Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Utica College Health & Wellness encourages you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

**Prescription painkiller abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose — more than 4 times as many as back in 1999.

**Transportation safety:** Doing other activities while driving — like texting or eating — distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.

**Slips, trips, and falls:** One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

DON’T FORGET TO ENTER & CLAIM YOUR HEALTHY REWARDS!

Continued on page 2
• Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.

• Use handrails in stairways; take one step at a time and report or repair broken stairs loose stair coverings.

• Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.

• Inspect ladders before and after every use.

• Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.

• Use non-slip throw rugs to reduce chances of slipping on linoleum.

• Store frequently used items in easy-to-reach areas.

• Exercise regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

Whether you’re leaving the blacktop behind for family fun and adventure, or to meet the day-to-day needs of your work, the number one goal of every ride should be to make sure you can do it again tomorrow.

For ATV riders, it’s important to know your skill level and not exceed your capabilities – that means taking the appropriate training from the ATV Safety Institute and actively practicing the maneuvers you’ve learned until you can perform them consistently. Every rider needs to remember that ATVs are not designed for wheelies, jumps, or stunts. And don’t forget: one machine, one rider. Never carry a passenger unless the vehicle is designed for tandem riding.

ZUMBA with Doreen Murray runs June 16-July 2 click to register

TAI CHI with John Garrett runs June 29-August 3 click to register

SOAP MAKING 101 WORKSHOP with Maria Gelnett Thursday, Aug 13th click to register

COME SHOW SUPPORT | UC HEALTH & WELLNESS VOLLEYBALL TEAM PLAYS AGAINST OTHER LOCAL TEAMS

5-7 PM TUESDAYS, JUNE 16-AUGUST 4 (SAND COURT NEXT TO CLARK ATHLETIC CENTER)

From the Office of Human Resources
safety tips for as we age...

Floors: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture? 
Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor? 
Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, shoes, magazines, boxes, blankets, or other objects on the floor? 
Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? 
Coil or tape cords and wires next to the wall so you can’t trip over them. If needed, have an electrician put in another outlet.

Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? 
Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Q: Has the stairway light bulb burned out? 
Have a friend or family member change the light bulb.

Q: Is the carpet on the steps loose or torn? 
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs? 
Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Bathrooms: Look at all your bathrooms.

Q: Is the tub or shower floor slippery? 
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet? 
Have a carpenter put grab bars inside the tub and next to the toilet.

Stairs and Steps: Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs? 
Pick up things on the stairs. Always keep objects off stairs.

Q: Are some steps broken or uneven? 
Fix loose or uneven steps.

Q: Are you missing a light over the stairway?

Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? 
Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Q: Has the stairway light bulb burned out? 
Have a friend or family member change the light bulb.

Q: Is the carpet on the steps loose or torn? 
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs? 
Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Kitchen: Look at your kitchen and eating area.

Q: Are the things you use often on high shelves? 
Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).

Q: Is your step stool unsteady? 
If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Share your wellness achievements with us.
Your success may inspire someone else.
I’ll include it in a future newsletter.

Send to Caren at cbsummers@utica.edu
Bedrooms: Look at all your bedrooms.

Q: Is the light near the bed hard to reach? Place a lamp close to the bed where it’s easy to reach.

Q: Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you’re walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.

- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.

- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

- Get up slowly after you sit or lie down.

- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.

- It’s safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.

- Keep emergency numbers in large print near each phone.

- Put a phone near the floor in case you fall and can’t get up.

- Think about wearing an alarm device that will bring help in case you fall and can’t get up.

and for households with young children…

Are Your Window Coverings Safe? The U.S. Consumer Product Safety Commission (CPSC) has identified window coverings with cords as one of the top five hidden hazards in the home. To prevent tragic child strangulations, CPSC recommends the use of cordless window coverings in all homes where children live or visit.

About once a month a child between 7 months and 10 years old dies from window cord strangulation and another child suffers a near strangulation. In recent years, CPSC has recalled over five million window coverings, including Roman shades, roller and roll-up blinds, vertical and horizontal blinds.

Strangulation deaths and injuries can occur anywhere in the house where a window covering with a cord is installed. Children can wrap window covering cords around their necks or can pull cords that are not clearly visible but are accessible and become entangled in the loops. These incidents happen quickly and silently.

Be aware if you shop yard sales. It is illegal to re-sell a recalled product. This is especially important if you are buying used baby items.
Note: Most window blinds sold prior to November 2000 have inner cords (for raising the slats of the blinds) that can be pulled by a child and form a loop in which the child's neck can entangle. Consumers should immediately repair these types of blinds. For a free repair kit, call the Window Covering Safety Council at (800)506-4636 or visit windowcoverings.org. Consumers should know that WCSC's retrofit kits do not address the dangling pull cord hazard associated with many common window blinds.

Many families with young children use humidifiers.

Dirty humidifiers may cause health problems

The U.S. Consumer Product Safety Commission (CPSC) is alerting consumers to possible health hazards resulting from dirty room humidifiers. CPSC has found that bacteria and fungi often grow in the tanks of portable and console room humidifiers and can be released in the mist. Breathing dirty mist may cause lung problems ranging from flu-like symptoms to serious infection. This information is of special concern to allergy or asthma sufferers whose symptoms may be increased.

Film or scum appearing on the water surface, on the sides or bottom of the tank, or on exposed motor parts may indicate that the humidifier tank contains bacteria or fungi. A crusty deposit or scale may also form within the tank or on parts in the water. This scale is composed of minerals that have settled out of the water creating a surface on which bacteria or fungi may grow. Minerals can also be released in the mist and settle as fine white dust. This white dust may contain particles that are small enough to enter the lungs.

The health effects from inhaling this humidifier dust are not clear, any impact on human health will depend upon the types and amounts of minerals found in the water used. To reduce the possibility of health hazards from dirty room humidifiers, the staff of the Consumer Product Safety Commission recommends that you take the following precautions:

Do not allow film and scale to develop in your humidifier. If possible, change the water in your room humidifier daily. Empty the tank before you fill it. If the tank is not removable, clean it often according to manufacturer's instructions.

Use distilled or demineralized water in your room humidifier to reduce the buildup of scale and the release of dust. Do not use tap water because it contains more minerals. Use demineralization cartridges or filters if supplied or recommended for use with your humidifier.

Drain and clean the tank of your room humidifier before you store it. Clean it after summer storage. Remove dust on the outside of your unit.

Clean your room humidifier well and often during the heating season. Be sure to unplug the humidifier before cleaning. Follow the manufacturer's suggested cleaning methods. If chlorine bleach or other cleaning product or disinfectant is used, make sure to rinse the tank well to avoid breathing harmful chemicals. Use a brush or other scrubber to clean the tank. Be careful not to damage the motor or to scratch the inner surface. Clean or replace sponge filters or belts when needed.

Maintain the relative humidity in your home between 30% and 50% if possible. Humidity levels above 60% may allow moisture to build up indoors and condense on surfaces, where bacteria and fungi can settle and grow. You can measure humidity with an instrument called a hygrometer, available at your local hardware store.

“Ladies and Germs...”
Looks like it’s going
to be a hot one!

We seem to have gone from winter into summer this year and there’s been no time to acclimate ourselves. Protect yourself, your family and your pets from extreme heat by following some simple steps:

NEVER, NEVER, NEVER!! Never leave children or animals in the car when you run quickly into the store. Temps inside a closed car can climb in a matter of moments.

Pay attention to media health warnings. Often people with chronic conditions become ill in extreme weather because the heat exacerbates their condition. If the advisory is to stay indoors—do not pick that day to schedule your mowing or take a long walk or run.

The following signs may also relate to other emergency situations, but in extreme heat look for these signs of Heat Stroke

Extremely high body temperature • Red, hot or very dry skin • Rapid, strong pulse • Throbbing headache
Dizziness • Nausea • Confusion • Unconsciousness

Help! What should I do?

Call for immediate medical help.

Get the person to a shady area. Cool them by use of fans, cool water, water spray, etc.

Monitor body temperature

Sometimes heat stroke can cause muscles to uncontrollably twitch. If heat stroke has already started, do not give the victim anything to drink.

Heat Exhaustion.

Heavy Sweating • Paleness • Muscle Cramps
Tiredness • Weakness • Dizziness • Headache
Nausea • Vomiting • Fainting

Skin may be cool and moist. Pulse rate will be fast and weak, breathing will be fast and shallow.


Keep area dry. Provide a cool, less humid environment. Dusting powder or calamine lotion may be used to increase comfort.

Sunburn. It is hard to get kids (and some adults) to take this risk seriously, so this is one that you have to insist on. Most research indicates that using a sunscreen with super-high sun protective factor is not critical and that a sunscreen with 30-50 SPF is adequate. The important points: Apply sunscreen generously to all exposed areas, and reapply it often. Sunscreen sprays are very convenient, but they apply a lighter coating than other sunscreen types and thus offer less protection. They also come with the risk of spraying in the eyes or inhaling the spray. If all else fails, show them pictures of basal cell carcinomas.

Swimmer’s Ear. This is one of the most common things in the summertime. Water trapped in the ear canal makes for the perfect warm, wet environment for bacteria to grow and cause pain. Seek treatment quickly if your child complains of decreased hearing or pain, or has discharge coming from the ear. If your child is prone to swimmer’s ear, consider placing a drop or two of rubbing alcohol in each ear after swimming. The alcohol acts as a drying agent for the ear canal.

Ticks. Ticks can carry various disease-causing bacteria. Bug sprays that contain DEET are effective at keeping ticks away, but can have side effects if ingested. They should be used cautiously and washed off when your time in the woods is over. The best defense is to check your body head to toe carefully after being outside. Ticks can be very small, so you must look closely. For the proper way to remove a tick, visit kidshealth.org and search for “tick removal.” The sooner a tick is removed, the less likely it will be to transmit germs to you or your child.
<table>
<thead>
<tr>
<th>2015 Oneida County Farmers Markets</th>
<th>Location</th>
<th>Dates/Times</th>
<th>For Information</th>
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<tbody>
<tr>
<td>City of Sherrill Farmers' Market</td>
<td>377 Sherrill Rd, Next to the Gazebo</td>
<td>Tuesday 12 Noon-5pm June 10 - October 7</td>
<td>Sara Getman (315) 363-6525</td>
</tr>
<tr>
<td>Clinton Farmers' Market</td>
<td>Village Green, West Park Row</td>
<td>Thursday 10am-4pm June 5 - October 16</td>
<td>Ferris Betrus Jr. (315) 853-1735</td>
</tr>
<tr>
<td>Oneida County Public Market</td>
<td>Downtown Utica, Train Station</td>
<td>Saturday 9am-1pm May 17 - October 25</td>
<td>Beth Irons (315) 798-3639</td>
</tr>
<tr>
<td>Oneida County WINTER Public Market</td>
<td>Inside Historic Union Station, Downtown Utica</td>
<td>Saturday 9am - 1pm Bi-weekly, Nov - Dec Monthly, 2nd Sat, Jan- Apr November 8 - April 11</td>
<td>Brian Noonan (315) 798-5800</td>
</tr>
<tr>
<td>Rome Vendors Market</td>
<td>101 W. Dominick St., Berkshire Bank parking lot</td>
<td>Friday 9am-5pm May 2 - November 7</td>
<td>Judith Wagner (315) 339-5182</td>
</tr>
<tr>
<td>Trenton Farmers' Market</td>
<td>Village Green, Holland Patent</td>
<td>Saturday 9am-1pm June 14 - October 11</td>
<td>Nick Keblish (315) 865-4423</td>
</tr>
<tr>
<td>Utica Farmers' Market</td>
<td>Chancellor Park, Elizabeth Street</td>
<td>Wednesday 8am-5pm June 4 - November 5</td>
<td>Thalia Hunter (315) 792-0114</td>
</tr>
<tr>
<td>Vernon Center Park Farmers' Market</td>
<td>Route 26, Vernon Center</td>
<td>Thursday 12 Noon - 5:30pm June 6 - October 10</td>
<td>Tom Geer (315) 335-9635</td>
</tr>
<tr>
<td>Village of Waterville Farmers' Market</td>
<td>122 Barton Ave.</td>
<td>Wednesday 11am-6pm June 4 - October 29</td>
<td>Debra Atkinson (315) 750-5785</td>
</tr>
<tr>
<td>Westmoreland Farmers' Market</td>
<td>Seymour's Diner, Route 233</td>
<td>Sat 9am-12 Noon Sun 9am-1pm June 1 - October 5</td>
<td>Denise &amp; Bernie Szarek (315) 853-5901</td>
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