

## **MAY 2022 CCDC SAFETY MESSAGE**

### **NATIONAL TRAUMA AWARENESS MONTH**

May is National Trauma awareness month and May 15 – 19 is National EMS Week.

During May, please be mindful of ways to prevent trauma injuries by surveying your home, work and recreational areas for hazards that can create blunt (falls or falling items), blast, or penetrating injuries.

#### Outdoor Hazards

Outdoor examples would be tying off ladders to prevent the ladder and the climber from falling, ensuring your grill's propane tank is properly attached, and maintaining a safe distance from rotating lawn mowing equipment.

#### Indoor Hazards

Check indoors for tripping and falling hazards – loose carpeting, electrical cords for appliances laying on the floor, shower safety devices.

When doing spring cleaning, be sure that step stools are in good condition and stable. Ensure that items in closets will not fall out on your head when the door is opened.

#### Recreational Areas

When visiting recreational areas, maintain the same awareness of potential trauma risks. When hiking, observe the trail in front of you both overhead and on the ground for tripping hazards or branches that may fall from above. Be aware of the placement of recreational equipment at sports facilities to ensure they are not tripping hazards. Stay far enough away from sports equipment that may fly through the air.

#### EMS Response

If these types of injuries occur, EMS personnel are likely to be the first individuals providing care.

Be sure your home or work is accessible to EMS personnel for quick access. Review your entry areas to ensure you keep paths cleared to allow EMS, police, or firefighters quick access.

Outdoors in recreational areas you should know where EMS vehicles can access the area and how far from where you will be that area is located. Know where the nearest cell phone signal is or what other methods to notify EMS are nearby.

During EMS week, please thank these individuals for using their valuable time to train and respond to ensure your well-being.

You can also be a first line of defense by ensuring you have training in basic first aid, CPR, Stop the Bleed and using abdominal thrusts for choking.

Please check the CCDC website for upcoming training in these areas.

**THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUICATED (**SAFE**)**