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Safety Facts *You Need To Know*

"The cultural novocaine has to wear off," said Deborah A.P. Hersman, president and CEO of the National Safety Council. "Safety is no accident. We lose more than **140,000 people annually because of events we know how to prevent.**" Specifically, 146,571 people died from unintentional injury-related deaths in 2015. That's 146,571 times someone's ordinary day turned tragic.

These deaths are at an all-time high. Often, these tragedies happen when least expected – during a vacation, while doing chores at home or while driving across town – *and they are all preventable.* We encourage everyone to be aware of hazards related to leisure and recreational activities and take proper safety precautions. Here, in order, are the top causes of unintentional injury and death in homes and communities.

LEADING CAUSES OF INJURY-RELATED DEATHS

1. Poisoning
2. Motor Vehicle
3. Falls
4. Choking
5. Drowning
6. Fires

LEADING CAUSES OF DEATH IN THE UNITED STATES

1. Heart Disease
2. Cancer
3. Chronic lower respiratory disease
4. Unintentional injury (accidents)
5. Stroke

Last year, the cost of all unintentional injuries – including lost wages and productivity, property losses, medical expenses, administrative expenses and employers' uninsured costs – was over **\$886 billion**. This is the equivalent of 58 cents of every dollar paid in federal personal income tax—or 52 cents of every dollar spent in the U.S. on food. The good news is that these costs, injuries, and deaths are preventable!

No Home Should Be Without:

Working Smoke Detectors	Sturdy One-Step Stool	First-Aid Kit and Manual
Personal Protective Clothing and Equipment	Posted Emergency Phone Numbers	Non-slip rugs and mats
Flashlights	Grab Bars; Handrails	Low level night lights
Outdoor Lighting	Carbon Monoxide Detectors	Fire Extinguishers

The Safety and Health Council of North Carolina is a non-profit association dedicated to preventing accidental injury and death through education and training since 1960. Call our offices or visit our website (www.safetync.org) for safety information, training, and products.

(704) 644-4200 Charlotte

(919) 719-9800 Raleigh

Summer Safety Tips

Driving

- Make sure the car is in good working order.
- Limit driver distractions.
- Always wear seatbelts and drive the speed limit.
- Never drink and drive.

Falls

- Install and use handrails on stairways, tubs and shower stalls.
- Install low-level lighting.
- Use a sturdy step stool with handrails.
- Check condition of outdoor walkways and steps; fill holes or depressions in yard.

Poisoning

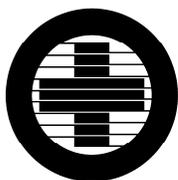
- Always read labels for safe use and storage of household products, medications and lawn and garden and swimming pool chemicals.
- Keep sealed and out of reach of children and pets.
- Never mix medicine with alcohol, take more than the prescribed amount, or mix with other medications without checking with your doctor or pharmacist.
- Wear protective clothing and avoid inhaling fumes when mixing and applying lawn and garden and swimming pool chemicals.

Water Recreation

- Install barriers with self-closing and self-latching gates; secure and lock steps and ladders, or remove them when the pool is not in use.
- Never leave children unsupervised in or near a pool.
- Wear life jackets on lakes and rivers. Even seemingly calm waters can have a strong undertow.
- Enroll children as early as 3 in swimming classes.

Fires and Burns

- When cooking, never leave the stove or outdoor grill unattended.
- Check for loose and exposed electrical wiring on tools, extension cords and plugs.
- Use extreme caution when using fireworks. Older children should be closely supervised, and younger children should not be allowed to play with fireworks.
- Make sure all cigarettes and cigars are completely extinguished.
- Apply sunscreen with an SPF of 15 or more liberally and often while outdoors.



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