

SAFETY & WELLNESS UPDATE



FEBRUARY 2019

National Burn Awareness Month

Did you know that, according to the American Burn Association, most fire-related injuries are burns? In fact, approximately every 60 seconds someone in the United States sustains a burn injury serious enough to require treatment.

Burn Facts

1. Prepackaged microwavable soups, especially noodle soups, frequently cause scald burns because they can easily tip over and pour hot liquid on a person.
2. According to the American Burn Association, 47% of all home fires are caused by cooking!

Burn Prevention

1. Regularly wipe clean the stove, oven and exhaust fan to prevent grease buildup. "Always begin and end with a clean kitchen!" It is best to use a degreasing dish soap with warm water to clean the ovens and stove-top drip pans, and it is best practice to soak the exhaust fan filters at least a couple times per month. Not only does this prevent fire, but it also prevents nuisance fire alarms.
2. Always wear short or close-fitting sleeves when cooking. Loose-fitting clothing may catch fire!
3. It is Lexington policy to cook with lids, as taught in Fire Safety Training. If the lid is not being used while on the stovetop, the correct lid needs to be placed on the countertop in case of immediate fire response.
4. It is also Lexington policy to never leave the kitchen while cooking on the stove. This is incredibly important to prevent fires and be successful with cooking!
5. Don't forget to turn the pot or pan handles toward the back of the stovetop to prevent accidental spills and avoid fire flare-ups.
6. Microwaves cause many burn injuries. Steam is incredibly hot! Use microwave-safe plastic containers that allow the steam to escape. Let food rest a bit before taking the container out and open the lid slowly, keeping your face away.
7. When handling hot pots, pans, cooking sheets, or microwaved containers, always wear dry oven mitts!

IN THIS ISSUE:

NATIONAL BURN
AWARENESS
MONTH1-2
HEART DISEASE AND
DIABETES3
CDPHP SINGLE
SOURCE REFERRAL
LINE.....4

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.

National Burn Awareness Month - Continued

If You See It, Say It!

- Hazards are everywhere, so everyone should be on the lookout for potential “accidents waiting to happen.” Some examples include mechanical or wheelchair lifts that are not working correctly and need to be serviced, pot holes in common walking paths, broken electrical outlets or frayed electrical wires, wet floors and tripping hazards such as cords, tubes, or even clothing and blankets. The list is endless.

It is best to speak up and tell other people of a hazard, and most importantly to put into place temporary fixes such as wet floor signs and wet floor cleanup, taking defective equipment out of service, using warning signs, placing maintenance work orders and warning co-workers and people you support. If you see something that needs to be addressed, address it yourself! Do what you can to make the situation safe, warn others and bring it to the attention of people in a position to make the long-term permanent fix. Always ask your supervisor for guidance. BE SAFE!!

- If you see someone doing the right thing(s) when it comes to safety, speak up and let them know they are doing well and it is appreciated. Bring these good deeds up to their supervisor.



Heart Disease and Diabetes

According to the American Heart Association, there is a strong correlation between heart disease and diabetes. Here are just a few facts referenced:

- At least 68% of people age 65 or older with diabetes die from some form of heart disease.
- Adults with diabetes are two to four times more likely to die from heart disease than adults without it.
- The American Heart Association considers diabetes to be one of the seven major controllable risk factors for heart disease.

Why Are People with Diabetes at Increased Risk of Heart Disease?

Diabetes is treatable, but even when glucose levels are under control, it greatly increases the risk of heart disease. That's because people with diabetes, particularly type 2 diabetes, may have the following conditions that contribute to their risk for developing heart disease:

- **High blood pressure (hypertension)** is a major risk factor for heart disease. When patients have both hypertension and diabetes, a common combination, their risk for heart disease doubles.
- **Unhealthy cholesterol** is common in patients with diabetes. This includes high LDL ("bad") cholesterol, low HDL ("good") cholesterol, and high triglycerides.
- **Obesity** is a major risk factor for heart disease and has been strongly associated with insulin resistance, which may lead to a diagnosis of diabetes. Obesity and insulin resistance also have been associated with other risk factors, including high blood pressure.
- **Lack of physical activity** is a major, but controllable, risk factor for insulin resistance and cardiovascular disease. Exercising and losing weight can prevent or delay the onset of type 2 diabetes and reduce blood pressure. For overall cardiovascular health, the American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity and moderate-to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.
- **Dangerous blood sugar levels** can be caused by diabetes. This includes blood sugars that are too high or out of normal range. Medications may be needed to help control these levels.
- **Smoking** puts individuals, whether or not they have diabetes, at higher risk for heart disease.

If you have insulin resistance or diabetes in combination with one or more of these risk factors, you may be at higher risk of heart disease. Healthy lifestyle changes such as eating a healthy diet, controlling stress and exercise may help reduce your risk factors. Visit your primary care physician annually so they can perform tests to assess whether you have risk factors and help you stay on track to the healthiest possible you.

Source: *Cardiovascular Disease and Diabetes*. (August 30, 2015). Retrieved from <https://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease--diabetes>.



Single-Source Referral Line

Connecting you to the right resources

Looking for wellness support and advice? CDPHP® has a variety of programs that might help. Whether you are dealing with a serious health issue or simply looking for more ways to improve your health, call our new single-source referral line—**1-888-94-CDPHP (23747)**. Leave a confidential message, and a qualified professional will call you back with suggestions for CDPHP programs that can fulfill your unique needs.

