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Environmental Health

How to protect yourself

- **Seven Ways to Protect Yourself**

- Think before you act. Think about what could result from or consequence of your actions; avoid doing anything that might hurt you or another person.
- Pay attention. Be aware of your surroundings and of potential accidents (dangers).
- Know your limits. Stay within your limits.
- Practice refusal skills. Don't be afraid to say no to something that (may cause injury) is not safe.
- Use safety equipment. Safety equipment can keep you from getting hurt or may save your life. Use the right safety equipment for your activity.
- Change risky behavior. Change a habit that puts you or someone else at risk.
- Change risky situations. Fix things that might cause an accident and/or tell someone who can fix it.

Responding To An Emergency

Follow the 3 steps below when responding to an emergency: **CHECK, CALL, CARE**

1. Check: Check out the situation. First, make sure it is safe for you. Whatever hurt the victim, might hurt you. If you are in danger, leave the area. If you are safe, check the victim for injuries. Try and find out how the victim got hurt. Check for medical alert jewelry, which lets you know about the victim's health.
2. Call: Responding to an emergency often means making a phone call for help. It's important to stay calm when you call an emergency number. If you panic, the emergency operator may not be able to understand you. You will need to give the operator a lot of information. The emergency operator uses this information to make sure you get the help you need. They will also tell you what you can do for the victim until help arrives.
3. Care: How quickly a victim gets help may determine his or her fate. If you have training, you should give the victim first aid right way. First aid is emergency medical care for someone who has been hurt or who is sick. Knowing first aid and acting quickly can help you save a victim's life. Giving first aid can be risky. You may be exposed to blood, saliva, and other body fluids. These fluids may contain bacteria and viruses that can make you sick. You can protect yourself by using protective equipment, such as breathing masks, sterile gloves, etc. Make sure to protect yourself when giving care.



WHEN YOU CALL:

What you need
to do

- Your name
- Where you are
- The type of emergency
- The condition of the victim(s) if someone is hurt
- The medical history of the victim if known
- What you have done to help the victim

- Stay calm
- Make sure you are safe
- Answer all the operator's questions as best you can
- Follow the operator's instructions
- Stay on the line until the operator tell you to hang up

What you need
to say

Understanding Air Pollution

Indoor and outdoor air pollutants can harm human health and damage the natural environment.

In the United States, the Environmental Protection Agency (EPA) sets air quality standards to prevent and correct problems related to environmental air pollution.

Air pollution can cause such illnesses as Asthma.

Protecting Land and Water

Getting rid of the waste that we produce is a big problem for our society.

If wastes are not properly contained or destroyed, they can pollute the land and water we rely on to live.

Many wastes are biodegradable, or able to be broken down by microorganisms in the environment. We should strive for biodegradable wastes be properly disposed to be exposed to the environment and thus will break down.

Hazardous wastes

Hazardous wastes are waste materials with properties that make dangerous to human health or the environment. These wastes must be properly contained to avoid being introduced into human areas.

These wastes include:

1. Industrial wastes – Includes solvents for cleaning and degreasing.
2. Household wastes – Products such as pesticides, plants, cleaning fluids, and batteries may be hazardous when discarded.
3. Radioactive wastes – Sources such as nuclear power plants produce wastes that emit radioactive wastes.
4. Mercury – This naturally occurring substance is highly toxic.

Problems of Development

Urban development impacts the environment

Disappearing Forests

Deforestation, or destruction of forests, causes a variety of problems:

1. Destroys habitats for plants and animals.
2. The loss of trees puts these areas at risk of soil erosion and flooding.
3. It alters the local climate, making it hotter and drier.
4. It contributes to global warming/

Water: A Limited Resource

Pollution threatens our limited water supply.

Sources of water pollution:

1. Runoff – When rainwater or melting snow flows across the ground and into the water supply, it can pick up pesticides and other wastes.
2. Wastewater – Used water from homes, communities, farms and businesses.
3. Sediment – Runoff can carry soil and other sediments into the water supply.
4. Oil – Spills from oil tankers and offshore drilling rigs can pollute our water.

Protecting our Environment

Conservation helps protect the environment.

Conservation is avoiding waste through careful management of natural resources, such as energy, water, and materials.

You can reduce the amount of wastes by practicing the three R's:

1. Reduce – Reducing wastes before it is generated.
2. Reuse – The most efficient way to reduce wastes is to reuse items.
3. Recycle – Processing waste materials so that they can be used again.