

SAFETY ON YOUR MIND

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CHAPEL HILL ISD

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ENERGY SAVING TIPS:

The month of June is National Safety Month. Here are some tips to keep in mind.

June 1-6 Prescription Drug Overdose Prevention

Prescriptions for health can turn into a dangerous cocktail when ill-used. Unintentional drug overdose is the second leading cause of injury/ death in the home. Do not combine or add medications without a doctor or pharmacist's approval. It can possibly lead to harmful reactions, poisoning even death.

It's important to:

- Store medications out of the reach of children.
- Use prescriptions only for their intended use.
- Consult a doctor or pharmacist before combining medications to ensure there are no harmful interactions.

June 7-13 Teen Driving Safety

Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15-19. The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes. For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving. Gradually introducing novice drivers to the traffic environment in phases, also known as Graduated Driver Licensing, has been proven to reduce crash risk and save lives. But, parents also play a key role in changing this trend.

For 16- to 20-year-olds, nearly one in every three deaths is caused by a crash. In fact, collisions are the number one cause of teen death. Letting teens know of the special risks they face as new drivers can help them stay safe behind the wheel.

It's important to:

- Establish a zero tolerance policy for alcohol and drug use while behind the wheel
- Ban calling or texting while driving
- Set a curfew. Teens driving after dark are 4 to 5 times more likely to crash than those driving during the day
- Give your teen experience behind the wheel
- Make graduated driver licensing law in your home. It helps establish driving guidelines and limitations to new drivers and can prevent fatal crashes by up to 38%.

June 14-20 Preventing Overexertion at Work and at Home

Over exertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort. Over exertion injuries, mainly sprains and strains, to the back or spine comprise about 40 percent of both on and off-the-job injuries.

Overexertion is the third leading cause for non-fatal injuries in the United States. Pacing yourself and moving properly can help make you more productive in the end.

It's important to:

- Stretch and/or warm up before heavy lifting or strenuous activity.
- Know your limits. Don't be afraid to slow your pace or take a break if your body needs one.
- Lighten your load with a friend! Take the strain off with half the load.
- Avoid bending, reaching and twisting when lifting.
- Lift with your legs bent and objects close to your body.

June 21-27 Dangers of Cell Phone Use While Driving

An estimated 28 percent of all traffic crashes – or 1.6 million each year – are caused by drivers using cell phones and texting. Cell phone use has increased dramatically during the last 15 years. According to NHTSA, an estimated 11 percent of drivers are talking on cell phones at any point of the day. We need to reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively.

Crashes from cell phone use are on the rise. Both handheld and hands-free devices decrease driver reaction time and are equally as dangerous. As of January 1, 2010, seven states have implemented handheld cell phone bans and 19 have text messaging bans for all drivers. Don't wait for legislation to drive safely.

It's important to:

- Set up a voice mail message that explains you're on the road, practicing safety to protect yourself and fellow drivers.
- Stop texting while driving. Research shows drivers who text are up to 23% more likely to be involved in a collision.
- Pull over and park if a call is absolutely necessary.
- Encourage your friends and family to leave their phones out of reach while driving.

June 28-30 Summer Safety

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. In 2006, between the months of May and August, 611 unintentional-injury deaths occurred due to heat exposure. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

Summer is also a time of increased travel on our nation's roads. Fatalities between motorists and motorcycle riders have increased 131 percent between 1998 and 2008. Remember to watch for motorcyclists this summer when navigating the roadways.

The mileage death rate for motorcyclists was 37 times greater than for passenger car occupants in 2007 you can greatly decrease these staggering numbers. Don't just glance; *look* for all types of vehicles.

It's important to:

- Understand the vulnerability of a motorcyclist. The most common cause of motorcyclist deaths is drivers not seeing them.
- Be extra cautious in intersections. A vehicle turning left in front of a motorcycle is a dangerous situation.
- Encourage motorcycling friends and family to practice safety in wearing bright colors and helmets.

THE QUIZ:

1. Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 16 to 20.
 - a. True
 - b. False
2. Graduated Driver Licensing should be a law in your home to help new drivers stay safe from fatal crashes
 - a. True
 - b. False
3. Overexertion is the third leading cause for fatal injuries in the United States
 - a. True
 - b. False
4. Both handheld and hands-free cell phones increase the driver's reaction time
 - a. True
 - b. False
5. Motorcyclist deaths are most commonly caused by excess speed

- a. True
- b. False

DID YOU KNOW

Collision with birds causes more than a billion dollars' worth of damage to aircraft each year.
The average baby cries at 90 decibels... only 15 decibels less than a power mower.
According to recent data from 100 hospital emergency rooms from 1994 to 2006, each year 9,300 Americans suffer from a computer-related injury.