



**Safety is NO Accident:  
Live Injury-Free**

National Public Health Week  
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**Injury Prevention Daily Planner**

<p><b>Monday</b> <i>At Home</i></p>	<p><i>Did you know?</i> Falls are the leading cause of injury death among lowans age 65 and older. More than one third of U.S. adults age 65 years and older fall each year.</p> <p><i>Start small...</i> Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls.</p> <p><i>Think big...</i> Organize recreation opportunities for older adults to help promote physical activity and prevent falls.</p>
<p><b>Tuesday</b> <i>At Work</i></p>	<p><i>Did you know?</i> In 2009, 46% of the 78 Iowa work-related deaths involved workers who were 55 years of age or older, compared to 31% for those 55 years of age or older across the entire U.S.</p> <p><i>Start small...</i> Iowa employees need to educate employees about any dangers of their work, and provide safety training specific to what they do on the job. Workers need to follow the safety rules, and ask questions or get help if you know that something is dangerous.</p> <p><i>Think big...</i> Support your family, friends and neighbors when they try to improve health and safety at their workplace</p>
<p><b>Wednesday</b> <i>At Play</i></p>	<p><i>Did you know?</i></p> <ul style="list-style-type: none"> <li>Wearing a bicycle helmet reduces the risk of head injury by as much as 85% and severe brain injury by as much as 88%.</li> <li>It is estimated that 75% of bicycle-related fatalities among children could be prevented with a bicycle helmet.</li> </ul> <p><i>Start small...</i> Wear a helmet and other properly fitted protective gear.</p> <p><i>Think big...</i> Form a group in your community that works to educate families about safe play and bicycle safety.</p>
<p><b>Thursday</b> <i>On The Move</i></p>	<p><i>Did you know?</i></p> <ul style="list-style-type: none"> <li>Motor vehicle crashes are the leading cause of death for lowans age 1-34 and 55-64. They also account for more than one in three deaths among U.S. teens.</li> <li>Every day, more than 16 people are killed and more than 1,300 people are injured in car crashes involving a distracted driver. Distracted driving includes using cell phones, texting, eating, and grooming while driving.</li> </ul> <p><i>Start small...</i> Avoid texting, eating, using the phone or grooming while driving.</p> <p><i>Think big...</i></p> <ul style="list-style-type: none"> <li>Work with community design professionals to plan for and create safe walking and cycling conditions.</li> <li>Partner with law enforcement to offer traffic education for motorists and non-motorists.</li> </ul>
<p><b>Friday</b> <i>In Your Community</i></p>	<p><i>Did you know?</i> There are over 32,000 suicides each year in the United States – or one suicide every 15 minutes. 11% of Sioux County 11<sup>th</sup> graders have made a plan in the last year about how they would attempt suicide.</p> <p><i>Start small...</i></p> <ul style="list-style-type: none"> <li>Model respectful communication in your interaction with children, family members, and in the community.</li> <li>Be a caring adult in the life of a young person.</li> </ul> <p><i>Think big...</i> Develop a suicide prevention program that encourages community members to inquire and respond to potential suicide situations.</p>