



Diabetes Awareness

Avoid it if you can.

Millions of Americans have diabetes, and more than one-quarter of these cases are undiagnosed. People with diabetes are more likely to have other serious illnesses including heart attacks and strokes, high blood pressure, kidney disease, blindness, amputations and nervous system disorders.

Losing weight, getting regular exercise and eating a well-balanced diet will help you avoid this serious disease.

And that's smart safety!

For additional information or guidance, contact your safety office.