

safety

Protect Against Window Falls

According to the National Safety Council, preventing falls out of windows is very important. **Here are several safety tips to remember:**

- When doing spring repairs, make sure that your windows aren't painted or nailed shut. (You must be able to open them to escape in an emergency.)
- When opening windows for ventilation, open windows that a child can't reach.
- Set and enforce rules about keeping children's play



away from windows or patio doors. Falling through the glass can be fatal or cause serious injury. • Keep furniture – or anything children can climb on – away from windows. • If you're considering installing window guards or window fall prevention devices, be aware that the window guards you install must have a release mechanism so that they can be

opened for escape in a fire emergency. Consult with your local fire department or building code official to determine proper window guard placement. • Never install window unit air conditioners in windows that may be needed for escape or rescue in an emergency. • Place shrubs and soft edging like wood chips or grass beneath windows to lessen the impact if a fall does occur. **Note:** Be sure and teach your children how to safely use a window to escape from your home in case of a fire.

How to Stay Safe After Dark

Night driving can be challenging and hazardous. In fact, traffic deaths are three times greater at night than during the day. **Consider these night-driving tips from the National Safety Council:**

- ◆ Keep your headlights, tail lights, and signal lights clean, and make sure headlights are properly aimed.
- ◆ Don't drink and drive. Drinking impairs driving ability, is a depressant, and induces fatigue.
- ◆ Turn lights on early in the day.
- ◆ Reduce speed at night and increase following distance.
- ◆ Don't overdrive your headlights. You should be able to stop inside the illuminated area.
- ◆ Keep your headlights on low beams when following another vehicle.
- ◆ If you're too tired to drive, pull off the road and rest.

Source: National Safety Council, www.nsc.org

mental

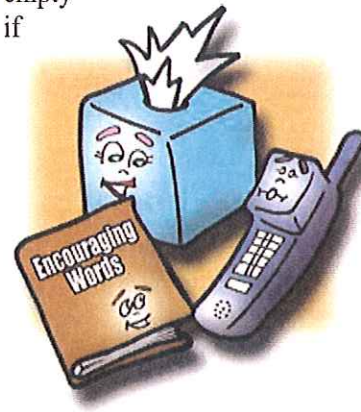
Coping with Grief

According to the National Mental Health Association, grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It's a natural part of life.

Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness. People who are grieving may experience these symptoms:

- an empty

and numb feeling, as if they're in shock • trembling • nausea, trouble breathing • muscle weakness • dry mouth • trouble sleeping and eating • anger issues – angry at a situation, a particular person, or just angry in general • feelings of guilt often



expressed in "I could have, I should have, and I wish I would have" statements • strange dreams or nightmares • absentmindedness • withdrawing socially • lack of desire to return to work.

For some people, grief lasts a few months. For others, grieving may take years. The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background, and life experiences. The time spent grieving also depends on the relationship with the person lost and how prepared they were for the loss.

Here are tips on dealing with grief:

- Accept the loss
- Work through and feel the physical and emotional pain of grief.
- Realize that grief has no timetable. Your emotions may come and go for weeks, months, or even years.
- Talk about your loss and take the time to seek comfort from friends and family who will listen.
- Forgive yourself for all of the things you believe you should have said or done.
- Remember to maintain a healthy diet and exercise.
- Engage in activities you enjoy – read a good book, listen to your favorite music, go to a ball game, or rent a movie.
- Prepare for holidays and anniversaries. Many people feel especially "blue" during some holidays, and on the anniversary date of the death of a friend or loved one. Make plans to be with friends and family members at these times.
- Adjust to living in a world without the person or item lost.
- Move on with life.
- Seek professional counseling to help you through some of the challenges of grieving.

Source: SAMHSA's National Mental Health Information Center, <http://mentalhealth.samhsa.gov>