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## Health & Safety Fair

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# Supervising Safety Newsletter

It's September and time for the annual Health & Safety Fair to begin. Are you looking for a new pair of boots to help your aching feet? Are you wanting to know what your blood pressure is or needing to have your cholesterol checked? Are you ready to help save a life by donating blood? This is the perfect time to get it done.

### Why have a Health Fair?

We know our height, shoe size, and favorite TV show, but do we know our risk for heart attack, cancer, or stroke? Over 1.3 million Americans die from cardiovascular disease and cancer each year. Major diseases often go undetected because they do not show any signs or symptoms. Unfortunately, many times when the symptoms do appear it can be too late. Over 80 percent of strokes are preventable and many types of cancer, such as prostate cancer, can be cured up to 95 percent of the time if caught early. The best way to protect ourselves from major diseases is through early detection, which can be found through the screenings made available to us at this year's health fair.

The following tests and screenings are available at this year's Health Fair:

- Blood Sugar
- Blood Pressure
- PSA
- Cholesterol
- Comprehensive Metabolic Test
- A1C1 testing

These screenings will be available every Wednesday during the month of September from 7:00 a.m. to 10:00 a.m. in room 102. The screenings and tests will be free for all employees, employee's spouses, and retirees.

### Health & Safety Fair Events

The Boot Fair will be held on Wednesday, September 19. IPSC will pay half or up to \$100 off the cost for boots. For example, for boots that are \$120, IPSC will pay \$60. Boots that are \$200, IPSC will pay \$100. In order to take advantage of this benefit, employees must not have purchased boots within the past 18 months. If you have boots needing to be replaced, they must be brought into the fish bowl, shown to a Safety Specialist, and signed off as needing to be replaced.

The Blood Drive will be held on Tuesday, September 12. If you are able and willing, this gift of life will be greatly appreciated by those who are going to receive it.

There will be Lunch Time Classes held throughout September. The class subjects will focus on breath works, mental health/suicide, retirement seminars, and a class from Dr. Dekker. Come and enjoy an educational experience and maybe even win a prize just for attending.

The Health & Safety Fair is a great benefit to all of those who choose to participate. By taking advantage of the screenings and tests that will be provided, this could be a priceless benefit that helps save you or a loved one from cardiovascular disease, cancer, or a stroke. A little bit of time and effort can save a lifetime of pain, suffering, and disease.

