

PUBLIC HEALTH CONNECTION



National Safety Month

Building a Culture of Safety

June is National Safety Month; which promotes the safety culture and the overall importance of safety in the workplace. Each week in June will focus on a different area, covering the topics of falling injuries, fatigue related injuries, preparing for active shooters, and focusing on ergonomics. Week one, **Stand Up to Falls**, focuses on bringing awareness to preventable falls by the elderly. Currently the CDC reports that 2.8 million older people are treated in emergency rooms for injuries from falling every year; many of these falls are preventable. Fall statistics, factors that increase risk, and methods for decreasing potential falling risks in the elderly can be found by visiting <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Vehicle Safety

The topic of vehicle safety tends to revolve around safe driving practices, avoiding driving while intoxicated or texting, and distracted driving. The Quad Cities Lock It Up Initiative is bringing awareness to another form of vehicle safety that is quickly becoming more of a concern. Due to a rise in vehicle thefts, averaging two vehicle thefts per day, law enforcement in the Quad Cities has created an initiative to increase awareness on the ways vehicles in the area are being stolen and ways to avoid them. Some easy steps to take to avoid vehicle theft expressed by law enforcement in the area are:

- Always lock your vehicle when left unattended
- Never leave keys in your vehicle or in the ignition
- Do not leave valuables in your vehicle, especially in plain view
- Do not leave vehicle titles in the car
- Never leave your garage door opener in the vehicle when parked outside
- Lock doors even when parked inside the garage



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, June 15, 2017.*

Links

For more information about falling risks in the elderly and preventing falls, visit

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

For more information about skin cancer prevention and sun safety, visit the Skin Cancer Foundation:

<http://www.skincancer.org/>

To learn more about identifying skin cancer symptoms, go to:

https://www.cdc.gov/cancer/skin/basic_info/symptoms.htm

Sun Safety

Skin Cancer Prevention

According to the Skin Cancer Foundation (<http://www.skincancer.org/>), 90% of non-melanoma and 86% of melanoma skin cancers are associated with exposure to ultraviolet radiation (UVA and UVB rays) from the sun. These dangerous rays can cause sunburns, lasting skin damage, early skin aging, and skin cancer. The following simple, but effective, skin safety suggestions can help you to lower your skin cancer risk. To protect your eyes, wear sunglasses year round that block 99-100 percent of both UVA and UVB rays. For skin protection, use sunscreen with a sun protection factor (SPF) rating of 15 or higher for basic daily use, and SPF 30 or higher for extended outdoor use. Remember that sunscreen starts to lose its effectiveness over time, so reapply every two hours and after swimming or heavy sweating. Additionally, it is recommended to wear a hat with at least a three inch brim and seek shade between 10 a.m. and 4 p.m., when the sun's rays are most intense.

Scott County Health Department

Scott County Administrative Center, 4th Floor

600 West 4th Street

Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

Email: health@scottcountyiowa.com

Website: www.scottcountyiowa.com/health



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at www.scottcountyiowa.com/health/connection or email health@scottcountyiowa.com or call 563-326-8618.

