

June 2020

The Safety Scoop

A publication of the Safety Council of Southwestern Ohio to save lives and prevent injury through education and partnerships.

[Visit our website](#)



Reduce Your Risks -- Household Safety: Preventing Drowning



the WATER SAFETY TIPS

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

- TEACH THEM EARLY**
Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.
- ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES**
Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and secure children to swim within designated areas that are within sight of guardians and certified lifeguards.
- WHO'S YOUR BUDDY?**
Never let children swim alone; always designate swimming buddies before visiting the beach or pool.
- DON'T BE PUSHY**
Instruct children to never run, push or jump on others in and around the pool.
- WEAR SUNSCREEN**
Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.
- SUIT UP!**
Make sure children always wear life jackets and use proper water safety and flotation devices.
- I'M ON A BOAT!**
Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.
- GET CERTIFIED**
Become certified in infant and child First Aid and CPR.
- STAY HYDRATED**
Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

Four apparent drownings (ranging in age from 5-55) in Southwest Ohio in May underscored the importance of water safety, as those types of fatalities are among the leading causes of unintentional injury death in the U.S.

Ohio ranked second nationally in the number of accidental deaths in 2017, according to the CDC. Drowning is fifth among the leading causes of unintentional injury death in this country.

Water safety is important at any age, but especially if you have babies or toddlers. Drowning can happen very quickly and **in less than 1 inch (2.5 centimeters) of water**. So filled bathtubs, swimming pools, wading pools, hot tubs, and even buckets of water and sinks can be dangerous.

10 Steps to Prevent Child Drowning

1. Always stay within arm's reach
2. Ignore Your Phone
3. Don't Rely On Water Wings. Period.
4. Install the Proper Water Barriers

[Read more here](#)

**Reduce Your Risks On the Road:
Keep A Lid on It**

It's crucial to protect your head when you head outdoors

It's uncomfortable and hot. It messes up my hair. It isn't cool. I'm only going a short distance. I'm not going to fall, so I don't need one.



These are just a few of the reasons people give for not wearing a helmet while roller skating, inline skating, riding a bicycle, scooter or motorcycle, or engaging in other potentially risky outdoor activities.

Trauma to the brain can occur as a result of an impact, which can cause a concussion or open skull fracture, or a jarring motion, such as a quick turn or sudden stop. Even seemingly mild head injuries, where you don't lose consciousness, can cause permanent behavioral and cognitive problems, such as memory loss, inability to concentrate, sleep disorders and, in some cases, permanent disability or death.

In this article are five tips to help you effectively safeguard your gray matter:

[Helmet Safety -- Keep A Lid On It](#)



Motorcycle Safety Tip:

Wear a helmet when you ride

- Be sure it's approved by the Department of Transportation
- Look for full-face coverage. It's the best protection

#GEARUPEVERYRIDE

A graphic with a black background. On the left is a close-up of a person wearing a red and black motorcycle helmet. To the right of the helmet, the text 'Motorcycle Safety Tip:' is written in white. Below that, 'Wear a helmet when you ride' is written in white. Underneath are two bullet points in white: '• Be sure it's approved by the Department of Transportation' and '• Look for full-face coverage. It's the best protection'. At the bottom right, the hashtag '#GEARUPEVERYRIDE' is written in white.

Next Monthly Occupational Safety Meeting:

Wednesday, June 24, noon
Central Connections

Topic: Diabetes - the Costs and Prevention

The June meeting has been canceled as directed by State of Ohio BWC, CDC, and state government officials in response to the Coronavirus COVID-19 outbreak. The health and safety of our members is our top priority. July's meeting could be a virtual one. We will keep you advised of the status of future meetings going forward.

Monthly meetings host speakers on a wide variety of topics that will help employers reduce injuries and illness in the workplace. Network with other safety professionals and always have access to Bureau of Worker's Compensation staff. Meetings are open to members, prospective/future members, and non-members (all are welcome).

[BWC is waiving all safety education and training requirements for this policy year \(July 1, 2019 - June 30, 2020 for private employers\) for participants in multiple programs](#)

Ohio Bureau of Workers Compensation (BWC) began distributing at least 2 million non-medical-grade face coverings to Ohio employers who are covered by BWC last month.

Public and private employers that participate in the State Insurance Fund will receive a package from BWC containing at least 50 face coverings.

The masks, which are intended to support and enhance any workforce safety and health efforts businesses already have in place, are funded through BWC's existing budget and will not impact any premiums.

Join us for a fun, free, and family-friendly game night. Bring your friends and family for a fun, relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to seeing you there.

Games Nights are Currently Suspended

Share Your Photo(s) of your family holding game night at home with us on our Facebook Page:

[Safety Council of Southwestern Ohio FB Page](#)



Know anyone interested in hosting an event for a future date once restrictions are lifted? Please contact Benedict Njoku at benedict@safetycouncilswohio.org

The Coalition for a Healthy Middletown works to provide knowledge and skills to increase the number of those parenting for prevention. All parents and guardians are encouraged to sign up and be in the KNOW.

[Sign up to receive KNOW! parent tips](#)

News You Can Use

Safety Council Now Offers On-Line New Drivers' Ed Instruction

Have a teen that needs their driver education instruction?
We have a resource for you.
Select the Ohio 24-Hour Teen Drivers Ed Online Course button

[Find the link here](#)

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