

SAFETY & WELLNESS UPDATE



OCTOBER 2018

National Fire Prevention Week

Did you know that on September 11, 1925, President Calvin Coolidge declared that National Fire Prevention Week should be observed every year?

*“Therefore, I, Calvin Coolidge, President of the United States, recommend that the week beginning Sunday, October 4, be observed as **National Fire Prevention Week**. To state and municipal officials, civic organizations, school authorities and all citizens and organized bodies, I appeal for the fullest cooperation in improving conditions.”*

Fire was a problem then, and it is a problem now! In most recent years, the National Fire Protection Association (NFPA) has led the National Fire Prevention Week. This year, October 7—13, there is a special emphasis on fire prevention. The tagline is, “Be Aware. Fire Can Happen Anywhere™.”



Recent Fire Facts! (NFPA)

- U.S. fire departments respond to an average of one home fire every **86 seconds**.
- Between 2011 and 2015, U.S. fire departments responded to an average of 358,500 home structure fires per year. These fires caused 12,300 civilian injuries, 2,510 civilian deaths and \$6.7 billion in direct damage.
- On average, seven people per day die in U.S. home fires.
- **Cooking is the leading cause of home fires and home fire injuries.**
- For decades, smoking has been the leading cause of home fire deaths.
- Heating equipment was involved in one in every five home fire deaths.

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RESOURCES:

WELLNESS ARCHIVE:
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.

What Can We Do?

Cooking Safety Quick Tips:

- Cardinal rules of cooking safety! Start and end with a clean kitchen and use recipes for success and safety.
- Dress for the job. Avoid wearing loose-fitting clothing. Clothes with long, loose sleeves, clothing with ruffles, robes, clothes with loose threads or strings, and other loose or flowing garments may quickly ignite or catch fire.
- **Use Lexington's recipes, which have been tested for success and safety.**
- Always use the right tool for the job. For best results while cooking, please use the correct pot, pan, utensil, etc. to achieve the desired dish. Many kitchen-related personal injuries or fires are the result of not using the correct cookware.
- Always make sure that stove tops, ovens, griddles, toasters, microwaves and BBQ grills are **thoroughly cleaned** (not just the cooking surface) prior to cooking, and ensure a thorough cleanup for the next person.
- Do not reach over open flames or hot burners.
- Keep the work area clean and clear. Food and grease buildup is an excellent fuel for fire. Potholders, tea towels or wooden utensils could easily catch fire if they are too close to the heat source.
- **Never leave cooking food unattended. If you must leave the kitchen, turn the stove off.**
- Oils are particularly dangerous as they can quickly become overheated, begin smoking and then burst into flames. Use the smallest amount of oil possible to cook the food. Deep frying is **not** permitted. Keep a pan lid handy to quickly cover the pan if the oil should become too hot. (Don't add oil to water for cooking pastas. If it boils over, the oil may ignite and start a fire.)
- Limit the number of people who are in the kitchen. Too many cooks at one time may lead to distractions, confusion and an unfortunate accident.

Autumn Slip and Fall Prevention

1. Autumn may bring more wet weather, and more wet weather brings more slick surfaces. Wooden porches and walkways, stairs and even blacktop may be slick. Be especially cautious when walking in these areas when it is wet.
2. Falling leaves may cover up holes or stones that may cause a person to lose their footing.
3. The leaves themselves when wet may be a slipping hazard.
4. There may be an autumn surprise freeze!
5. Always exercise caution when walking on potentially slick surfaces. Take shorter strides and use handrails on stairs.



Emotions Experienced with the Loss of a Loved One

What Is Grief?

Grief is the normal response of sorrow, emotion and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.



How Does Grief Feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth or trouble sleeping and eating.

You may become angry — at a situation, a particular person or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as “I could have,” “I should have” and “I wish I would have” statements.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

How Long Does Grief Last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.

How Will I Know When I’m Done Grieving?

Every person who experiences a death or other loss must complete a four-step grieving process:

- 1) Accept the loss.
- 2) Work through and feel the physical and emotional pain of grief.
- 3) Adjust to living in a world without the person or thing lost.
- 4) Move on with life.

The grieving process is over only when a person completes the four steps.



What If These Feelings Won't Go Away?

If you recently experienced a death or another loss, feelings of grief are part of a normal reaction. But if these feelings persist with no lifting mood, ask for help.

Where Can I Find Help?

The following is a list of organizations and websites that provide information and support for coping with grief:

The Compassionate Friends (National Office)

P.O. Box 3696

Oak Brook, IL 60522-3696

630-990-0010; Toll Free 877-969-0010

www.compassionatefriends.org

A national self-help support organization for those grieving the loss of a child or sibling.

Fernside

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

513-745-0111 (M-F 9:30 a.m. - 4:30 p.m. EST)

www.fernside.org

Grief information, resources and support for grieving children and their families.

GriefNet

www.griefnet.org

A website that provides information and resources related to death, dying, bereavement and major emotional and physical losses.

Growth House, Inc.

www.growthhouse.org

A source of quality information and resources on death and dying issues.

RENEW: Center for Personal Recovery

P.O. Box 125

Berea, KY 40403

859-986-7878

www.renew.net

A grief counseling center for individuals and families that are experiencing loss, with a specialty in grief recovery counseling for traumatic deaths.

Transformations

www.transformations.com

A website concerned with self-help, support and recovery issues.

U.S. Department of Health and Human Services

www.samhsa.gov



Substance Abuse and Mental Health Services

Administration Center for Mental Health Services

Lexington also offers The Employee Assistance Program, where you may receive counseling services to help you through these hard times. Call 1-800-252-4555 or 1-800-2252527 anytime for confidential assistance.

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

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