



Share the knowledge!

# Be Smart About Safety.

## National Safety Month: It Takes All Of Us



The idea of continuous risk reduction inspired the National Safety Council's motto for National Safety Month, **"Safety: It takes all of us."** National Safety Month encourages spotting hazards early, evaluating their risk and removing or controlling them before harm is done. We have outlined four weeks of safety measures you can take this June because a little effort today has the potential to prevent tragedy tomorrow.

## 1 Week 1: Prevent prescription drug abuse

Prescription drug overdoses are one of the fastest growing causes of injury deaths. In fact, prescription pain relievers contribute to more deaths than all illegal drugs like heroin and cocaine combined. By understanding the leading factors to unintentional overdose, we can hope to reduce the more than 15,000 people who die annually from overdoses of prescription medicines.



### How can you prevent unintentional drug overdoses?

- ▶ Always follow the recommended dosage prescribed by your physician.
- ▶ Keep medications in their original container.
- ▶ Don't share prescribed medications.
- ▶ Properly dispose of any unused or expired medications.
- ▶ Talk with your physician or pharmacist for possible drug interactions

**Surprising Statistic: Among people 35 to 54 years old, unintentional drug overdoses cause more deaths than motor vehicle crashes and is the leading cause of death in seven states.**

Higher daily dosage, early prescription refills, taking medication with alcohol or sedatives, and drug interactions are four factors that put someone at risk for an unintentional overdose. If you suspect someone has overdosed on prescription drugs, use the following tips for how to respond.

- ▶ If the victim is responsive: Call the Poison Control Center at 1-800-222-1222 and tell them you suspect an overdose has occurred and provide information about what and how much was taken.
- ▶ If the victim is unresponsive: Call 9-1-1 immediately. Tell them the victim is unresponsive and that you suspect an overdose. Answer all questions and provide CPR if the victim is not breathing.

## 2 Week 2: Stop slips, trips and falls

The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities. Take the time to review our tips to remove slip, trip and fall hazards to keep everyone in your family safe.



### How can you prevent falls?

- ▶ Secure electrical and phone cords out of traffic areas
- ▶ Remove small throw rugs or use non-skid mats to keep them from slipping
- ▶ Periodically check the condition of walkways and steps, and repair damages immediately
- ▶ Never stand on a chair, table or other surface on wheels
- ▶ Clean up all spills immediately

**Surprising Statistic: Injuries are the leading cause of death in children ages 19 and younger.**

Falls are one of the leading causes of unintentional injuries in the United States. If you find or witness a victim who has slipped, tripped or fallen, follow the steps outlined below.

- ▶ If there are large bone fractures or any dislocation, call 9-1-1. Do not move the victim.
- ▶ If there is a smaller injury, put ice on the injured area for 20 minutes and then remove it for 30 minutes. Repeat the process. Elevate the injured body part if it does not cause pain.



## 3 Week 3: Summer safety

Everyone enjoys a little bit of summer fun, but it's always important to monitor the weather and safety conditions—especially if you plan on being outside.

## How can you stay safe outside this summer?

- ▶ Wear sunscreen that hasn't expired with an SPF of at least 15 and reapply every 2 hours.
- ▶ Take water breaks every 15 minutes when working or playing outdoors – try to set up a shady or air conditioned recovery area
- ▶ When swimming, watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- ▶ Have adult supervision for fireworks to keep everyone at a safe distance.
- ▶ Make sure the lawnmower is in proper working order, keep safety devices intact, and never reach into the blade area.



**Surprising Statistic: Nearly 80% of people who die from drowning are male.**

Untreated heat stress can quickly lead to heat stroke, which is a life-threatening condition. If you believe someone has heat stroke, follow the steps below to help.

- ▶ Call 9-1-1 right away. First, move the victim to a cool place and remove outer clothing. Next, you need to cool the victim by immersing them in water, using cold packs or ice bags. Under no circumstance should you give the victim anything containing caffeine or alcohol.

## 4 Week 4: Put an end to distracted driving

Thousands die needlessly each year because drivers use their cell phones while driving. No phone call is worth a life. Driving is a complex task that requires eyes on the road, hands on the wheel and the brain focused on the task of driving. There are steps you can take to make it easier to put down the phone when you are behind the wheel, and break the habit for good.



## How can you drive less distracted?

- ▶ Schedule calls for times when you will not be driving.
- ▶ Plan your day ahead of time so you won't need to use a cell phone while driving.
- ▶ If a ringing phone is too tempting, get in the habit of silencing your phone before you start to drive, or lock it in the trunk or glove box.
- ▶ Allow enough time during your commute for stops so you can pull over and park in a safe location to check email and voicemail messages.
- ▶ Remember, hands-free devices don't make you safer – while they allow for one more hand to be placed on the steering wheel, they do not reduce cognitive distraction to the brain.




**Startling Statistic:** Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded.

Each day in the United States, more than 9 people are killed and more than 1,060 people are injured in crashes that are reported to involve a distracted driver. If there is a crash, follow the safety tips below.

- ▶ If you witness a traffic crash, call 9-1-1 immediately. Don't assume other drivers will call it in.
- ▶ If you are on the scene, do not remove any victims from their vehicles. Leave this job for the professionally trained ambulance staff, police or firefighters.

During **National Safety Month**, we can focus our attention on preventable safety issues that needlessly take lives daily. By spotting the hazards associated with **prescription drug abuse, slips, trips and falls, summer weather, and distracted driving**, we can all band together to avoid senseless tragedies.

# Celebrate National Safety Month

JUNE 2014						
1	2	3	4	5	6	7
<b>1</b> Week 1: Prevent prescription drug abuse						
8	9	10	11	12	13	14
<b>2</b> Week 2: Stop slips, trips and falls						
15	16	17	18	19	20	21
<b>3</b> Week 3: Summer safety						
22	23	24	25	26	27	28
<b>4</b> Week 4: Put an end to distracted driving						
29	30	 <p>Sign up for Smart911 at <a href="http://www.smart911.com">www.smart911.com</a> to be protected every day.</p>				

## Emergency Numbers to Know



AMBULANCE



POLICE



FIRE & RESCUE



POISON CONTROL



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Share these tips and learn more on Facebook, Twitter, and [Smart911.com/safetymonth](http://Smart911.com/safetymonth)

Be Smart About Safety.  
Sign Up Today.

 **Smart911.com**<sup>TM</sup>