



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

Michigan Public Health Week

April 11-17

You and your family can protect yourselves in many ways. Here are just a few examples:

At Home

- Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls.
- Install/maintain smoke alarms and carbon monoxide detectors.
- Test your home for radon. Contact your health department for a free kit!
- Establish a plan for how you would evacuate your home in the event of an emergency.
- Take advantage of medication drop-off days when they are available in your area.

At Work

- Wear all personal protective equipment required or recommended.
- Participate in worksite safety trainings and follow all workplace laws and safety rules.

At Play

- Always wear a helmet and protective gear when playing sports.
- Drink plenty of water to avoid becoming dehydrated.
- Have a physical before starting a new sport and don't forget to warm-up.

On the Move

- Wear a seat belt on every trip, no matter how short.
- Make sure children are buckled in a care seat, booster seat, or seat belt.
- Wear a helmet and reflective gear when on a bike, rollerblades, skateboard, or scooter.
- Avoid texting, using the phone, eating, or grooming while driving.

In Your Community

- Join your Neighborhood Watch program.
- Keep weapons in a locked and safe place, away from children.
- Work with school leaders to implement school violence and bullying programs.

For more information, or ways you can Live Injury-Free, visit www.nphw.org.