

Safety Is NO Accident!



It only takes a moment for an injury to happen: a trip on the edge of a scatter rug, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. Every year nearly 150,000 people die from injuries and almost 30 million people are injured seriously enough to go to the emergency room (American Public Health Association). Many injuries are often not "accidents", but events that could have been avoided. These tips can prevent injuries:

AT HOME:

- ❑ Identify - and fix - potential hazards in your home like poor lighting, uneven surfaces or loose scatter rugs and electrical cords.
- ❑ Make sure your home has working smoke alarms and carbon monoxide detectors. Check the batteries twice a year. Keep a fire extinguisher in a kitchen closet.
- ❑ Have an evacuation plan in case of emergencies.
- ❑ If you have young children, cover all electrical outlets. Store all cleaning supplies and medicines in locked cabinets.
- ❑ Use hazardous household chemicals and cleaning products according to directions.
- ❑ Take all prescription medications as prescribed. Use over-the-counter medications, natural remedies and supplements with care - talk with your pharmacist if you have any questions.
- ❑ Program emergency numbers into your cell phone and house phone.

OUTSIDE THE HOME:

- ❑ Children and adults should wear a helmet when riding a bike, scooter, skateboard or motorcycle.
- ❑ Get a physical exam before starting any exercise program, especially if you are over 60 years old or have a chronic medical condition.
- ❑ Use sidewalks when available - face the oncoming traffic if you need to walk in the road. Wear a reflective vest or use tape in addition to light colored clothing when walking or bicycling at night.

ON THE ROAD:

- ❑ Always wear a seat belt, no matter how short the trip. Buckle up younger children in age appropriate car or booster seats. Make sure older children wear a seat belt.
- ❑ Never drink and drive. Avoid driving if you are tired or take medication that may make you drowsy.
- ❑ Just drive! Don't text while driving. Use a hands-free headset when using a cell phone in the car. Avoid eating, drinking or grooming while driving.



WEST WINDSOR HEALTH DEPARTMENT

serving the communities of West Windsor ■ Robbinsville ■ Hightstown