



## You Have the Power to Make Your Community Safer

*Injuries are the leading cause of death for American Indians and Alaska Natives from the ages of 1 to 44.*

*An effective approach to preventing injuries requires the participation of everyone in the community and is comprised of an intervention strategy that includes education, enforcement and environment modification.*

*By following best practices in injury prevention, you can significantly decrease the number of injuries and injury-related deaths in your community.*

## You can be empowered to keep your community safe!

To learn more about the prevention of intentional or unintentional injuries, visit [www.injprev.ihs.gov](http://www.injprev.ihs.gov).

### Additional online resources:

National Highway Traffic Safety Administration:  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

Reducing Motor Vehicle-Related Injuries:  
[www.cdc.gov/ncipc/duip/mvsafety.htm](http://www.cdc.gov/ncipc/duip/mvsafety.htm)

Mothers Against Drunk Driving:  
[www.madd.org](http://www.madd.org)

National Safe Kids Campaign:  
[www.safekids.org](http://www.safekids.org)

National Safety Council:  
[www.nsc.org](http://www.nsc.org)

Home Safety Council:  
[www.homesafetycouncil.org/index.asp](http://www.homesafetycouncil.org/index.asp)

Fall Prevention Activities:  
[www.cdc.gov/ncipc/duip/FallsPreventionActivity.htm](http://www.cdc.gov/ncipc/duip/FallsPreventionActivity.htm)

US Fire Administration:  
[www.usfa.dhs.gov](http://www.usfa.dhs.gov)

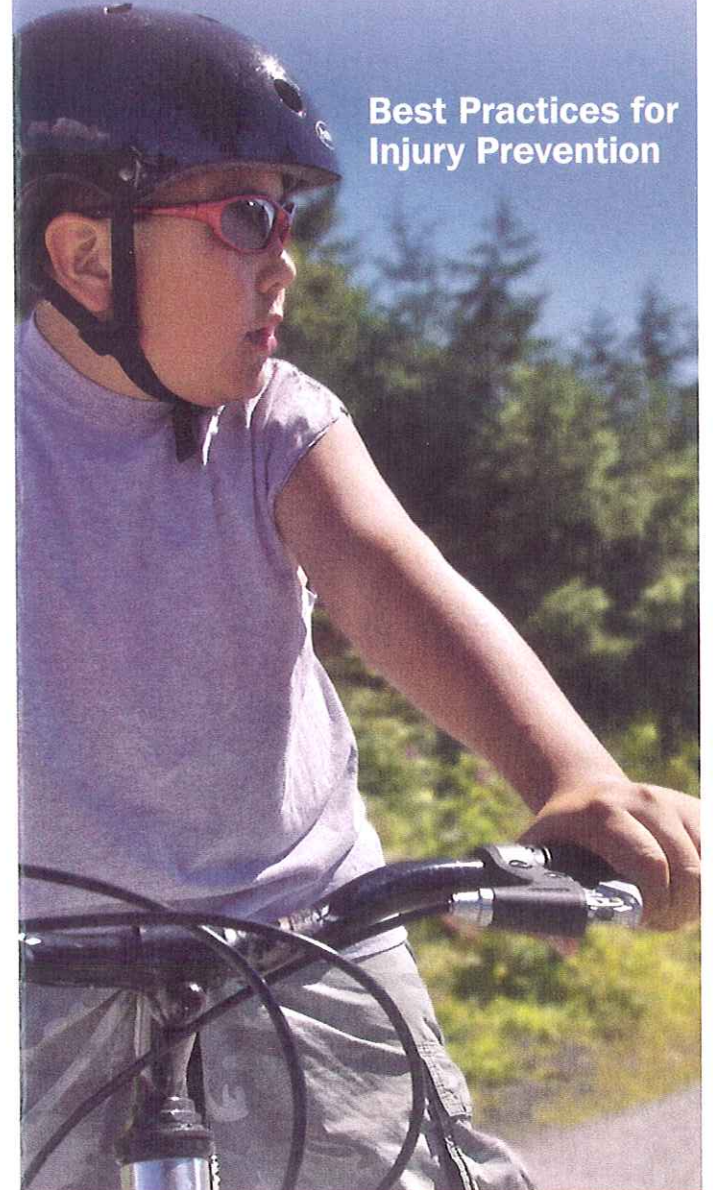
### For more information contact:



[www.injprev.ihs.gov](http://www.injprev.ihs.gov)



IHS **Injury Prevention**  
Advocacy, Outreach and Results



**Best Practices for Injury Prevention**



## Falls can be prevented

Older adults can take several steps to protect their independence and reduce their risk of falling by:

- Exercising regularly in programs that increase strength and improve balance.
- Going to the eye doctor once a year for an eye examination.
- Asking the doctor or pharmacist to review medications — both prescription and over the counter — for side effects and potentially harmful interactions.
- Reducing hazards in the home that can lead to falls. Some suggestions for preventing falls in the home include:

- Have good lighting in and around the home.
- Apply white or fluorescent tape on stairs to make it easier to see the edges. This is especially helpful for elders who are more at risk for falling on stairs.
- Remove pathways of electrical cords, loose rugs and other objects to prevent tripping and falling and possible injury.
- Carefully walking around small pets can also help prevent falls. Putting a small bell on pets helps people keep track of where the pets are.
- Install grab bars and secure railings to help elderly people keep their balance.

## Home can be a safer place

- Smoke alarms and carbon monoxide detectors alert people to a fire and/or carbon monoxide fumes. To help save lives, alarms should be in good working order and batteries should be replaced once a year.
- Monitoring stoves, burning candles and lit cigarettes helps reduce the hazards of home fires.
- Keeping small children away from open flames helps reduce injuries.
- Securing rugs with double-sided tape or a slip-resistant backing and keeping a non-slip mat in the bathtub can help prevent slipping and falling.

## Practicing travel safety can help reduce injuries

- Wearing seatbelts consistently and correctly can save lives in a car crash.
- Driving at safe speeds and never driving under the influence of drugs or alcohol saves lives.
- A child in a properly installed child safety seat has less chance of severe injury or fatality from a car crash. The car seat should be properly installed and fit a child's age and weight.
- Wearing a helmet while riding bikes, skateboarding, driving all-terrain vehicles or snow machines lessens the risk of severe head injuries or death due to head trauma.
- Frequent breaks when driving long distances helps increase alertness and reduce car crashes.
- People who wear reflective strips on their clothing can be seen more easily by drivers at night.



## Safety on the water can be improved

- Personal flotation devices (life jackets) can prevent drowning when adults and children are working or playing on the water.
- Fishing, swimming and boating with a partner increases safety.
- Knowing about water safety and cold water survival helps children and adults stay safer in the water.



## Another idea on how to prevent injuries

Many injuries occur while under the influence of alcohol and other drugs. Avoiding the misuse of alcohol and other drugs can help to keep a clear mind and physical abilities sharp.