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Two important health issues for families

Drive Safely Work Week is Oct. 7-11

Traffic crashes are the leading cause of injury-related death in this country. In addition to the tragic human loss, they are a major cost for employers when workers crash a vehicle while on the job. Employers have the opportunity to directly reach more than half of the driving population with safer driving information—and even more when information is extended to employee families and community members. Since 1996, the Drive Safely Work Week (DSWW) campaign, sponsored by the Network of Employers for Traffic Safety (NETS), has been working to reduce the number of traffic crashes and injuries that impact the workforce, family members and communities.

NETS offers a free online toolkit to help employers improve driving performance and safety awareness of employees, employees' family members, and their communities. The 2013 Drive Safely Work Week toolkit is a partnership of member companies representing a fleet of more than 500,000 vehicles driven more than 10 billion miles each year.

"Driving is a physical task that requires mental focus," said Sandra Lee, Director of Worldwide Fleet Safety for Johnson & Johnson and chairperson of NETS. This year's campaign takes a holistic approach and highlights how being at your physical and mental best, along with maintaining your vehicle, are all connected in making us safer drivers.



You can reduce the number of traffic injuries by taking some simple precautions.

Here is the DSWW campaign at a glance:

- Monday: Avoiding behind-the-wheel "presenteeism," meaning you're there in body but not in mind.
- Tuesday: Take a clear look at vision.
- Wednesday: Keeping YOU properly fueled and energized.
- Thursday: Take care of your vehicle so it can take care of you.
- Friday: Mind-body-vehicle: It's all connected.

Drive Safe Week Continues

The campaign materials cover:

- Tips for getting better sleep
- The importance of regular vision screening
- Strategic ways to use rest breaks to sustain energy and focus, and
- Making sure drivers have the right fit to their vehicle and that the vehicle is fit for a safe trip.

The DSWW 2013 toolkit can be downloaded free at www.trafficsafety.org

Although the observance takes place annually during the first week of October, the materials are not dated and can be used throughout the year.

October is Children's Health Month

Children are more vulnerable to environmental exposures than adults. Here are some easy ways to make your home environment healthier for your children.

1. Adopt a smoke-free policy in your home.
2. Store household cleaning products, including laundry detergent out of reach of children. Learn more about the dangers of laundry pods at <http://www.youtube.com/watch?v=gQG9mIMPkJO> then take the pledge at http://www.cleaninginstitute.org/clean_living/take_the_pledge.aspx
3. Keep pets out of sleeping areas if your child has allergies or asthma.
4. Clean your home weekly to decrease exposure to dust and allergens. Use these

green cleaning recipes to reduce chemicals in your home. Green cleaning recipes

http://www.fcs.uga.edu/ext/housing/home_maint.php

5. Test your home for radon. Learn more and get a radon test at www.ugaradon.org.

6. Protect your children from lead. If your home was built before 1978, it may have lead in the paint. Learn more about the dangers of lead at <http://www2.epa.gov/lead>.

7. Test your well water. Contact your county Extension office to learn more about water quality.



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