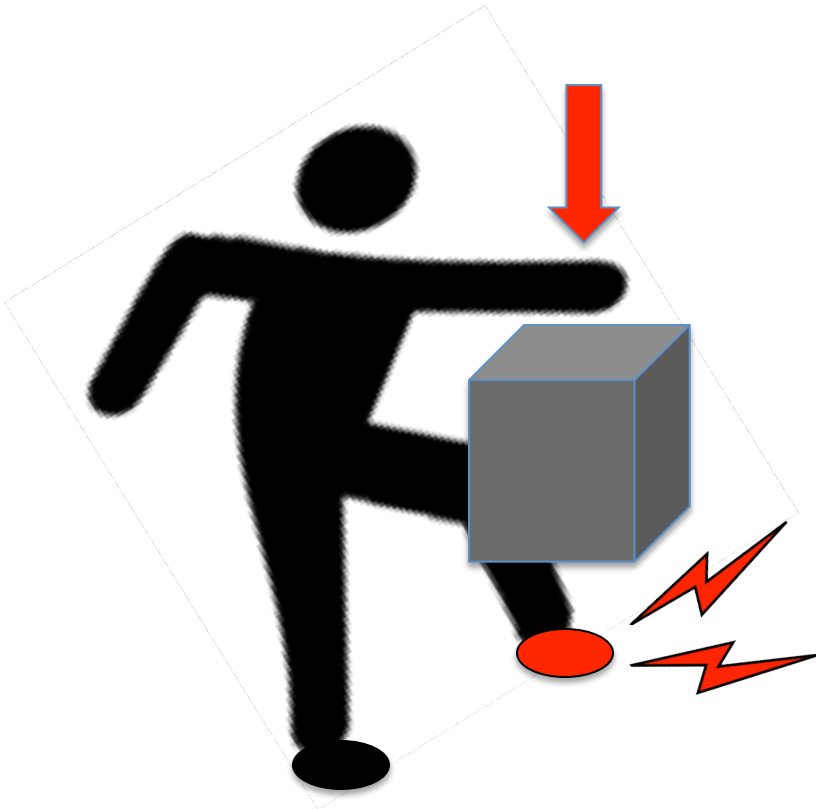


HEALTH IMPACTS SAFETY



- **Having diabetes can increase your chance of injury, and it can increase your risk of complication if you injured.**
- **Diabetes can prevented and managed.**

Safety Meeting Guide

TWH 3: What's diabetes got to do with it?

<http://ow.ly/JHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Today's safety committee meeting is about an employee who had uncontrolled diabetes. He dropped a heavy object on his foot, and due to nerve damage from his longstanding diabetes it resulted in a problem that ultimately led to an amputation.

About 9% of the US populations has diabetes, one in four of whom are not aware that they do. People with diabetes are at increased risk of serious health consequences including vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death. Type 1 diabetes is related to damage to the insulin-producing cells in the pancreas and often begins in childhood. It always requires insulin therapy. Type 2 diabetes usually begins as an adult. It can run in families, and it is associated with being overweight or obese, being sedentary, having high blood pressure and getting older.



So here are some ways we can address and prevent diabetes.

- Ask: Does anyone have information to share about resources for those concerned about diabetes or needing help in managing diabetes?
- Being healthy keeps us safe 24/7. Think about ways we can make changes to keep us safe and healthy.

ASK: "Does anyone have more ideas or comments to share?"

Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- Do you have ideas about things we can do to reduce our risk of diabetes?
- What motivates you to be healthier?
- Do you know how to help an employee who may be managing diabetes?
- How can we get more information on preventing or effectively managing diabetes?