

Injuries and Accidents Can Be Prevented

As the sun-filled days of summer start to roll in, you no doubt have your mind on beach days, barbecues and happy hours. Don't let your vacation be cut short by an accident, an injury or an illness. Instead, get proactive about staying safe and join the National Safety Council (NSC) this June in observing National Safety Month. The NSC is focused on helping you stay safe at home, at work and on the road so that you can have a happy, healthy and safe life. Here's what you can do.

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Home Safe

Your home may be cozy, peaceful and full of loving memories—but it could also be unintentionally hard to navigate for older adults. Falls are a common occurrence for people older than 65, and the accidents usually happen in the home. They are also by far the leading unintentional injury, accounting for almost 9 million emergency room visits each year.

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<http://beta.docker.tusaludmag.com/article/National-Safety-Month-22502-2906>