



Lancaster City Housing Authority Safety Committee

Hermie's Safety Message

Online: www.lcha.ws/newsletters.htm

June is National Safety Month

June 1 - 6 Prescription Drug Overdose Prevention



Unintentional overdose from over-the-counter, prescription and illegal drugs is the second-leading cause of preventable death in the United States. These poisonings are often due to overdose or misuse of opioid analgesics, such as oxycodone, methadone and hydrocodone, initially prescribed to treat chronic pain.

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. Parents can play a key role in changing this trend.

June 14 - 20 Preventing Overexertion at Work and at Home



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

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.

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 to August there were 611 unintentional-injury deaths 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.

Please plan on joining us ~ Safety & Wellness Day is for all LCHA Employees!
Thursday, June 24, 2010 for Safety & Wellness Day

"Making The World Safer" is our theme for 2010. Our day begins at **8:00 AM** with a delicious breakfast at the **Lancaster County Public Safety Training Center** (101 Champ Blvd., Manheim, PA 17545. Exit Rte. 283 at Spooky Nook Rd.) Exciting presentations and door prizes throughout the morning. Lunch will be provided by **Hess Barbeque**. Right after lunch we will be **BOWLING** at Leisure Lanes on Columbia Avenue. Prizes given for the highest game and highest team average. Bowl a "Turkey" for some PTO Hours graciously provided by our Executive Director. **See You There!**

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