

SAFETY & WELLNESS UPDATE



AUGUST 2019

**80% OF
TYPE 2 DIABETES
IS PREVENTABLE WITH
LIFESTYLE CHANGES**

YOU CAN HELP YOURSELF BY:

GETTING REGULAR EXERCISE

EATING A BALANCED DIET

GIVING UP SMOKING

LOWERING CHOLESTEROL

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RESOURCES:

WELLNESS ARCHIVE:

[LEXINGTONCENTER.ORG/
WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)

TELEMEDICINE PROVIDER:

[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE.MEDICINE)

LEXINGTON MEDICAL PLAN AND
CAFÉWELL LIFE POINTS

PROGRAM:

CDPHP

MANAGERS, PLEASE POST THIS
INFORMATION AND SHARE IT
WITH YOUR STAFF.



Health Support Visits Available to Employees and Family Members!

Diabetes, hypertension and obesity are the most common diseases that many struggle to manage. The stress of finding a trusted healthcare provider to help and support you or a family member can also add additional difficulty to your struggle.

If you find yourself wanting help managing or preventing disease, Lexington would like to provide you an opportunity to make an appointment for a **private and confidential** Health Support Visit with our on-site Registered Nurse, Michelle Peryea. In a

comfortable and supportive environment, you are free to discuss your diagnosis, the changes you have made to help control your disease and your everyday struggles. Together, Michelle will work with you to develop a personal healthcare plan that fits your needs so you can receive the right support to help you through your journey.

To schedule an appointment, call Michelle Peryea, RN, at (518) 775-5420. Appointments will take place in Michelle's office at the Burke Day Hab building, 127 E. State Street, Gloversville.

If you have difficulty making it to Burke, for your convenience, she will arrange for an alternate location to meet within Lexington.



Ladders and Step Stools – Don't Ignore the Risks!

“According to the American Academy of Orthopedic Surgeons, every year 500,000 people are treated for ladder-related injuries and approximately 300 of these incidents prove to be fatal.”

— Liberty Mutual Research Institute for Safety

Ladders, whether 20-foot extension ladders, 4-foot stepladders or step stools, all pose significant risks.

DID YOU KNOW? Lexington policy on ladder use is as follows:

“Never under any circumstances will objects other than approved step stools, stepladders, or straight ladders be used to reach work that is up high.” In addition, “All staff may use step-stools; however, only those staff that have been specifically trained on safe ladder use may use a stepladder or straight/extension ladder. Most of these staff are in the maintenance and custodial departments.”

(Employee Safety Guidebook)

In short, most Lexington staff may not use an actual ladder—only approved step stools.

Even for a quick task where you need to access something high, you must, must, get an approved step stool. The risk of an injury is just too high.

Below are the key pointers for reducing the likelihood of injury when using a step stool or a stepladder:

- Face the ladder when climbing up or down and maintain a 3-point contact (such as one hand and two feet).
- Never allow more than one person on a ladder at a time, though it is good practice to have a co-worker support the ladder from the ground surface.
- Never place a ladder on any object to make the ladder taller.
- Never lean too far when working on the ladder, as this may shift the ladder's position.
- Never carry anything in your hands when going up or down. Use a shoulder strap/tool belt for a handbag or have tools/supplies hoisted to you.
- Avoid allowing your waist to go any higher than the top rung.
- Never lean a folded up stepladder on a wall to use.
- Never sit on the top of a stepladder.
- Be especially cautious when going up and down – many injuries involve missing the last rung.

BE SAFE!!!