



National Public Health Week Injury Prevention Begins at **Work**

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- Dress appropriately for the task. Wear long pants, long-sleeved shirts (to avoid injuries from thrown objects like rocks or sticks), close-fitting clothes and no jewelry (to avoid getting anything caught in moving parts), sturdy shoes with slip-resistant rubber soles, eye protection, heavy gloves (protects hands when changing, sharpening, or cleaning blades), and hearing protection such as ear plugs when using motor-driven equipment
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with SPF 15 or higher
- Before starting up machinery, remove objects from the area in which you are working that can cause injury or damage equipment, such as sticks, glass, metal, wire, and stones.
- Be sure power tools are turned off and made inoperable if they must be left unattended to prevent use by children.
- Handle gas carefully. Never fill gasoline tanks while machinery is on or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline or any gasoline-powered equipment.
- Never work with electric power tools in wet or damp conditions. For protection against electrocution, use a ground fault circuit interrupter (GFCI). GFCIs come in several models, including a portable plug-in type.

There is much more you can do to prevent injuries beyond these actions. Raise awareness of safety and injury prevention within your community during National Public Health Week. You can help make your home and community a safer place to live.