



The purpose of this is to provide safety reminders and information to discuss at staff meetings.

## Parking Lot Safety

From: National Safety Council

What driving activity occupies less than 1% of a driver's time behind the wheel, but regularly, year after year, produces approximately 25% of all accidents? The answer is **backing**.

According to the National Safety Council, one out of four vehicle collisions can be blamed on poor backing techniques, and backing collisions cause over 500 deaths and 15,000 injuries per year.

Many parking lot accidents occur due to driver distraction or lack of attention, and unpredictable actions by pedestrians or cyclists. The parking lot is the most common transition point for a reverse in roles, where the driver becomes a pedestrian, and vice versa.

### Tips and Reminders

- Follow and obey parking lot speed limits.
- Pay attention to signs and directions.
- Park in designated vehicle parking spaces (e.g. large vehicles parking in compact vehicle spaces).
- Be aware and pay attention to pedestrians and drivers who are in a hurry.
- Do not cut across the lot – follow lanes and direction of traffic. Back in when you arrive, rather than when you are ready to leave.
- Plan ahead to avoid backing wherever possible.
- Back in when you arrive, rather than when you are ready to leave.

## February is Heart Month

From: The Center for Disease Control (CDC)

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and [Million Hearts®](#)—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**.

Uncontrolled [high blood pressure](#) is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

### Make Control Your Goal

If you know you have high blood pressure, take these steps to help [get it under control](#):

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time. One way to do that is with this free [wallet card](#) from Million Hearts®.
- **Take your blood pressure medicine as directed.** Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at [CDC's Smoking and Tobacco website](#).
- **Reduce sodium intake.** Most Americans consume too much sodium, which can raise blood pressure. Read about [ways to reduce your sodium](#) and visit the Million Hearts® [Healthy Eating & Lifestyle Resource Center](#) for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.