

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**September 3** - Labor Day  
(Office Closed).

**September 9-15** - National  
Suicide Prevention Week.

**September 11** - Patriot  
Day.

**September 16-22** - Nation-  
al Farm Safety and Health  
Week.

**September 16-22** - Clean  
Hands Week.

**September 22** - First Day  
of Fall.

**September 22** - Falls Pre-  
vention Awareness Day.

**September 23-29** - Child  
Passenger Safety Week.

**September 24** - Family  
Health & Fitness Day USA.

**September 28** - World Ra-  
bies Day.

**September 29** - World  
Heart Day.

NATIONAL PREPAREDNESS MONTH 2018



**Disasters  
Happen**

**PREPARE NOW**

**LEARN HOW**



FEMA

Ready.

## National Preparedness Month Focuses on Planning

No matter the emergency preparedness situation, be it for biological agents, chemical agents, natural disasters or zoonotic diseases, planning can prove beneficial for you, your family, your organization, your pocketbook ... the list is basically endless.

Each September, National Preparedness Month highlights opportunities for preparation. Learning skills such as CPR or first aid, creating an evacuation plan that includes your pets, or assembling an emergency kit are easy ways to be prepared. By taking an all-hazards approach to preparedness, you will be prepared for instances of tornadoes, wildfires, flooding, or countless other potential disasters.

The theme for the 2018 National Preparedness Month is Disasters Happen. Prepare Now. Learn How.

There are four weekly themes that make up the month:

- **Week 1:** Sept. 1-8 – Make and Practice Your Plan
- **Week 2:** Sept. 9-15 – Learn Life Saving Skills
- **Week 3:** Sept. 16-22 – Check Your Insurance Coverage
- **Week 4:** Sept. 23-29 – Save for an Emergency

Emmons County Public Health is providing social media content throughout the month. There are also a number of resources available to create preparedness via the official website of the Department of Homeland Security, [www.ready.gov](http://www.ready.gov).

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[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
[facebook.com/ECPH.gov](https://facebook.com/ECPH.gov)



# Ag Still One of Nation's Hazardous Occupations

While farming continues to be the lifeblood of rural America, the job does not come without serious complications. The Center for Disease Control (CDC) estimates that every day about 100 agriculture works suffer a lost-work-time injury. And unfortunately, these injuries are not limited to adults. In 2014, an estimated 12,000 youth were injured on farms, about one-third due to farm work. In 2016, 417 farmers and farm workers died from work-related injury.

Many of these injuries are a result of a hectic and stressful harvest time. During this time, injuries are often the result of trying to do activities quickly, while oftentimes in less than ideal safety situations.

The National Farm Safety and Health Week was created to combat incidents of injury through education. This year's focus is "Cultivating the Seeds of Safety". Daily topics for the week will cover a variety of identified gaps:

- **Monday** – Rural Roadway Safety
- **Tuesday** – Health/Suicide/



*According to North Dakota Workforce Safety & Insurance, 960 individuals were injured in North Dakota farm incidents, during the five-year stretch from 2010-2014.*

- Opioids
- **Wednesday** – Child/Youth Health and Safety
- **Thursday** – Confined Spaces in Agriculture
- **Friday** – Tractor Safety

A variety of resources are available online at [www.necasag.org/nationalfarmsafetyandhealthweek/](http://www.necasag.org/nationalfarmsafetyandhealthweek/)

or you may contact the National Education Center for Agricultural Safety at 8342 NICC Drive, Peosta, IA 52068, by phone at 563-557-0354 or toll free at 888-844-6322. National Farm Safety and Health Week runs from September 16 through September 22.

**Source:** CDC

**Falls Prevention Awareness Day**

**September 22, 2018**  
 Make the first day of Fall, your last day to fall with tips and program information from [www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention).

**September 24, 2018**  
 Stepping On Fall Prevention Classes begin at the Linton Senior Center. Call ECPH at 254-4027 to register. No registration fee.