

Safety is *No Accident.* Live Injury Free: *On the Move*

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.

Start small...

- 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.

Think big...

- Partner with law enforcement officials to offer traffic education classes for both motorists and non-motorists.
- Support graduated driver's license laws for new drivers.
- Support alcohol screening and brief intervention programs in your community.
- Encourage the PTA to work with schools to implement teen driver safety programs.
- Hold a child safety-seat demonstration to help families ensure their safety seats are installed correctly.
- Work with community and urban design professionals to plan for and create safe walking and cycling conditions.
- Educate policymakers about the importance of traffic calming measures in residential and urban areas.
- Write a letter to the editor of your local paper that stresses the importance of preventing injuries during NPHW and beyond.

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