

# CONCERN<sup>®</sup> Services

*We're More Than An EAP . . .*

Our Goal is to *Help People Live Better & Help People Work Better.*

The following information from the **CONCERN LifeHub™** Service is intended to help you accomplish that goal and remind you that, as your Employee Assistance Program, we are here for you and your family. Visit us on-line at [www.concernservices.com](http://www.concernservices.com) or call (513) 891-1627 / (800) 642-9794 for no-charge, confidential assistance.

## Personal Safety

Achieving and maintaining good health includes being safe. Accidents continue to be a leading cause of death in North America, and most of them could be prevented! In this article you will learn about ways to keep yourself safe when working around your yard or home, tips for safely preparing for a vacation or trip, and general tips to keep yourself from being a victim of a crime.

### Stay safe doing work around your home

Whether you look forward to warmer weather and working in your yard, or dread it, there are certain safety precautions you should take. Did you know that almost half a million people in North America end up in the emergency room each year because of injuries sustained while working with yard and garden tools? Here are some tips to help prevent accidents while doing outdoor work around your home:

- Wear protective eyewear such as protective glasses or goggles, when operating all gardening equipment.
- Wear protective clothing such as gloves, long pants and long-sleeved shirts if working in areas that might have ticks, and slip-resistant shoes. Never wear flip-flops to mow your lawn.
- Wear sunscreen and drink plenty of water. Try to avoid doing strenuous outdoor work during the hottest part of the day (usually early afternoon).
- Do not lift yard waste that is too heavy for you. Utilize a dolly or wheelbarrow to help transport heavy loads.
- Store all gardening chemicals in a locked, ventilated area that is out of a child's reach.
- Hoses should be stored properly after use to avoid tripping. Lay ladders on their sides. Lay rakes with tines down.



### Keep your home safe while you are on vacation

The last thing you want to think about as you prepare for your vacation is whether or not your home will be safe without you there. With a few simple steps, your home will be safe and sound when you return:

- Do not broadcast your plans, but do let your closest neighbors know that you will be gone.
- Give a spare key to your neighbors and give them an emergency telephone number to reach you.
- Arrange to have your mail and newspapers picked up daily (preferred) or have delivery stopped while you are away.
- Use automatic timers to turn on a radio, lights, etc., at different intervals, or ask a trusted friend or neighbor to stop by occasionally and turn on or off lights, etc.
- Be sure someone knows your itinerary and estimated time of return.
- Do not carry large amounts of cash. Use travelers check and credit cards (not debit cards unless you have theft protection).

### General Safety Tips

Some times all it takes to avoid being a victim of a crime is a little extra common sense. Other times, a little paranoia never hurts! Here are some tips for staying safe in any environment:

- Avoid walking or running alone at night. Join a running club or find a reasonably priced health club if nighttime is the only time you can exercise. Always walk in well-lit areas.
- Avoid using headphones while walking, driving (it is against the law in many states), or jogging. It makes you a good target because you appear to be unaware of your surroundings.
- If you are parked far away from the mall or have a lot of packages and is the only one leaving at that time, ask for someone to escort you to your car. That is why malls have security.
- If someone in a vehicle stops and asks for directions, answer from a distance. Do not approach the vehicle. If followed, go immediately to an area with lights and people.
- Trust your instincts - if something does not feel right, it probably is not. Do not be afraid of looking foolish. Better safe than sorry.