

Safety is *No Accident.* *Live Injury Free: At Work*

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.

Employers start small...

- 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.

Employees start small...

- Wear all personal protective equipment required or recommended for your occupation.
- Participate in worksite safety trainings programs and follow all workplace laws and safety rules.
- Ensure vision is not obstructed when operating heavy machinery.
- Hold a brown-bag lunch at work to focus on workplace safety.
- Use your rights to advocate for safety and health.

Think big...

- Write a letter to the editor of your local paper about the importance of preventing workplace injuries during National Public Health Week (NPHW) and beyond.
- Invite local policymakers and others to a community roundtable to discuss injury prevention in the workplace and follow-up with specific actions.
- Support your family, friends and neighbors when they try to improve health and safety at their workplace.

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