



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### National Safety Month

Detecting risk and enhancing safety standards at work and in your community protects everyone. National Safety Month puts an emphasis on decreasing the primary causes of injury and death at work, on the road, and in communities. A safe work environment begins with a workforce educated and trained about safety. Connect with the National Safety Council (NSC) and other national organizations to celebrate National Safety Month by visiting their website at [www.nsc.org](http://www.nsc.org). Also, review the NSC Work Safety Resource to learn how you can make your workplace and community safer at [www.nsc.org/work-safety/services](http://www.nsc.org/work-safety/services).

## HARVEST OF THE MONTH

### Sweet Potatoes & Apples

A half cup of sweet potatoes is an excellent source of vitamin A, which acts as an antioxidant to help keep the immune system healthy.

Apples can be eaten in a variety of forms—whole (fresh), dried apple slices, or unsweetened applesauce. A half cup of sliced apples is a good source of fiber, which helps keep your digestive system healthy.



## SWAP OUT → SWAP IN

### Hazardous Shoes → Safe Footwear

It's important to remind yourself and others to slow down and be alert when walking. Slips, trips, and falls cause many workplace injuries. To help prevent injury, maintain safe walkways clear of obstructions and potential hazards. Proper footwear can reduce injuries from falls and objects. Below are a few safety footwear features to keep in mind for the next time you walk into work.

#### Safe Shoe Qualities:

- Closed-toe shoes ✓
- Tie or strap-on shoes
- Low heel
- Treaded soles



#### Unsafe Shoe Qualities:

- Open-toe shoes ✗
- Slip-on shoes
- High heel
- Smooth soles

