

# Safety is No Accident

National Public Health Week runs from April 4<sup>th</sup>-10<sup>th</sup> 2011. The American Public Health Association (APHA) needs help to educate Americans about safety. Each year more than 150,000 deaths occur because of injuries and nearly 30 million injuries are severe enough to go to the emergency room. It only takes seconds for an accident to happen. However, it only takes seconds to prevent injuries. Below are suggestions on how to improve your safety at home, at work, at play, in the community, and on the move.

## At Home-

- Install and maintain smoke alarms and carbon monoxide detectors in your home.
- Store cleaning supplies and medicines in locked cabinets out of the reach of children.
- Check your hot water heater periodically and adjust the thermostat to 120 °F or lower to avoid burns.

## At Work-

- Wear all personal protective equipment required or recommended for your occupation.
- Participate in worksite safety trainings programs and follow all workplace laws and safety rules.
- Ensure vision is not obstructed when operating heavy machinery.

## At Play-

- Use proper form and accept your body's limits. Ask a professional to assess your form.
- Wear a helmet and other properly fitted protective gear when riding bike, skateboarding, roller skating, or roller blading.
- Play it safe and strictly enforce rules that prevent injury.

## On the Move-

- Wear a seat belt on every trip, no matter how short.
- Avoid texting, eating, using the phone or grooming while driving.
- Be a designated driver. Don't drink and drive, let others drink and drive, or get into a vehicle with someone who has been drinking.

## In the Community-

- Keep weapons in a locked and safe place, away from children.
- Model respectful communication in your interactions with children, family members and in the community.
- Be a caring adult in the life of a young person.

Take a second and incorporate these safety tips into your day.

