

WTNS Radio OSU Extension Update for June 6, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about national safety month, and as always look at some upcoming programs from OSU Extension.

June is National Safety Month. According to the National Safety Council, the annual observance is to help keep each other safe from the workplace to anyplace.

All our local manufacturing companies and many of our local businesses and farms have a commitment to safety in a variety of ways. There are many rules and systems in place to encourage a safe work environment. There is certainly always room for improvement, but thankfully, the attitudes and awareness of the importance of safety in the workplace exists for many workers in our communities.

But what about outside of the workplace- in our homes, on our streets, and in recreational areas?

Pedestrian Safety: In 2019, an estimated 7,668 pedestrians died in traffic and non-traffic incidents in the US, with 6,205 of those killed in traffic crashes on public roads, according to Injury Facts. Crossing the street in Coshocton, Warsaw, and West Lafayette is not like crossing the street in Columbus. Typically, in larger cities there are well-marked, highly traveled crosswalks with crossing lights and often several pedestrians at a time. But I worry about pedestrian safety just as much here in Coshocton County.

I don't know if you notice this like I do but driving through red lights has become endemic in Coshocton. Even when your light turns green, you should be very vigilant to look towards oncoming traffic to be certain the vehicle does not continue through as their light changes to red. If your light is changing to yellow, slow down and stop for red. Believe me, with traffic light patterns as they are, you are going to get stopped at the next block any way, so just take your time.

As a pedestrian, whenever possible, walk on the sidewalk. If no sidewalk is available, then walk facing traffic (i.e., the left side of the road). And on a related note, distracted walking incidents are on the rise, and everyone with a cell phone is at risk. The National Safety Council says to

stop using phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own homes.

Bicycle Safety: The number of deaths from bicycle incidents increased by 37 percent in the last 10 years, from 793 in 2010 to 1,089 in 2019, according to Injury Facts. Over 65 percent of the deaths involved motor vehicles. Do you have an eye out for cyclists as you drive streets in town, and also highways and backroads throughout the county?

Sometimes the vehicle and bicycle incident is because of “dooring” – opening the door of a parked vehicle in front of a bicycle approaching from behind. One handy piece of advice is to use the far hand to reach when opening your vehicle door. By using your far hand, you are forced to look out the window and toward the mirror before you exit your vehicle.

Water Safety: Drownings continue to be the second leading cause of preventable death through age 15, and boys die from drowning at twice the rate as girls. Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year. The majority of drowning incidents occurred in residential locations.

Parents are cautioned all the time about water safety, but drownings still occur. Distractions are rampant in our daily lives. Always be aware and be in the present moment with your children.

The National Safety Council says, “Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.”

And now let’s look at some upcoming programs from OSU Extension. It is time to start thinking Food Preservation. This summer I’ll be teaching 2 hands-on classes. The first is Making Pickles this Thursday, June 9 – please sign up immediately if you are interested! - and the other is Making Salsa on July 7. The OSU Extension Home Food Preservation Team is also offering bi-weekly webinars on a variety of different Ohio produce. I’ll be teaching the next webinar on “Greens” with my colleague Candace Heer on Tuesday, June 14 from 4-5 PM. You can find details about future programs related to financial wellness, food preservation, diabetes, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!