

# HARDIN COUNTY GOVERNMENT



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Judge/Executive

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## JUNE IS NATIONAL SAFETY MONTH

- ✓ Injuries are the leading cause of death for Americans ages 1 to 40.
- ✓ During National Safety Month, we encourage you to learn more about important safety issues such as :
  - Poisonings
  - Transportation Safety
  - Slips, Trips, and Falls

NATIONAL SAFETY MONTH 2018



*Safety does not happen by accident!*

## TRANSPORTATION SAFETY

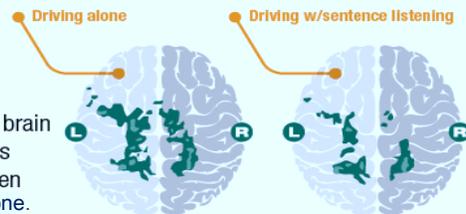
Doing other activities while driving—such as texting or eating—distracts you and increases your chances of crashing. Almost 1 in 6 crashes (15%) are a result of distracted driving.

A recent public opinion poll conducted by the National Safety Council indicated 80% of American drivers incorrectly believe hands-free devices are safer than using a handheld phone. **It is just as dangerous!**

### MULTI-TASKING IS A MYTH!

The brain quickly toggles between tasks – but can't do two things at the same time.

The activity in the area of the brain that processes moving images **decreases by up to 1/3** when listening to or talking on a phone.



***Educate Teen Drivers! Car crashes are their No. 1 cause of death due to inexperience!***

## SUMMER HEAT

The Centers for Disease Control and Prevention report more than 600 people in the US die due to extreme heat-related illnesses every year. Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. When outside on hot days, drink plenty of water, and take frequent rests. Individuals at risk include: infants, young children, elderly, pets, individuals with heart or circulatory problems, outdoor workers, athletes, individuals on certain medications, alcoholics and drug abusers.

## POISON PREVENTION

Store all household products out of children's sight and reach. Install child safety locks on cabinets where you have poisonous items stored. Keep cleaning products in their original containers so they cannot be mistaken for something else. Throw away old medicines. Check your garage, basement, and other storage areas for products you no longer need.

## PREVENT SLIPS, TRIPS, AND FALLS

Falls can result in hip fractures, broken bones, and head injuries. Keep rooms free of clutter, especially on floors. Do not walk in socks, stockings, or slippers. Be sure rugs have skid-proof backs or are tacked to the floor. Be sure stairs are well lit and have rails.