



## Being safe means being alert — all the time

Even in familiar surroundings, we need to constantly be looking for dangers around us throughout our day. Keeping an eye out for hazards can help you identify and avoid them before an injury occurs. Looking at the world through this safety lens can help you protect yourself and those around you.

### Watch Where You're Going

Distracted walking is on the rise for people of all ages. With so many things competing for our attention, safety needs to be a priority.

- Check your emails and send your texts before you start walking
- Duck into a doorway or move off to the side to make a call, send a text or answer emails
- Never cross the street while using an electronic device and make sure you can hear traffic and sounds around you
- Scan ahead for cracks on the ground, spills or changes in elevation

### Protect the Older Adults in Your Life

Falls are a leading cause of death for older adults. There are changes we can make to protect ourselves at any age.

- Use non-skid mats or appliques in the bath and shower
- Install grab bars in the tub, shower and near the toilet, and railings on the stairs
- Provide adequate lighting in every room and stairway
- Place nightlights in the kitchen, bathroom and hallways



- Keep often-used items like clothing and food easily accessible to avoid using stools or ladders
- If necessary, provide older adults with personal walking devices such as canes or walkers

### Protect the Children in Your Life

More than a third of child injuries and deaths happen at home. Parents or guardians should be on the lookout for potential sources of injury.

According to the CDC, most incidents occur where there is:

- Water: in the bathroom, kitchen, swimming pools or hot tubs
- Heat or flame: in the kitchen, fireplace or at a barbeque grill
- Toxic substance: under the kitchen sink, in the medicine cabinet, in the garage or garden shed, in a purse or other place where medications are stored
- Potential for a fall: on stairs, slippery floors, from high windows or from tipping furniture

### Take Safety With You

Wherever you are, consider the hazards unique to the location. A fun outing could turn stressful quickly if you are injured.

- Going to a ballgame? Watch for foul balls!
- Heading to a concert? Consider ear plugs, and check for cables that may run along floors.
- Visiting somewhere new? Designate a meeting place in case you get separated.
- Whether in your home or visiting others, be aware that seemingly harmless electronic devices (remote controls, keyless entry devices, toys, watches and more) may contain coin lithium batteries or "button batteries" which can cause serious injury or death if swallowed.

#### FAST STAT:

Since 2000, more than 11,000 people have been seriously injured because of distracted walking.

Source: Injury Facts 2015

#### GREEN CROSS TIP:

Have a secured non-slip rug or mat in entryways to keep debris and moisture from causing someone to slip, trip or fall.