



Fairfield County
**Health
Department**

R. Joseph Ebel RS, MS, MBA
Health Commissioner

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For More Information Contact:

Fairfield County Health Department
Hannah Halfhill, Public Information Officer
740.652.2805
Hannah.halfhill@fairfieldcountyohio.gov

JUNE IS NATIONAL SAFETY MONTH

Lancaster, OH: Since 1996, the National Safety Council (NSC) has declared June as National Safety Month to increase awareness about preventing injuries and deaths at work, home, on the roads, and in communities.

The Fairfield County Health Department joins the NSC in encouraging everyone to follow good safety practices in every aspect of an individual's day to reduce injuries and accidents. This year's weekly themes on NSC's website are:

- **Musculoskeletal Disorders:** MSDs are a leading cause of workplace injury and cost billions each year in workers' compensation and lost productivity. Examples of MSDs include, Sprains, back pain, carpal tunnel syndrome, and hernias.
- **Workplace Impairment:** We all know the dangers of substance use on the job, but did you know mental distress, fatigue, and stress are also impairing? Impairment is often a hidden risk that prevents someone from being at their best and able to perform safely. On the roadway and at work, impairment can kill.
- **Injury Prevention:** In 2020 alone, more than four million workplace injuries required medical attention in the U.S. An important element of on-the-job injury prevention is learning to identify hazards, understanding what controls are available, knowing what controls to use and then acting on that information.
- **Slips, Trips, and Falls:** With falls being the second-leading cause of unintentional injury-related death, this week we'll focus on reducing slips, trips, and falls. Whether working from a ladder, roof, or scaffolding, it's important to plan ahead, assess the risk, and use the right equipment.

Being aware of safety concerns is a top priority for Fairfield County residents. Follow the advice below from indeed.com to keep yourself safe.

1. Use tools, equipment, and machinery properly
2. Report any unsafe conditions
3. Wear all necessary safety gear
4. Stay hydrated
5. Practice good posture when sitting or lifting
6. Be aware of your surroundings
7. Take regular breaks
8. Never take shortcuts
9. Remain aware of new safety procedures
10. Keep your workplace clear from clutter

The Fairfield County Health Department promotes health and safety to help make Fairfield County a healthy place to live, work, and play. Whether you're outside, at a desk or utilizing heavy machinery, there are hazards all around us, take time to be safe today.