



# Health and Safety

## 10 Ways to Reduce Injury This Summer

**Wear an appropriate helmet:** A helmet can help protect you, and your children, from a serious brain or head injury. However, even with a helmet, it is still important to avoid hits to the head.

**Wear a life jacket:** Anytime you engage in a water activity, such as kayaking, canoeing, and paddle boarding, be sure to wear a life jacket. It's easy to forget how tired you can get while having fun on the water, which can make it harder to swim to safety if you capsize or become injured.

**Check your eyes:** The first step in avoiding hazards is being able to see them! Get your eyes checked annually to ensure your vision is sharp or to update your lens prescription if necessary.

**Remove tripping hazards:** Just as parents need to child-proof their homes, it's a good idea to trip-proof your home even if there aren't any children around. Injuries are not only painful, they can also be costly and possibly life-threatening for the elderly.

**Learn how to swim:** Even if you never plan on taking a dip in the pool, it's important to know how to swim in case of emergencies.

**Store medicine safely:** Nearly half of all opioid overdose deaths involve a prescription opioid. Keep all medications away from children, either on a high shelf or safely locked up.

**Take medication only as directed:** Taking too much or too little, or taking medicine at the incorrect times, can be dangerous. Always follow your doctor's instructions when taking medication.

**Place children in proper vehicle seats:** Buckle up at every age, in every seat, and on every trip. Reduce serious and fatal injuries by more than half by buckling children in age- and size-appropriate car seats, booster seats, and seat belts.

**Wear your seat belt:** Using a seat belt is the most effective way to reduce injuries and save lives in a crash.

**Walk on the sidewalk :** It is much safer to walk on a sidewalk or path. If neither is available, walk on the shoulder and face oncoming traffic.

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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