

# MOHSS

## Montana Occupational Health & Safety Surveillance

June 2023

### National Safety Month

#### *Four areas to focus on*

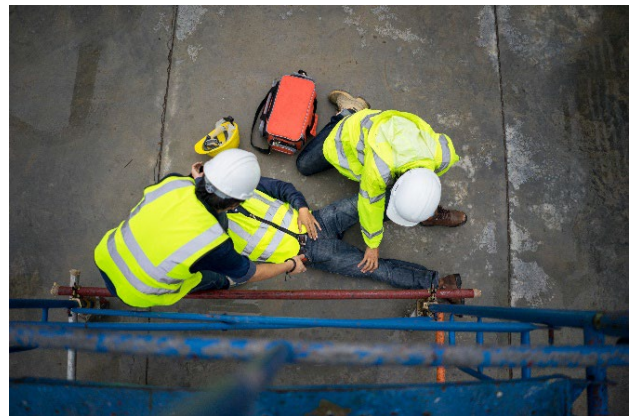
June is recognized by the National Safety Council (NSC) as National Safety Month.<sup>i</sup> According to this same resource, accidental (preventable) injuries are the 4<sup>th</sup> leading cause of death in the United States.<sup>i</sup> In collaboration with the National Institute for Occupational Safety and Health (NIOSH), and the Centers for Disease Control and Prevention (CDC), the NSC has established weekly safety themes for June 2023.<sup>ii</sup> Starting with week 1, these themes are 1: Emergency Preparedness, 2: Slips, Trips and Falls, 3: Heat-related illness and 4: Hazard recognition. Below are a few tips to keep in mind as we progress through the month.



*Photo by Piotr Chrobot on Unsplash*

(1) Emergency preparedness is arguably the most critical preventative tool Montanans can use at home and at work. Simple things like memorizing where your exit (egress) routes are in the case of an emergency such as a fire could save you, your family, or your coworkers' lives. Know where your emergency response materials, such as fire extinguishers, first aid kits, and escape ladders, are. Keep in mind not all emergency situations are created equal. What one does in the case of a fire may be very different than what needs to happen during a flood or extreme weather events.

(2) Slips, Trips and Falls are among the most common preventable injuries. Keep clutter to a minimum and clean up spills right away. This is especially important on smooth floors such as linoleum, hard-wood, and/or concrete.



*Photo from iStock*

(3) The third week of June represents the official beginning of summer. As such, it is important to keep heat-related injury and illness in mind. This is especially critical if you spend a good deal of time working and/or recreating outdoors. The human body cools itself through a process scientists call "evaporative cooling," which is more commonly referred to as "sweating." Water from the body makes its way through glands to the surface of the skin. Once this water evaporates due to heat



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and/or moving air, it carries heat away from the body. This can reduce the body's core temperature which is essential for proper organ system function. As you sweat, you lose water volume. This dehydration can lead to dizziness, nausea and in extreme cases, even death. The two most important things one can do to prevent dehydration is to drink plenty of water and, when possible, shield yourself from the sun.

(4) Finally, recognizing hazards is vital to staying safe. Much of this is common sense, but certain hazards don't always reveal themselves. If there is a hazard at work, report it to your supervisor right away. If there is a hazard at home, have a conversation with your family about hazard recognition. As the old saying goes, 'an ounce of prevention is worth a pound of cure'.

Enjoy the month of June in Montana and take simple preventative measures to keep your home and workplace safe this summer.

Be safe and we'll see you next month!

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<sup>i</sup> [www.nsc.org/work-safety/get-involved/national-safety-month](http://www.nsc.org/work-safety/get-involved/national-safety-month)

<sup>ii</sup> [blogs.cdc.gov/niosh-science-blog/2023/06/01/national-safety-month-2023/#:~:text=Each%20June%2C%20we%20celebrate%20National,from%20the%20workplace%20to%20anyplace](https://blogs.cdc.gov/niosh-science-blog/2023/06/01/national-safety-month-2023/#:~:text=Each%20June%2C%20we%20celebrate%20National,from%20the%20workplace%20to%20anyplace)

