



# WELLNESS

## Stay Well, Stay Safe

Maintaining your physical and mental health helps you to perform at your best.



- Drink water to stay hydrated
- Choose healthy foods and exercise regularly
- Know your medications and avoid dangerous combinations
- Get at least 7 to 9 hours of sleep each day
- Take regular breaks throughout the work day and stretch
- Maintain a work-life balance to reduce stress
- Pay attention to your finances, saving when possible
- If stressed or depressed, reach out for help
- Get regular medical checkups
- If prescribed opioids, speak with your doctor about alternatives

## ⊖ Prescription Opioid Misuse

A growing problem that puts our safety and those around us at risk.

Recognize the signs in yourself and others:

- Small pupils
- Sleepiness or lethargy
- Complaints of constipation
- Itchy or flushed skin
- Confusion or slurred speech



Those in opioid withdrawal may:

- Be anxious or nervous
- Excessively shake, sweat or yawn
- Have a runny nose
- Experience diarrhea
- Complain of abdominal cramps
- Be achy or in pain



In 2015, in the U.S. 22,000 people died from overdoses related to painkillers.

SOURCE: Centers for Disease Control and Prevention, "Opioid Data Analysis"

# NATIONAL SAFETY MONTH 2018

Don't be afraid to seek help if you or a coworker need it. Reach out to someone...family, friends, coworkers, a supervisor, doctor, Human Resources or your Employee Assistance Program.



For more information on this and other safety topics, visit the member-exclusive website at [nsc.org](http://nsc.org)

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Source: National Safety Council 5-Minute Safety Talk "Know the Signs to Stay Well—Prescription Drug Misuse"