

May 2020

The Safety Scoop

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

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May is Mental Health Month



Take Action Using Recharge Strategies and
Microsteps - small daily steps - to build the mental
resilience to help you

The pandemic has put a spotlight on the mental health crisis in a new and immediate way — a way that cannot be ignored. The stress, anxiety, isolation, and uncertainty of this time are not only raising awareness, but pushing us as individuals and as a society to have the honest conversations we always needed to have about mental health — especially when it comes to taking action. So this Mental Health Month, we have an opportunity. As the pandemic accelerates a mental health crisis that already existed, we can take steps to identify our own individual signs and stressors. And as a society, we can emerge into a new normal where we are much more open about the challenges we're facing and committed to course-correcting in ways we desperately need.

Here are three of six microsteps you can take:

1. **Set a news and social media cut-off time**. While being informed can help us feel more prepared in a public health crisis, setting healthy limits to our media consumption can help us have a restorative rest and put the stressful news into perspective.
2. **Focus on the rising and falling of your breath for 10 seconds**. Pausing several times a day to simply breathe allows you to feel less tense and more present in your life.
3. **When you're washing your hands, take the 20 seconds to think of three things you are grateful for**. This will help you lower your risk of viral infection while reinforcing a more positive mindset.

[Read the full article by Arianna Huffington here](#)

100 Deadliest Days for Teens

In the 100 days after Memorial Day, teen crashes rise so dramatically that AAA has given these summer months a name: the "100 Deadliest Days" for teen drivers. The average number of deadly

teen driver crashes climbs 15% compared to the rest of the year, according to research from the AAA Foundation for Traffic Safety.



The Foundation's research found that inexperience paired with greater exposure on the road could create a deadly combination for teen drivers. In addition, teens are likely to be driving with more passengers; they're more likely to be out later at night in the summer; clear weather conditions often tempt teens to speed, and there are more drivers on the road.

We urge parents to lead by example to help reduce the number of deadly crashes on the road. Put safe driving practices into action by not talking on your phone while driving, staying alert, sharing the road, wearing your seat belt and driving the posted speed limit. Parents also need to talk to their teens and educate them about the importance of safe driving as a driver and passenger.

[How to Talk to and Listen to your Teen about Safe Driving](#)



Your teen is watching you, so set a good example when you drive.

- Always follow traffic and safety laws.
- Use a seat belt every time you are in the car.
- Drive the speed limit.
- Do not drive while drowsy, impaired, or distracted.



Memorial Day to Labor Day is a major focus on teen driving. Why?:

- * Nationally an average of 260 teens are killed in car crashes each month during the summer
- * The top distraction for teens is other passengers followed by texting or talking on a cell phone
- * 60% of teen crashes are caused by distracted driving

NSC (National Safety Council) leads the national effort to save lives by bringing focus to teen driving training,

education, and safety through their program "DriveitHOME." Get the facts, get involved, and help us keep our teens and America's roads safe.

Parent-Teen Driving Agreement



Next Monthly Occupational Safety Meeting:

Wednesday, May 27, noon
Central Connections
Topic: Defibrillators

The May and June meetings have 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. 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) will begin distributing at least 2 million non-medical-grade face coverings to Ohio employers who are covered by BWC.

Public and private employers that participate in the State Insurance Fund will receive a package from BWC containing at least 50 face coverings. These packages will be shipped in batches beginning today.

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

In the News



Safety Town Cancelled for 2020

Middletown Police Chief David Birk and Executive Director of the Safety Council of

Southwestern Ohio, Kristy Duritsch, announced that for the first time in 42 years, Safety Town will not be held this summer.

“This is very sad for us. We know these kids and their parents look forward to this rite of passage each summer, but cancelling due to the COVID-19 virus, is the smart thing to do to keep their families healthy. After speaking with the Middletown Health Commissioner Jackie Phillips, we know this is the right decision,” said Duritsch.

Each summer since 1977, there have been about 300 kids going into Kindergarten that participate. The program is free to participants and supported through sponsorships and donations. Middletown Police Officer Robin Rawlins teaches lessons on pedestrian, fire, stranger, seatbelt safety, gun safety, and so much more. The kids even get to drive pedal cars through the miniature village.

For those incoming Kindergartners missing out this summer, the intention is that next summer when things will, hopefully, be back to more of a normal, additional classes will be offered and accept the first graders who will miss out this summer.