

Ouch! Preventing common injuries

Injuries can be much more serious than stubbing a toe. They can have long-term effects. Some injuries can even kill. Injuries are the leading cause of death for people younger than 45. But there are simple steps you can take at home and in your car that will make you safer. Little things can make a big impact on your safety.



Photo above by Lzf, below by Onfukus, courtesy iStockphoto

Quick facts on injuries:

1 Falls are very common. Many occur at home. You can reduce your risks by having carpeting or non-slip rugs. Non-slip mats can be added to the bathtub or shower that is slippery.



2 When inside, wear non-slip socks or shoes designed for inside the home to prevent slips.

3 Injuries on the road are common. Drowsy or distracted driving can be the culprit. Check your mental and physical ability before you get behind the wheel. Do not use your cellphone, even if you have a hands-free option. Hands-free does not mean risk-free, experts say.

4 Children in vehicles should use a car seat that is suitable for their age and size. Children under 2 should be in rear-facing car seats as well.

5 Many household products are poisons if they are eaten. They are tempting to children, so keep them locked away from little hands. Examples include laundry detergent and pods and all-purpose cleaners.



>> For more information on injury prevention, visit www.cdc.gov/injury