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Safety is No Accident . . . Live Injury Free

Jefferson County, Colorado—Jefferson County Public Health encourages everyone to learn more about the importance of injury and violence prevention and to take the necessary steps to prevent falls and injuries during all stages of life.

The potential for injury surrounds us. Each year in the U.S. nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room. Driving a car, playing a sport, swimming or simply walking down a street can all present hazards. In addition, violence and maltreatment affect people of all ages, including in the workplace. It doesn't have to be this way. Many of these injuries can be prevented by taking simple steps to protect ourselves, our families and our communities. That's what National Public Health Week is all about: taking steps now to prevent injury and violence.

Learn more about preventing injuries from public health professionals:

At Home

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- 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.

At Work

Employers and employees can work together to build safer and healthier work environments. Taking action, both big and small, to prevent injury in the workplace is common sense and effective. Here are just a few examples:

Employers--understand and follow all workplace safety regulations and best practices. Go beyond the minimum required by the Occupational Safety and Health Administration.

- Educate employees about workplace regulations and train employees to recognize unsafe or unhealthy settings. Create an employee reporting system to allow workers to report hazardous working conditions.
- Provide required or recommended protective equipment and reflective gear to reduce employee exposure to hazards.
- Create safe work environments by identifying and fixing workplace hazards such as unstable surfaces and malfunctioning vehicles.
- Maintain a working sprinkler system and schedule fire drills to practice safe evacuation.
- Promote workplace safety by offering tips on your company bulletin board, website or newsletter.
- Conduct personal safety training programs that teach employees how to recognize, avoid or diffuse potentially violent workplace situations.
- Invite health care professionals to the workplace to discuss how to prevent injuries.

At Play

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- Wear a helmet and other properly fitted protective gear.
- Use proper form and accept your body's limits.
- Have a physical before starting a new sport and warm-up each time before beginning.
- Play it safe and strictly enforce rules that prevent injury.
- Monitor children while they are at play to ensure safety.
- Drink plenty of water to avoid becoming dehydrated.
- Educate coaches on how to ensure the health and safety of youth athletes.

On the Move

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- Wear a seat belt on every trip, no matter how short.
- Make sure children are buckled up in a car seat, booster seat or seat belt.
- Be mindful of the environment and be cautious when crossing the road. Use sidewalks and avoid jaywalking.
- Walk facing traffic and make yourself visible when walking at night.
- Wear a helmet and reflective gear when on a bike, skateboard, scooter or other motor vehicle.
- 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.
- Avoiding driving while you are tired.
- Discuss your rules of the road and ask your teen to pledge to avoid speeding, texting and having multiple passengers while driving.

In Your Community

You can protect yourself, your family and community by taking action, both big and small, to prevent injury and violence. Here are just a few examples:

- Join your Neighborhood Watch program.
- Work with school leaders to implement school violence and bullying programs.
- 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.
- Call the police or local child protective services if you suspect an older adult has been abused or a child neglected.

For more information on Home Safety Month, please visit: www.homesafetycouncil.org.

For more information on Jefferson County Public Health, please visit: www.jeffco.us/health.

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