

TAKING SIMPLE STEPS TO PREVENT INJURIES IS MORE THAN JUST COMMON SENSE - IT WORKS:

- Two-thirds of children killed by bicycle-related injuries could have been saved by wearing a helmet. Helmets reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%
- In the car, child safety seats reduce the risk of death by 71% for infants and by 54% for toddlers ages 1-4
- Early childhood home visitation can prevent child maltreatment episodes in high-risk families by 40%
- Having a working smoke alarm cuts the risk of death from a house fire by 50%
- There's more you can do beyond taking these actions. Raise awareness of injury and violence prevention within your community during National Public Health Week.
- Your community will be safer, healthier and happier as a result.



303-232-6301
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SAFETY

Safety is *NO* Accident: Live Injury-Free



Creating a healthier Jefferson County starts with creating a *safer* Jefferson County.

Injuries, unexpected events and violence affect people at home, at work, in their communities, on the move and even at play. Unintentional injuries, such as motor vehicle crashes, poisonings and burns, rank among the top 10 causes of death for people ages 1-44. Take steps to protect neighbors, families and communities from harm.



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YOU AND YOUR FAMILY CAN PROTECT YOURSELVES IN MANY WAYS, NO MATTER WHERE YOU ARE. HERE ARE JUST A FEW EXAMPLES:

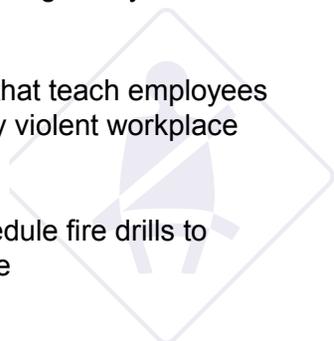


AT HOME

- Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls
- Install and maintain smoke and carbon monoxide detectors in your home
- Establish a plan for how you would evacuate from your home in the event of an emergency
- Have your hot water heater checked and adjusted periodically to avoid burns
- 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 or to ask questions about how to safely store potentially hazardous substances in your home
- Support consumer protection policies to reduce the use of toxins in house-hold products

AT WORK

- Wear protective equipment and reflective gear to reduce employee exposure to hazards
- Train machine operators on simulators to avoid bodily injury
- Ensure views are not obstructed when operating heavy machinery
- Conduct personal safety training programs that teach employees how to recognize, avoid or diffuse potentially violent workplace situations
- Ensure a working sprinkler system and schedule fire drills to practice safe evacuation in the event of a fire



AT PLAY

- Have a physical before starting a new sport, and be sure to warm up and stretch before you begin
- Drink plenty of water to avoid becoming dehydrated
- Wear a helmet and other properly fitted protective gear to avoid injuries
- Work with local community leaders to build and support safe playgrounds

ON THE GO

- Wear a seatbelt in the car and install and use child safety seats correctly
- Wear a helmet when on a bike, skateboard, scooter or other motor vehicles to avoid head injuries
- Avoid texting, eating, using the phone or grooming while driving
- Use sidewalks and avoid jaywalking; be mindful of the environment and be cautious when crossing the road, even at familiar intersections in your own neighborhood
- Walk facing traffic and make yourself visible at night

IT ONLY TAKES A
MOMENT FOR AN
INJURY TO HAPPEN