

# SAFETY & WELLNESS UPDATE



FEBRUARY 2020

## It's American Heart Month: What You Need to Know About Heart Disease

Heart disease is the leading cause of death for both women and men in the United States, causing about 647,000 deaths annually, according to the Centers for Disease Control and Prevention (CDC). Heart disease is also an extremely expensive disease, costing the United States about \$207 billion annually in health care, medications and lost productivity.

### What Is Heart Disease?

Heart disease is a term used to refer to several different types of heart conditions. Out of all the different conditions, coronary artery disease—caused by plaque buildup in the walls of the heart's arteries—is the most common.

### What Are the Symptoms of Heart Disease?

The symptoms of heart disease can vary, and some people may not even know they have a heart condition until they have a heart attack. Common signs and symptoms of heart disease include shortness of breath, dizziness, chest pain, heart palpitations, weakness, and fatigue. If you experience any of these symptoms, or if they become more severe or frequent, contact your doctor.

### Is Heart Disease Preventable?\*

In many cases, heart disease can be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Here are tips that may help prevent heart disease:

- Refrain from smoking.
- Exercise regularly.
- Maintain a healthy weight.
- Manage your stress.
- Limit your sodium intake.
- Limit your alcohol intake.
- Eat a well balanced, healthy diet.

**\*If you are concerned about your risk of developing heart disease or would like help making a healthy lifestyle change, contact Michelle Peryea, RN, Safety and Wellness Coordinator, for a FREE confidential Health Support Visit. 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.**



## IN THIS ISSUE:

IT'S AMERICAN HEART MONTH: WHAT YOU NEED TO KNOW ABOUT HEART DISEASE.....1

SAFETY RECOGNITION PROGRAMS: "IF YOU SEE IT, SAY IT!" .....2

## 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](http://CDPHP)

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

## Safety Recognition Programs: “If you see it, Say it!”

### Safety Recognition Programs

Recognizing people for their hard work, dedication and certainly for safe actions while at work can go a long way. Safety Program Management consists of multi-layer elements to ensure employees are safe and healthy. Some of those elements may include, but are not nearly limited to, job safety hazard and risk assessments, written safety policies, procedures, employee safety training, equipment safety, personal protective equipment, safety inspections/audits, post injury root cause analysis, safety committees and so forth. Here is what is stated regarding safety recognition programs: “**Safety incentives programs are icing on the cake,**” said Bill Sims Jr., president of Bill Sims Co. Inc., a Columbia, S.C.-based incentives company. **Sims prefers the term safety “recognition” to incentives...** “They complement a well-rounded safety program... This is part of creating a culture of safety” (EHS Today, n.d.).

### “If you see it, Say it!”

Lexington strives to ensure a safe environment for everyone! We would like to encourage you to take safety actions, and when necessary to speak up to ensure safety! Join in the “See It, Say It” Safety Campaign and have the opportunity for your team to be recognized for taking actions and ensuring your safety and the safety of those around you.

Below is not the mechanics of the “If you see it, Say it” Safety Campaign, but rather some encouragement for you and your team to take part in the campaign.

Every single person appreciates genuine gratitude for the work that they do, especially on really challenging days, where often people are going above and beyond to reach their daily goals. A simple but genuine “thank you for...” will go a long way. Safety is part of everyday actions, from getting up out of bed to preparing for and coming to work, and throughout each task you do. If safety is compromised because you “just need to get this done,” there are all too often unintended consequences such as personal injuries to yourself or others, property damage and loss of people, where remaining people on site will need to fill in, work harder or take much more time providing on-the-spot training for other people less familiar with a particular person, site or both.

The end goal of a Safety Recognition Program is a safe work environment for everyone. So each time you see someone doing the “right thing safely,” make it known on the spot. Let the team know too! Turn in your “See it, Say it” cards as the program outlines, and we all look forward to recognizing their accomplishments!

**BE SAFE!!!**

**DO YOU HAVE QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:**

Michelle Peryea  
Safety and Wellness Coordinator  
127 E. State Street, Gloversville  
peryeam@thearclexington.org  
(518) 775-5420