.com.

Water, Water, Everywhere

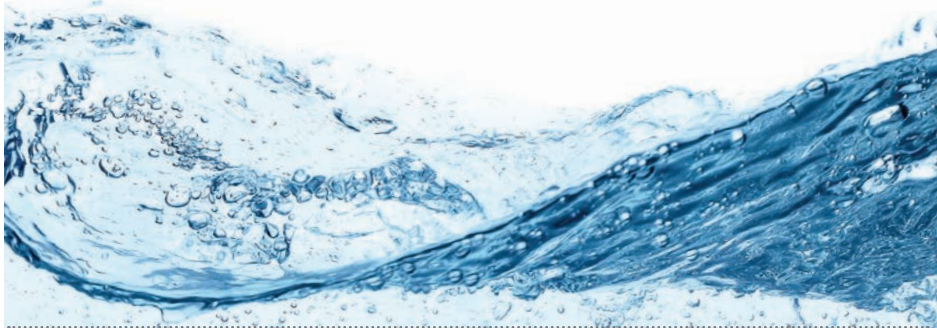
Water intrusion can cause serious safety and health concerns, including respiratory problems from toxic mold, not to mention the damage it can do to your home. Here are some ways to help prevent it and what to do if it happens.

Prevention:

- ✓ **Seal** doors, windows, cracks or holes in exterior walls, joints and foundations.
- ✓ **Check** to make sure roof shingles and flashing are intact after a storm. Repair or replace if necessary.
- ✓ **Label** shut-off valves so you can turn off the water supply if a plumbing leak occurs.
- ✓ **If** you see staining on a ceiling, check your roof, pipes or HVAC system for leakage.
Tip: Other signs can include a musty smell or buckling floors.
- ✓ **Clean** and dry areas where moisture tends to collect.
- ✓ **Allow** air to circulate in storage areas — especially in basements where moisture can be a problem.
- ✓ **Waterproof** your below-ground basement if moisture is an issue in your area.

If water intrusion occurs:

- ✓ **Quickly** remove all standing water and wet materials (if safe to do so). Use towels or a wet vac to clean up whatever water you can. Then, set up fans in a dry area. **Note:** If flooding is severe, call a reputable water damage and restoration company — they have the equipment to make sure your home stays safe.
- ✓ **Throw** out any materials that absorbed water and can't be cleaned or disinfected, such as mattresses.
- ✓ **Toss** out food, beverages and medicines that were exposed to floodwaters, including canned goods and containers with food or beverages, even if sealed.
- ✓ **Evacuate** if severe flooding occurs (turn off electricity if you can do so safely). Don't return until authorities say it's safe.



QuikQUIZ™: Safety Check *Continued from the front.*

Answers:

- 1. a** — Turn down water temperature to 120°F, according to your water heater's instructions. Always check water temperature before placing infants and toddlers in bath water.
- 2. d** — All are ways to avoid hydroplaning. **Tip:** Also make sure your tires are properly inflated, have enough tread and are rotated often.
- 3. c** — Falls are the No. 1 violation for the 11th year in a row.
- 4. c** — Check [fda.gov](https://www.fda.gov) for take back dates and locations near you.
- 5. d** — HAZMAT is an abbreviation for hazardous materials — substances “that may pose a reasonable risk to health, property, or the environment,” according to NOAA.



June is Home Safety Month.



CHECKLIST: Safe and Sound at Home

It's a great month to take inventory of your home safety. Here is a checklist to get you started:

- Pathways and stairways are clear of clutter and obstacles.
- Lighting works, especially in stairways.
- Handrails are on both sides of the stairway and firmly attached to walls.
- There are clear paths to plumbing shut-off valves and electrical boxes.
- Throw rugs have nonslip backings.
- Medicines, chemicals, household cleaners, knives, firearms and power tools are locked and out of children's reach.
- Nonslip decals or mats are installed in your tub or shower.
- Electrical cords are in good condition with no damage or fraying. They do not cross a walking path.
- Extension cords are used only temporarily.
- Your house is baby proofed if you have small children or if small children visit your home.
- Smoke and carbon monoxide alarms are installed on every level and batteries are replaced every six months.
- Working fire extinguishers are in the kitchen and on every floor.
- Deadbolt locks are on every door to the outside.
- Windows have locks but can be opened easily by an adult in an emergency.
- House numbers are visible from the street and on your mailbox.
- Flammable liquids are stored safely away from flammable materials.
- Chimneys, fireplaces, furnaces and other appliances are inspected annually.
- A plan for fire, evacuations or other emergencies is in place and practiced.



The **Smart Moves Toolkit**, including this issue's printable download, **Cultivating Positivity**, is at personalbest.com/extras/22V6tools.

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