



Healthy Focus

+ Great Outdoors Month

What once was only a week long celebration, the Great Outdoors Month has expanded to take the whole month of June, and this year's is set to be the best yet! It now has events dedicated to more specific aspects of the outdoors, so mark your calendars for:

- **National Trails Day (June 6th)** Give thanks to the volunteers that work to upkeep America's 200,000 miles of trails by taking this day to enjoy their hard labor.
- **National Fishing & Boating Week (June 6th-14th)** Help fund efforts to conserve our natural waterways by getting out on the water to fish. Many states also offer free fishing days, so check takemefishing.org for your state.
- **National Get Outdoors Day (June 13th)** Reconnect youth and first-time visitors to the great outdoors.

Other events include **National Marina Day** on June 13th, **National Day of Service** on June 19th, and **The Great American Campout** on June 27th. So get outside and enjoy nature!



G
Arthur J. Gallagher & Co.

Men's Health Month

We all should give more attention to our health, and June focuses particularly on men's health. Men can do this a number of ways, including being more proactive in identifying symptoms and preventing diseases and avoiding risky habits.

Regular Checkups

Without changing much of their daily routine, men can take charge of their health by making regular checkups a priority. Many of the health conditions that affect men, like prostate cancer, colon cancer, low testosterone, and heart disease, can be diagnosed early on with screening tests. For this reason, men should meet with their doctor regularly instead of waiting on symptoms to show.

Healthy Lifestyle Choices

Men are also prone to unhealthy, risky habits. By drinking in moderation and quitting their use of tobacco products, the risk of various types of cancer is reduced. For men, moderation is defined as two drinks a day for men younger than 65 and one drink a day for those older than 65.

Other lifestyle choices men should consider include their energy intake and expenditure. A healthy diet paired with a workout regimen can control men's weight and lower their risk of heart disease, stroke, and cancers.

Acknowledge Stress & Depression

Men should consult with their doctor if they feel on edge, unhappy or a sudden disinterest in normal activities to prevent further damage to their immune system. These may be signs of early depression.

This Father's Day, men should take note of the people in their lives. They are our colleagues, our friends, our husbands, our fathers, and our sons. While this day is aimed at expressing our gratitude, they can return the appreciation by making a promise to be more proactive about their health. These positive changes can make a momentous impact on their physical and mental health as well as life expectancy.

Sources: National Center for Health Statistics, The Mayo Clinic, The Center for Disease Control and Prevention, The National Library of Medicine

Did You Know?

Men are half as likely to visit a doctor for preventive services and are more likely to get and die of serious diseases than women.

+ Water Safety

Playing in the water is the most popular summer activity. However, as you cool off from the summer's heat and relax waterside, you should not overlook that these activities can also be dangerous, especially for children. There are many things you can do to ensure your group is safe around the water.

Prioritize Water Safety

It is important that everyone who spends time in, on or around water knows how to swim well. The term 'swim well' has been outlined by The American Red Cross as 5 critical skills:

- ability to step or jump into water deeper than you
- float or tread water for one minute
- spin in a circle and find an exit
- swim 25 yards to an exit, and
- exit from the water (without a ladder if in a pool).

As fundamental as these skills are, nearly half of all Americans cannot perform them.

Life Jackets

Just like seat belts, life jackets only work when they are worn correctly. For this reason, inexperienced swimmers should not only wear them whenever they are in the water but also when they are on or around it. When choosing a life jacket, be sure it is the right type for your activity and is U.S. Coast Guard approved. Once you have narrowed your selection, you may select the one that fits your appropriate weight limit and has effective buckles and straps.

Prevention

You should never rely on life jackets alone to keep inexperienced swimmers safe. To prevent injuries and drowning, consider these tips:

- Fence off pools and bodies of water with adequate barriers.
- Give constant attention to children when in or near the water.
- Swim in lifeguarded areas.
- Never swim alone, or in bad weather.

How to Respond to an Emergency

You can respond appropriately to an aquatic emergency with proper training. By staying alert of your current situation, you should be able to recognize the signs of someone in trouble. If you know how to swim and are in a position to offer help, rescue the person by removing them from the water. If someone has not already done so, contact your local emergency services or dial 9-1-1. If the victim's heart beat or breathing has stopped, and you have been properly trained, begin CPR.

For more information, contact your local Red Cross chapter. They can enroll you in Swimming Lessons, Water Safety, First Aid and CPR/AED courses that help you prevent and respond to aquatic emergencies.

Source: American Red Cross

Safety Corner: All About Your Home

Home is a place to relax, play and enjoy spending time with your family. Of course, accidents happen. That's the thing about accidents, you never see them coming. There are steps you can take that can reduce the numbers of accidents you may incur. Here are some prevention tips to help minimize the accidents that cause serious injury.

Electrical cords and outlets

- Check for frayed wires: Repair or replace any loose or frayed wires on all electrical outlets.
- Rethink extension cords: Consider adding electrical outlets where you currently rely on extension cords.
- Check for a faulty electrical system: Feel all outlets and plugs to see if any are warm; if so, have an electrician check them.

- Don't overload the system: Make sure that you've followed manufacturers' directions about maximum wattage of lamp bulbs and outlet requirements for plugs.

- Don't overload any one outlet: Be certain that you have no more than one high-wattage appliance plugged into a single outlet

Smoke and carbon monoxide detectors

- Install smoke alarms and carbon monoxide detectors generously: These should be on each floor of the house, covering all sleeping areas.
- Test alarms monthly: Replace any that don't work and replace batteries annually.
- Post the fire department's carbon monoxide reporting emergency number: If it differs from 911, keep the number programmed into your phone.

In homes with small children

- Lock the cabinets: Install safety latches and locks.
- Install window guards on every window: Make sure one window in each room can be used as a fire exit.
- Store any poisonous or hazardous products in locked cabinets. Post the poison-control hotline's number (800-222-1222) by every phone.

Source: safekids.org

