

What is National Safety Month and how can we make a difference?

During June, the National Safety Council (NSC) and thousands of organizations across the country raise awareness for preventing the leading causes of injury and death at work, on the roads, and in our homes and communities. We can all use this month to discuss and raise awareness about important safety issues like:

- Medication safety
- Preventing poisonings
- 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

Injuries are the leading cause of death for Americans ages 1 to 40, but there are many things you can do to stay safe and prevent injuries. Tragedies often happen when least expected, but they are preventable. Below are the top causes of unintentional injury and death in homes and communities:

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

Mobile apps

- First Aid: American Red Cross – [iTunes](#) or [Google Play](#)
- [Medisafe Pill & Med Reminder](#)
- [SafeTrek](#)
- [webPOISONCONTROL®](#)

Tips from our docs

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

New Mexico Health Connections encourages you to learn more about preventing unintentional injuries. You can avoid many accidental injuries and emergencies by taking a closer look at your family's environment, lifestyles, and risks. Finding problems early and quickly responding is crucial in keeping situations manageable and from becoming an emergency. Here are a few tips to keep you and your family safe:

- Supervise all children's activities, especially those around water, such as bathing or swimming.
- Install and properly maintain safety devices in your home, such as smoke detectors, carbon monoxide detectors, handrails, and fire extinguishers.
- Develop and practice a fire escape plan and route with everyone who resides in the home.
- Wear appropriate safety equipment at home, work, or play.
- Always insist that all vehicle passengers wear seatbelts and children are properly restrained in car seats.
- Read and understand the labels on medicines and food products.
- Store medicines and potential poisons in a safe place, away from children.
- Keep a well-stocked first-aid kit at home, work, and in the car.
- Keep a list of emergency numbers in your home, business, and places of play. This list should include the police, fire department, poison control center, local hospital, and your healthcare providers.

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](#)