

JUNE 2022

Healthy Living

June is National Safety Month



Each June, the National Safety Council celebrates National Safety Month. Join the Council and thousands of organizations across the country to reduce the risk of these key safety issues.

Prevent prescription drug abuse

- Ask your doctor about the risk of addiction when he or she advises prescription painkillers. Take these medicines only as prescribed.
- Signs of abusing these drugs include:
 - Lack of focus or attention
 - Poor judgment
 - Missing work often

Stop slips, trips and falls

- Follow your workplace's safety guidelines.
- Keep walkways and stairs free from clutter, water and other falling hazards.
- At home, use grab bars and safety mats in your tub and shower and next to the toilet.

Be aware of your surroundings

- Scan your area for potential hazards.
- Follow workplace safety rules for storing objects securely and safe use of machines.
- Pay attention at all times. Do not get distracted when working or when you walk, especially when using your cell phone.

Put an end to distracted driving

When you are driving, focus on the road. Do not use your cell phone for texting or talking. Hands-free talking does not make driving safer. Your mind is still sidetracked.

- The National Safety Council suggests that you change your voicemail greeting to something like: "Hi, you've reached (insert your name). I'm either away from my phone or I'm driving. Please leave a message."
- Avoid other distractions, too, such as eating, grooming, reading (including maps) and adjusting music.

Summer safety

- Limit exposure to the sun, especially between 10 a.m. and 4 p.m. Wear a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher, as directed. Wear a wide-brimmed hat and sunglasses that wrap around and block both UVA and UVB rays.
- Follow directions to use outdoor tools and the lawn mower safely.
- Drink plenty of water to help prevent heat-related problems.



FEATURED RECIPE

Summer Panzanella Salad



Ingredients

- ¼ cup extra-virgin olive oil, plus more for brushing
- 2 ¾"-thick slices country bread
- 1 medium zucchini or summer squash, halved
- ½ large red onion, cut into 4 wedges
- Kosher salt
- Freshly ground black pepper
- 1 clove garlic, minced
- 2 tbsp. red wine vinegar
- 4 cups diced mixed tomatoes (such as heirloom, vine-ripened, cherry, and grape)
- 1 cup cubed fresh mozzarella
- 1/2 cup packed fresh basil leaves, torn into bite-size pieces
- Balsamic glaze, for drizzling

Directions

1. Heat grill to medium-high and oil the grates. Brush bread, zucchini, and onion all over with oil and season with salt and pepper.
2. Grill bread and veggies until bread is lightly charred and toasted, 30 seconds to 1 minute per side, and zucchini and onion are lightly charred and crisp-tender, 3 minutes per side.
3. Transfer grilled bread, zucchini, and onion to a work surface. Rub garlic on both cut sides of the bread, then let everything cool slightly.
4. Cut bread into bite-size cubes, thinly slice zucchini crosswise, and chop onion.
5. In a large bowl, whisk together oil and the vinegar, then season with salt and pepper. Add bread cubes, zucchini, onion, tomatoes, mozzarella, and basil. Toss to combine and drizzle with balsamic glaze before serving.