

What is National Safety Month?

During the month of June, the National Safety Council (NSC) and thousands of organizations across the country are raising awareness on preventing the leading causes of injury and death at work, on the roads, and in our homes and communities.

How can National Safety Month make a difference?

We can all use this month to raise awareness about important safety issues like:

- Medication safety
- Prescription painkiller abuse
- Driving, biking, and working safely
- First aid and emergency preparedness
- Preventing slips, trips, and falls

Top causes of unintentional injury and death in homes and communities

According to Injury Facts 2017, about 146,571 people died from unintentional injury-related deaths in 2015. These deaths are at an all-time high. These tragedies often happen when least expected, and they are all preventable. NSC encourages everyone to be aware of hazards related to leisure and recreation and to take proper safety precautions. Below are the top causes of unintentional injury and death in homes and communities:

1. Poisoning
2. Vehicle crashes
3. Falls
4. Choking
5. Drowning
6. Fires and burns
7. Natural and environmental incidents

Apps for your smartphone

- First Aid – [iTunes](#) or [Google Play](#)
- [Medisafe Meds & Pill Reminder](#)
- [SafeTrek](#)
- [webPoisonControl](#)

Tips from our docs

This month, our healthy tip is brought to you by **Mark Epstein, MD**, NMHC's Chief Medical Officer.

This June, NMHC encourages you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- **Prescription painkiller abuse.** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose.
- **Transportation safety.** Doing other things while driving distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17 percent) that injured someone involved distracted driving.
- **Slips, trips, and falls.** One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.

Make a difference by spreading the word about ways to reduce the risk of injuries. Encourage communities, workplaces, families, and individuals to identify and report safety hazards.

Additional resources

- [healthfinder.gov](#)
- [National Safety Council](#)