



## Safety is *No Accident*. *Live Injury Free: At Home*

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Below are just a few examples. During National Public Health Week, and every week, raise awareness of safety and injury prevention within your family and community. You can help make your community a safer and healthier place to live.

### Start small...

- Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls.
- Install and maintain smoke alarms and carbon monoxide detectors in your home.
- Establish a plan for how you would evacuate from your home in the event of an emergency.
- Make sure all electrical outlets are covered and inaccessible to children.
- Supervise young children whenever they're near cooking surfaces and never leave food unattended on the stove.
- Program emergency numbers, such as the Poison Control Hotline (1-800-222-1222), into your phone to call in the event of a poisoning emergency.
- Install four-sided isolation fencing at least five feet high and equipped with self-latching gates to prevent drownings in home swimming pools.
- 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 degrees Fahrenheit or lower to avoid burns.

### Think big...

- Organize Tai Chi classes to help promote physical activity and prevent falls among older adults.
- Invite local firefighters to a community event to promote fire safety.
- Form a coalition that supports consumer protection policies to reduce the use of toxins in household products.
- Partner with your poison center to visit schools to talk about poison safety.
- Submit a letter to the editor of your local paper that stresses the importance of living injury-free during NPHW and beyond.

### For more information:

- [Ohio Violence and Injury Prevention Program](http://www.healthyohioprogram.org/vipp/injury.aspx) (<http://www.healthyohioprogram.org/vipp/injury.aspx>)
- [National Public Health Week 2011](http://www.nphw.org/) (<http://www.nphw.org/>)

- Information adapted from the American Public Health Association Web site