

Module Title: Safety and Environmental Health

Microlesson Title: Safety and Injury Prevention

Title: Safety and Injury Prevention Presentation

Automobile Safety

- Did you know the number one cause of death for people ages 15-24 is automobile accidents? There are many reasons for why this is so:
 - Inexperienced with driving
 - Driving too fast
 - Not paying attention to the road
 - Inexperience with alcohol and/or drugs and then driving under the influence
 - Not heeding to precautions necessary for certain driving conditions
 - Not wearing seatbelts
- Many people of all ages fail to realize the seriousness of getting behind the wheel. Have you ever thought how two thin yellow lines painted on the road are the only things keeping you and another car from colliding? Have you ever thought about just how thin the metal is that separates you and another car during a collision? Have you ever thought about what actually happens when a person not wearing their seatbelt hits the front windshield? The list goes on and the frightening realities of being on the road (whether as a driver or a passenger), are continually overlooked.

Injuries (Muscle, Bones, Burns and Bleeding)

- For Muscles & Bone Injuries Use The "RICE" Method:
 - **REST:** Completely immobilize the injured area
 - **ICE:** reduces inflammation and pain. Apply ice (cold packs) on the injured area immediately. The cold will help constrict blood vessels, reducing swelling, and deaden nerve endings, all of which will serve to reduce pain.
 - **COMPRESSION:** Snugly bandage the area. This will minimize internal bleeding. An elastic bandage can be used in conjunction with the ice pack. Always leave the fingers and toes exposed so that you can check circulation status (if they are turning blue...it's too tight!).
 - **ELEVATION:** Raise injured area above the heart. This will also help reduce internal bleeding and swelling.

Immobilizing Injuries to Extremities:

Splinting is a method of immobilizing an injured part and should ONLY be used if you must move or transport the person to seek medical attention and if it does not cause more pain. There are many methods of splinting including:

- **Soft Splints:** Soft materials such as a folded blanket, towel, pillow, or triangular bandage can be used to immobilize an injured area.
- **Rigid Splints:** Boards, folded magazines or newspaper, or metal strips that do not have sharp edges can be used to immobilize a body part.

- **Anatomical Splints:** The person's body is the splint. For example, you can splint a leg to a leg, arm to the chest, finger to a finger, etc.

Steps to splinting an injured extremity:

- Do not move the extremity's position and support it where it is to keep it from further damage.
- Dress any open wounds without moving the splint.
- Check functions below the injury for warmth, color & feeling.
- Splint above and below the injured area *Be sure to use padding if a rigid splint is being used!
- Secure the splint (with some type of bandage).
- Check below the injury to check for tightness, get the victim's help.
- If possible, elevate the splinted area.

Burns

- Burns are classified by degree of damage to the skin and underlying tissue. Any burns involving the airway are life-threatening. Some signs of possible burns include wheezing and/or coughing as the patient breathes particles of soot in the saliva, sooty or smoky smell on breath, and visible burns of the mucous membranes in the mouth and/or nose. Let's take a look at those classifications below on the next slide.
- Certain areas of the body are more critically damaged by burns than others. Burns on the face or neck should be seen by a physician immediately because of the possible respiratory involvement or damage to the eyes. Other particular areas include the hands, feet, and external genitalia. Patients with burns in these areas should receive professional medical care immediately.
- Remove patient from source of burns.
- Eliminate the cause of burns, wash away chemicals, immerse scalds or grease wounds in cold water. Pour water on burned areas.
- Remove clothing or items such as jewelry to prevent later removal problems in the event of swelling. Never place grease or fat on the burn as it will have to be painfully removed later. Do not try to remove clothing embedded in the burn tissue. Cover burns with a dry, sterile, non-stick burn sheet.

Bleeding

- Any severe, uncontrolled bleeding (external or internal) can rapidly lead to life-threatening shock, so it is vital to administer care ASAP.
- There are 3 types of external bleeding: Capillary, Venous, Arterial

Some Types of Open Wounds

- Clean abrasion wounds with running water or sterile gauze. Never remove an impaled object from a puncture wound. Stabilize in place and seek medical assistance. Apply direct pressure to stop the flow of blood from a wound created by an incision. If after 15 minutes you've been unable to slow the bleeding, call EMS (911).

Nose Bleeds

- A nosebleed can be scary to get or see, but try to stay calm. Most nosebleeds look much worse than they really are. Almost all nosebleeds can be treated at home. If you get a nosebleed, sit down and lean slightly forward (see figure to the right). Keeping your

head above your heart will make your nose bleed less. Lean forward so the blood will drain out of your nose instead of down the back of your throat. If you lean back, you may swallow the blood. This can cause nausea, vomiting and diarrhea.

- Use your thumb and index finger to squeeze together the soft portion of your nose (see figure to the left). This area is located between the end of your nose and the hard, bony ridge that forms the bridge of your nose. Keep holding your nose until the bleeding stops. Don't let go for at least 5 minutes. If it's still bleeding, hold it again for 10 minutes straight and seek medical assistance.
- You can also place a cold compress or an ice pack across the bridge of your nose to prevent swelling.

Heat Emergencies

- Heat exhaustion is very common in warm weather. If left untreated, it will progress to heat stroke. Heat stroke is life-threatening. If the victim is not treated immediately, severe brain damage or death may occur. It's critical to know the difference between heat exhaustion and heat stroke.
- The progression of heat related emergencies is as follows: heat cramps, heat exhaustion, heat stroke.

Heat Exhaustion

- Heat exhaustion is a condition caused by too much water loss through sweating on a hot day. Signs of heat exhaustion are as follows:
- The best way to treat heat exhaustion is to stop exercising, go inside (cool area), loosen clothing, and drink some water or sports drink (rich in electrolytes). If symptoms do not improve, call for help.

Heat Stroke

- Heat stroke is an injury that happens when the body cannot control its temperature. A person with heat stroke can't sweat (how our bodies cool us down). Signs of a heat stroke are as follows:
- Someone suffering from heatstroke should be taken to the hospital immediately (or call EMS). Heatstroke can be life-threatening. Do not offer or force fluids by mouth for victims with heat stroke. Loosen clothes, remove heat source, and cool the body with wet clothes until help arrives or you reach help.

Cold Emergencies

- Cold emergencies do not just occur exclusively in arctic regions. Being exposed to the elements, such as cold weather and/or frigid water for a long period of time, can develop into hypothermia and/or frostbite.

Hypothermia

- Hypothermia is defined as a serious condition in which the body temperature falls below normal.
- Victim's should be kept warm (remove wet clothes and wrap the victim in dry blankets). Call the EMS (911).

Frostbite

- Frostbite is defined as damage to skin and other tissues caused by extreme cold.

- Frostbite usually affects fingers, toes, ears, and/or nose. Frostbitten skin is pale, stiff, and numb. If someone is suffering from frostbite, call EMS (911) immediately. While you wait for the EMS to arrive, put the affected area in lukewarm water.
- Shock
- Shock is ultimately responsible for killing everyone. Every death is a result of some type of shock. Shock progresses as time passes. Once it has begun you cannot stop shock; however, you may minimize the damage with proper treatment. Never wait for the symptoms of shock to develop; by the time they are obvious it may be too late. Treat any illness or injury immediately if you believe that shock may occur!

Signs and Symptoms of Shock

- shallow, irregular, labored, rapid, or gasping breathing
- dull, ashen or chalk-like-skin- As time passes, the skin will appear bluish
- cold, clammy skin
- profuse sweating
- general weakness
- weak, rapid pulse
- nausea and vomiting
- closed or partially-closed eyelids
- lusterless eyes, dilated pupils
- extreme thirst
- anxiety
- dizziness or confused mental status

Microlesson Title: First Aid

Title: First Aid Presentation

Choking

- Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. Adults most commonly choke on meats and children most commonly choke on anything small and round (especially nuts, grapes, hot dogs, small round toy pieces, etc.). Choking can be very scary for both the victim as well as the first responder; therefore, it is important to know what to do in the event choking occurs.

Caring for a Conscious Choking Child/Adult Victim:

Step 1: CHECK scene, then CHECK person.

Step 2: Have someone CALL 9:1:1.

Step 3: Obtain consent (If it is a child obtain consent from a parent/guardian if possible).

Step 4: Lean the person forward and give 5 back blows with the heel of your hand.

Step 5: Give 5 quick, upward abdominal thrusts.

Give ***chest thrusts*** to a choking person who is pregnant or too big for you to reach around.

You can give abdominal thrusts to yourself just as you do another person or lean over and press your abdomen against any firm object (example: back of a chair).

For a child you may have to kneel behind them to administer back blows and abdominal thrusts.

Step 6: Continue back blows and abdominal thrusts until object is forced out, person can breathe or cough forcefully, and/or person becomes unconscious.

Caring for an Unconscious Choking Victim

- FIRST...
- How do you know a person is unconscious due to choking?
- Whenever you find an unconscious person, always check a person's ABCs:
- **A: Airway:** open the victim's airway by tilting the forehead back and lifting up on the chin
- **B: Breathing:** look, listen and feel for signs of breathing, if not breathing give the victim two rescue breaths, if these initial two breaths do not enter the lungs, re:tilt the victim's head and attempt two more breaths
- **C: Circulation**
- If these re-attempted breaths still do not go in, then you can definitively say that this victim is choking.

Caring for an Unconscious Choking Adult

- **CHECK, CALL, CARE**
- Step 1: Tilt head farther back. Try 2 rescue breaths again.
- Step 2: If chest does not rise: Give 30 chest compressions (2 hands).
- Step 3: Look for an object.
- Step 4: Remove object if one is seen.
- Step 5: Try 2 rescue breaths.
- **Now What?** If breaths do not go in: Continue Steps 2-5; If breaths go in: Check for signs of life and give care accordingly.

Caring for an Unconscious Child Victim

- **CHECK, CALL, CARE**
- Step 1: tilt child's head. Try 2 rescue breaths again.
- Step 2: If chest does not rise: Give 30 chest compressions (one hand).
- Step 3: Look for an object.
- Step 4: Remove object if one is seen.
- Step 5: Try 2 rescue breaths.
- **Now What?** If breaths do not go in: Continue Steps 2-5; If breaths go in: Check for signs of life including a pulse and give care accordingly.

Caring for a Conscious Infant Victim

- Step 1: CHECK scene, then CHECK infant.
- Step 2: Have someone CALL 9-1-1.
- Step 3: Obtain consent from parent or guardian, if present.
- Step 4: Give 5 back blows
- Step 5: Give 5 chest thrusts (2 fingers).
- *Hold head and neck securely when giving back blows and chest thrusts.*
- Step 6: Continue back blows and chest thrusts until: object is forced out, infant can breathe or cough forcefully, and/or infant becomes unconscious.

Caring for an Unconscious Choking Infant

- **CHECK, CALL, CARE**
- Step 1: Re-tilt infant's head. Try 2 rescue breaths again.
- Step 2: If chest does not rise: Give 30 chest compressions (2 fingers).
- Step 3: Look for an object.
- Step 4: Remove object if one is seen.
- Step 5: Try 2 rescue breaths.
- ***Now What?*** If breaths do not go in: Continue Steps 2-5; If breaths go in: Check for signs of life including a pulse and give care accordingly.

Rescue Breathing (Artificial Respiration)

- **Rescue breathing is also called "artificial respiration. "This is necessary when a victim is NOT breathing BUT DOES have a pulse.**
- **FIRST: Do** the "head tilt/chin lift" method (this moves the tongue away from the throat and also moves the epiglottis away from the trachea), then pinch the nose.
- **SECOND:** Take a breath and make a complete seal over the person (adult or child's) mouth. For an infant you must seal your mouth over their nose and mouth when giving a breath. Then, blow in to make the chest clearly rise. Each rescue breath should last about one second.
- **THIRD:** After 2 minutes, recheck signs of life and pulse for no more than 10 seconds. If there is a pulse but no breathing, continue rescue breathing. If there is no pulse, give CPR or use an Automated External Defibrillator (AED) (adult/child only).

ADULT RESCUE BREATHING

- Give one breath every 5 seconds

INFANT & CHILD RESCUE BREATHING

- Give one breath every 3 seconds

Differences Between Adult and Infant/Child Rescue Breathing:

- **Distance with head tilt-chin lift.** When lifting the chin and tilting the head back before giving rescue breaths, you will not need to tilt an infant's head back very much at all, a child's a little, and an adult's a good bit more.
- You will be able to tell if you have tilted the victim's head back far enough because your rescue breaths will enter the victim's lungs. (If your breaths don't go in the victim's lungs, you have either not tilted their head back enough or the victim is choking on something and needs the Heimlich Maneuver).
- **Forcefulness of breaths.** With an infant, you must only "puff" your breaths into it, with a child it's about a half-force breath, and with an adult your rescue breaths should be somewhat forceful.
- You will be able to tell if your breaths are forceful enough because you will see the victim's chest rise out of the corner of your eye, if you are breathing too hard, you will get some resistance when breathing and you should decrease the forcefulness.
- **Where you breathe into the victim (mouth or mouth and nose)**When giving adult or child rescue breathing, only breathe into the victim's mouth and pinch close the nose. When giving infant rescue breathing give your breaths into the infant's mouth and nose.
- **SO, when you should you call EMS in all of this?**

- After giving one minute of rescue breathing...you have reset the clock on the amount of time that your victim has been w/o oxygen (with regards to extent of brain damage, if any).

CPR (Cardiovascular Resuscitation)

- If you were with someone who had a heart attack or almost drowned, would you know what to do? When blood flow or breathing stops, seconds count. Permanent brain damage or death can happen quickly. If you know how to perform cardiopulmonary resuscitation (CPR), you could save a life. CPR is an emergency procedure for a person whose heart has stopped or is no longer breathing. CPR can maintain circulation and breathing until emergency medical help arrives.

Hands-Only CPR

- Even if you haven't had training, you can do "hands-only" CPR for a person whose heart has stopped beating. "Hands-only" CPR uses chest compressions to keep blood circulating until emergency help arrives. If you've had training, you can use chest compressions and rescue breathing. Rescue breathing helps get oxygen to the lungs for a person who has stopped breathing. To keep your skills up, you should repeat the training every two years.

AED (Automated External Defibrillator)

- Defibrillation is an essential part of resuscitation. Should a victim be in cardiac arrest and require defibrillation, it is crucial that EMS is called immediately.
- Step 1
 - To begin Defibrillation operations, start by exposing the chest, and removing all metallic items (jewelry, nipple piercings, etc.). It is also crucial that you remove any patches (especially medicine and nicotine) on the person's chest while wearing gloves to ensure the shock will not be interrupted by having to go through these patches. Failure to remove nicotine patches can result in a fire.
 - If necessary, protect the victim from water and dry them, or move the victim a few meters between each CPR cycle until the area is safe for defibrillation.
 - Cell phones and other electronic devices can disrupt the analyzing phase of the AED. Check for a cell phone on the patient and remove it to a distance of 6 feet or more. This will include your cell phone and any bystander who is carrying one. (If time is crucial, throw the cell phone as far as possible, don't take precious seconds to walk it somewhere. Remember, life over limb (or possessions, in this case.)
- Step 2: Turn the AED on and listen to instructions
 - Now turn on the defibrillator unless it automatically turns on once you open it. Most AED units will give clear voice instructions; follow the prompts. Once the chest is exposed, you are to place the electrodes: one on the left side, under the arm, and the other over the right breast. The location of pad placement is clearly depicted on each pad; they must go exactly as shown in the picture. Once connected, the defibrillator will automatically start monitoring the heart's electrical activity to determine whether a shock is appropriate. Some defibrillators require the user to press an analyze button before the machine will

analyze the heart rhythm. The machine will clearly talk you through all steps of the process.

- CPR must be stopped while the defibrillator is monitoring the victim's heart activity. In all cases, defibrillation has priority over CPR. Do not touch the victim or the AED - if you do, you could interfere with the analysis.
- Step 3: Clear and shock
 - If the AED advises a shock, the operator will say "I'm Clear, you're clear, we're all clear" while ensuring that the operator is not touching the victim or standing in a wet environment next to the victim that could conduct electricity through the rescuer. The AED operator is also making sure that all other people surrounding the victim are clear. The final "we are all clear" ensures a double check to ensure that everyone is away from the victim. If the victim is being given oxygen supplementation, the equipment must be removed at this point. The AED will shock the victim; the operator may be required to press a shock button. Touching the victim is potentially fatal when the shock is administered. After the shock has been delivered, it is safe to touch the victim; no electricity will remain in them. The defibrillator will advise you what to do next - usually you'll be told to begin chest compressions and rescue breaths again.

Microlesson Title: Community Health

Title: Community Health Presentation

Community Health

- Cyberbullying and other community health topics

Cyber Bullying

- What is cyber bullying, exactly?
- "Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It must have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber stalking. Adult cyber-harassment or cyber stalking is NEVER called cyber bullying.
- When adults are trying to lure children into offline meetings, that is called sexual exploitation or luring by a sexual predator. But sometimes when a minor starts a cyber bullying campaign, it also involves sexual predators who are intrigued by the sexual harassment or drawn by ads posted by the cyber bullies offering up the victim for sex.
- The methods used are limited only by the child's imagination and access to technology. And the cyber bully one moment may become the victim the next. The kids often change roles, going from victim to bully and back again.
- Children have killed each other and committed suicide after having been involved in a cyber bullying incident.

- Cyber bullying is usually not a one-time communication, unless it involves a death threat or a credible threat of serious bodily harm. Kids usually know it when they see it, while parents may be more worried about the lewd language used by the kids than the hurtful effect of rude and embarrassing posts.
- Cyber bullying may rise to the level of a misdemeanor cyber harassment charge, or if the child is young enough, may result in the charge of juvenile delinquency. Most of the time the cyber bullying does not go that far, although parents often try and pursue criminal charges. It typically can result in a child losing their ISP or IM accounts as a terms of service violation. And in some cases, if hacking or password and identity theft are involved, it can be a serious criminal matter under state and federal law.
- Cyber bullying Technologies
 - Email
 - Cell phones
 - Text messages
 - Instant messaging
 - Defamatory online personal polling web sites
 - Chat rooms
 - Social networking sites
 - Gaming sites

Cyber Bullying is Against the Law

1. The following kinds of speech can lead to arrest & prosecution:
2. Making threats of violence to people or their property
3. Engaging in coercion
4. Making obscene or harassing phone calls
5. Harassment or stalking
6. Hate or bias crimes
7. Creating or sending sexually explicit images of teens
8. Sexual exploitation
9. Taking a photo of someone in place where privacy expected

If this happens to you..

- *Contact one or more of the following for help:*
- *Parent*
- *Teacher*
- *School Principal*
- *School Counselor*
- *Police*

The Health Care System

- The health care system includes all ways you receive and pay for medical care.
- A health care system includes all the medical care available to a nation's people, the way they receive care, and the way they pay for it.
- Some examples are:
 - Regular checkups with a primary care physician
 - See a school nurse

- See a dentist
- Consult specialists, medical doctors who focus on particular kinds of patients or on particular medical conditions.

Paying Health Care Costs

- Most people need health insurance to pay for medical bills because modern medical procedures can be very expensive.
- Health insurance includes private and government programs that pay for all or part of a person's medical costs.
- Most Americans receive health insurance from their jobs through group programs.
- Public health includes agencies that exist to promote public health. Public health includes all efforts to monitor, protect, and promote the health of the population as a whole.

National Health Agencies

- Several departments of the federal government promotes public health includes:
 - The Environmental Protection Agency (EPA) protects the country's land, air, and water.
 - The Occupational Safety and Health Administration (OSHA) is part of the U.S. Department of Labor that oversees safe working conditions.
 - The U.S. Department of Agriculture (USDA) promotes healthy conditions for food and food services.

Title: Safety Tips for Teens on the Internet

1. Stop, block, and tell – Don't respond to any cyberbullying message, block the person sending it to you, and tell a trusted adult.
2. ThinkB4UClick – Check what you are sending before you send it, think about it from the recipient's point of view.
3. Respect – Use good netiquette and respect the feelings and bandwidth of others.
4. Keep personal information private – The more information someone has about you, the more easily they can bully you.
5. Google yourself – Conduct searches for your own personal information online and set alerts to spot cyberbullying early.
6. Take 5 – Walk away from the computer for 5 minutes when something upsets you, so you don't do something you will regret later.

Title: Cyberbullying Technologies.

1. Email
2. Cell phones
3. Text messages
4. Instant messaging
5. Defamatory online personal polling web sites
6. Chat rooms

7. Social networking sites
8. Gaming sites

Title: Examples of health care services

1. Regular checkups with a primary care physician
2. See a school nurse
3. See a dentist
4. Consult specialists, medical doctors who focus on types of patients or on medical conditions.

Microlesson Title: Environmental Health

Title: Environmental Health Presentation

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.

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.

Understanding Air Pollution

1. Indoor and outdoor air pollutants can harm human health and damage the natural environment.
2. In the United States, the Environmental Protection Agency (EPA) sets air quality standards to prevent and correct problems related to environmental air pollution.
3. Air pollution can cause such illnesses as Asthma.

Protecting Land and Water

1. Getting rid of the waste that we produce is a big problem for our society.
2. If wastes are not properly contained or destroyed, they can pollute the land and water we rely on to live.
3. 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:
 - Industrial wastes – Includes solvents for cleaning and degreasing.
 - Household wastes – Products such as pesticides, plants, cleaning fluids, and batteries may be hazardous when discarded.
 - Radioactive wastes – Sources such as nuclear power plants produce wastes that emit radioactive wastes.
 - 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:
 - Destroys habitats for plants and animals.
 - The loss of trees puts these areas at risk of soil erosion and flooding.
 - It alters the local climate, making it hotter and drier.
 - It contributes to global warming

Water: A Limited Resource

- Pollution threatens our limited water supply.
- Sources of water pollution:
 - Runoff – When rainwater or melting snow flows across the ground and into the water supply, it can pick up pesticides and other wastes.
 - Wastewater – Used water from homes, communities, farms and businesses.
 - Sediment – Runoff can carry soil and other sediments into the water supply.
 - 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:
 - Reduce – Reducing wastes before it is generated.
 - Reuse – The most efficient way to reduce wastes is to reuse items.
 - Recycle – Processing waste materials so that they can be used again.

Title: 7 ways to protect yourself

1. 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.
2. Pay attention. Be aware of your surroundings and of potential accidents (dangers).
3. Know your limits. Stay within your limits.
4. Practice refusal skills. Don't be afraid to say no to something that (may cause injury) is not safe.
5. Use safety equipment. Safety equipment can keep you from getting hurt or may save your life. Use the right safety equipment for your activity.
6. Change risky behavior. Change a habit that puts you or someone else at risk.
7. Change risky situations. Fix things that might cause an accident and/or tell someone who can fix it.