



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

WELLNESS NEWSLETTER

JULY: Summer Safety

Play Smart/Work Smart ~ Protect Yourself

That *long* nasty winter is finally well behind us and we are now enjoying the summer warmth. Get outside and enjoy ... But be sun smart and follow common sense.

Prevent skin cancer by avoiding unprotected sun exposure. Limit being outdoors mid-day when the sun is hottest. Wear a hat and use sunscreen with SPF as directed by your physician. And always wear sunglasses to protect your eyes from sun damage that can lead to cataracts.

Risk Factors for Heat Illness include— low liquid intake, heavy physical labor, high temperature and

humidity, direct sun exposure, no breeze or wind.

Know the signs/symptoms of heat illnesses—monitor yourself and use a buddy system to check on your co-workers.

Drink plenty of fluids. Avoid beverages containing alcohol or caffeine. Drink often and *before* you are thirsty.

Schedule frequent rest periods in shaded or air conditioned areas.

Wear lightweight, light colored, loose fitting clothing. Block out direct sun and other heat sources.

(References: OSHA, CDC, National Safety Council)

Our "FOCUS ON SAFETY" is on going. Share your ideas and suggestions for how to improve safety in your work environment with Safety Coordinator Bill Holmes: 465-6491



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What's Happening?

FREE Skin Cancer Screening "CHOOSE YOUR COVER" EVENT

7/12/14 from 9:30 –12:30

Cape May Convention Center (No registration required.)

Questions: call CMC Health Educator Dick Colosi at 463-6521.

DROWNING: THE REALITY

Drowning is the leading cause of injury death for young children ages 1 to 4, and three children die every day from drowning in this country. Parents can play a key role in protecting the children they love from drowning.

DROWNING PREVENTION TIPS

- * Learn life-saving skills. Everyone should know the basics of swimming (floating, moving through water) and CPR. If you don't have these skills, contact your local hospital or community center.
- * Make life jackets a "must". Make sure kids wear life jackets in/around bodies of water. Life jackets can also be worn in/around pools by weaker swimmers.
- * Fence it off. Install a four sided fence with self-closing safety latch gates around pools to completely separate the house/play area from the pool.
- * Be on the look out. When kids are in or near water (including bathtubs), closely supervise them at all times.

(Source: CDC.gov)

Above: A visit from "Jilly" & Dr. Alex at our award winning CMC Park/Zoo. From left: Kim Hamer, Park Director Ed Runyon, Pamela Miller, Jilly (the Cow), Tracey Carr, Samantha Shaw, and Dr. Alex Ernst.

A Note from our Human Resources Dept:

If you are ill and cannot get to your PCP, always consider visiting an in-network Urgent Care Facility before running to the E.R. Your compliance will help keep our shared health care costs down.