

## **JUNE 2020 CCDC SAFETY MESSAGE**

### **JUNE IS NATIONAL SAFETY MONTH - SAFETY IN OUR NEW REALITY**

June is National Safety Month which is a very appropriate focus since many of us will be venturing out of our safe “stay at home” mode and resuming activities we have not done for a while now. Many of us have been focused on illness prevention for months and are transitioning back to a more social environment requiring a focus on the “safety of doing”.

Given the current state of the world, how we do activities will be different than how we did things six months ago. We now need to be conscious of social distancing and face coverings. Face coverings provide their own safety challenge - some are hot and cause you to become tired more quickly, some can obstruct your vision, some cause your glasses not to fit well or to fog up. Please be sure you know which style of face covering or fit works best for you going into the Summer so you can stay safe. Ensure you dispose of your face covering properly or sanitize it appropriately.

Social distancing creates other safety issues. As we try to move away from others, we are less aware of our surroundings and maybe more likely to trip or bump into something including another person who might not be stable on their feet. As people spread out in parking lots, driving becomes more of a challenge with less organized walkways. People even social distance their cars making fewer parking spaces available and longer walks. Curbside pickup puts cars where we are not familiar seeing them. All these changes challenge our awareness skills and our vision with masks.

Knowing your personal safety risks can help you manage the new normal we will encounter. National Safety Month is also a good time to do a safety check-up. You can use the National Safety Council Personal Safety Snapshot to get a quick look at your risks and learn how you can prevent injuries to yourself. Use the link below.

<https://www.nsc.org/forms/safetycheckup.aspx>

Use your results to think how you will work to minimize your risks in the changed world we will be encountering. Plan ahead and get details on where you are going, when you get there go slowly

**THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUCATED**