

ON THE SAFE SIDE

Safety & Health Newsletter



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November Brings Awareness to Children's Safety

Many people are not aware that November is Child Safety and Protection Month. During the month of November, many organizations try to spread awareness about the potential dangers children face to parents, childcare workers, and teenage babysitters.

Most of the information shared during Child Safety Protection Month is directed toward infants, toddlers, and school age children. Thousands of children are treated or hospitalized each year because of accidental poisonings within their own homes. The CDC found that children between the ages of one and four years had the highest rates of poisoning.

Accidental Death and Injury in the U.S. overall numbers for children and adolescents, age 0-18:

- *Around 9,000 deaths from accidental/preventable injury occur each year*
- *One child dies every hour from accidental/preventable injury*

Now those numbers broken down by accident type:

- *Car Crashes: 4,564*
- *Suffocation: 1,160*
- *Drowning: 983*
- *Poisoning: 824*
- *Fires/Burns: 391*
- *Falls: 151*

The primary reason to pay attention to these numbers is because although it's true that accidents do happen, no life is accident or injury free. Therefore, many accidents and fatalities caused by accidents – are preventable.

For more information, child safety tips and resources please visit:

<https://www.all4kids.org/news/blog/how-to-raise-awareness-for-child-safety-protection-month/>

November
Is
Child Safety
Protection
Month

Your Health

Lung Cancer
Awareness

Tired?

Drivers are
Falling
Asleep
Behind the
Wheel



Lung Cancer Awareness



Lung cancer is the most common cause of cancer death in the United States for both men and women. More men die of lung cancer than the next two most deadly types of cancer for men (prostate and colorectal) combined, and more women die of lung cancer than breast cancer.



LUNG CANCER kills almost **3X** as many men as prostate cancer.



LUNG CANCER kills almost **3X** as many women as breast cancer.

According to estimates by the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program, 238,340 patients will be diagnosed with lung and bronchus cancer and 127,070 patients will die of the disease in the United States in 2023.

Smoking is the most common cause of lung cancer. Other risk factors for lung cancer include being exposed to secondhand smoke, having a family history of lung cancer, being treated with radiation therapy to the breast or chest, exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace, and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer is increased.

What can you do to reduce your risk of Lung Cancer?



If you smoke, get the help you need to quit. You can get help from state quit lines and other programs. Visit becomeanex.org or smokefree.gov, or call (800) 784-8669 [(800) QUIT-NOW].



Reduce exposure to radon. If you live in an area with high levels of radon, consider having your house tested for radon exposure and, if needed, take steps to reduce radon levels. More information is available at epa.gov/radon.

common LUNG CANCER symptoms

- DROOPING EYELID**
A smaller pupil and drooping eyelid can be a complication of lung cancer.
- HOARSENESS**
Changes in your voice can be a symptom of lung cancer.
- BLEEDING**
Coughing up blood could mean tumors are in your airways.
- SHORTNESS OF BREATH**
Being easily winded may mean blocked airways or fluid in the lungs.
- CHEST PAIN**
If you've been coughing a lot, you may develop chest pain that gets worse when you cough or inhale.
- RIGHT SIDE ABDOMINAL PAIN**
Tumors in the liver or lung lining can cause this pain.
- BLOOD CLOTS**
Lung cancer raises your risk of blood clots and pulmonary embolism.
- YELLOW SKIN AND EYES**
This is a sign of jaundice. It could mean cancer is affecting liver function.
- HEADACHES**
Headaches and other neurological symptoms could mean lung cancer has spread to the brain.
- HACKING COUGH**
See a doctor if you have a lingering, hacking cough that produces blood-tinged mucus.
- LUMPS AND BUMPS**
Cancer spreads through lymph nodes, which can cause swelling in the armpits, neck, and around the collarbone.
- WEIGHT LOSS**
Poor appetite and weight loss are common symptoms of cancer.
- BONE PAIN**
Lung cancer can spread to the bones, causing bone weakness and pain.
- MUSCLE ACHES**
Muscles around your hips and shoulders may become weak and sore.
- GENERALIZED WEAKNESS**
Cancer can lead to overall feelings of weakness, malaise, and fatigue.

If you're experiencing any of the symptoms associated with lung cancer or meet the criteria that apply to people at high risk, talk with your doctor about your risks and any symptoms will give you the best outlook.

Tired?

“Drivers are Falling Asleep Behind the Wheel”

As many Americans struggle to balance their busy schedules, missing a few hours of sleep each day can often seem harmless. Long hours on the road and heavy traffic can contribute to driver drowsiness, ultimately leading to related car accidents.

Drowsy driving is a significant issue across America and is something that most drivers experience but may not realize until it's too late.

Drowsy driving affects everyone, regardless of age, career, economic status and driving experience. It's not uncommon for drivers to experience fatigue and sleep deprivation. However, some groups are more at-risk for drowsy driving than others, including young drivers, shift workers, commercial drivers, business travelers and individuals with sleep disorders.

Those who work night, rotating, or double shifts have six times the risk of drowsy driving than other types of workers.

The Impact of Drowsiness on Driving

 **Driving while drowsy can impair a driver as much as drugs or alcohol.**

 **Drivers' reaction times, awareness of hazards and ability to sustain attention.**

 **Driving after going more than 20 hours without sleep is the equivalent of driving with a blood-alcohol concentration of 0.08% – the U.S. legal limit.**

 **You are 3X more likely to be in a car crash if you are fatigued.**

A driver might not even know when he or she is fatigued because signs of fatigue are hard to identify. Some people may also experience micro-sleep – short, involuntary periods of inattention. In the 4 or 5 seconds a driver experiences micro-sleep, at highway speed, the vehicle will travel the length of a football field.

Though you might think it's uncommon and unlikely to happen to you, that isn't the case—an estimated 1 in 25 adult drivers reported falling asleep behind the wheel in the previous 30 days in a recent study.



Drowsy Driving Statistics

A study by the AAA Foundation for Traffic Safety estimated that 328,000 drowsy driving crashes occur annually. That's more than three times the police-reported number. The same study found that 109,000 of those drowsy driving crashes resulted in an injury and about 6,400 were fatal. Researchers suggest the prevalence of drowsy driving fatalities is more than 350% greater than reported.

Too Tired to Drive?

Drowsy driving comes with some common warning signs. Folks who are driving late at night, for long periods of time or on little sleep should be alert for:

- Frequent yawning or difficulty keeping your eyes open
- "Nodding off" or having trouble keeping your head up
- Inability to remember driving the last few miles
- Missing road signs or turns
- Difficulty maintaining your speed
- Drifting out of your lane

If you catch yourself driving drowsy, it's important to find an effective solution—rolling down the windows and blasting music isn't going to cut it. Instead, it's recommended to drink something with caffeine, switch drivers, or pull over to take a nap.

How can you avoid drowsy driving?

Though drowsy driving may seem inevitable when so many of us are sleep deprived, it's imperative that we all do what we can to stay off the road. The best ways to avoid drowsy driving include:

- Getting enough sleep—required seven hours a day, while teens should be getting at least eight.
- Establish a consistent sleep schedule.
- Talk to your doctor about any sleep disorders or sleep symptoms you might be experiencing.
- Avoid drinking alcohol or taking medications that cause drowsiness.

Tiredness can kill!

Take a break if you feel the symptoms creeping up on you.

**WAKE UP
DRIVE ALERT
ARRIVE ALIVE**

Upcoming Events:

→ PPE Committee Meeting:

✦ DFW (November 8th & 9th)



→ Drowsy Driving Prevention Week

November 5th thru 11th, 2023



What's wrong with this picture?



Always use the correct equipment to access the aircraft. Never use beltloaders as stairs!

Got Feedback?

Suggestions on Safety topics in upcoming newsletters?

Email: Safety@local591.com