

Environmental Health and Safety

June 2015



General Safety

Over 130,500 deaths per year in the U.S. are the result of unintentional injuries such as falls, vehicular accidents and poisoning.

The leading causes of home injuries are: Falls, poisoning, burns, suffocation and drowning.

Falls account for one third of all reported injuries, both at work and at home.

Every year in the U.S., about 50,000 lives could be saved if more people had access to AEDs and had training on how to properly use them.

70% of people in the U.S. are unaware of how to manage a cardiac emergency because they don't know how to perform CPR, or how to use an AED.



Injury can be avoided simply by being aware. Situational awareness is the act of becoming aware of your surroundings.

It is also knowing how to prepare for any possibility of health and safety hazards.

One of the most important factors in reducing the risk of injury is to know how to use the proper tools. Among these are Personal Protective Equipment (PPE), Automated External Defibrillators (AEDs), and First Aid Kits. Knowing how to use these tools in an emergency, as well as how to administer CPR, are crucial steps when saving the life of an injured person.

What you can do...

- Attend training classes.
- Become aware of possible health and safety hazards in any situation.
- Have a first aid kit at home and in your car.
- Keep your work area clean and organized.
- Keep skin covered when working around any hazards.
- Wear anti-slip shoes and appropriate PPE (face shields, safety goggles, gloves, etc.)
- Make sure there is no loose carpeting on your staircase.
- Ensure that you have access to sunscreen. 30 SPF is recommended because it blocks 97% of harmful UVB radiation.

Resources in Vancouver, WA

American Red Cross Southwest WA

3114 E 4th Plain Blvd

(360)693-5821

[Training Calendar](#)

Northwest Health and Safety Inc.

63rd Marketplace, 6300 NE St. James Rd #107

(360)737-8910

[Training Calendar](#)

Northwest Regional Training Center

11606 NE 66th St #103

(360)397-2100

[Training Calendar](#)



Resources

[Accidents or Unintentional Injuries](#)

[Household Safety Guide and Tips](#)

[Preventing the Top 5 Workplace Injuries](#)

[Learn About Automated External Defibrillators](#)

Created By R. Benjamin

Don't learn safety by accident