



Safety is *No Accident*. *Live Injury Free: At Play*

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Below are just a few examples. During National Public Health Week, and every week, raise awareness of safety and injury prevention within your family and community. You can help make your community a safer and healthier place to live.

Start small...

- Wear a helmet and other properly fitted protective gear.
- Use proper form and accept your body's limits.
- Have a physical before starting a new sport and warm-up each time before beginning.
- Play it safe and strictly enforce rules that prevent injury.
- Monitor children while they are at play to ensure safety.
- Drink plenty of water to avoid becoming dehydrated.
- Educate coaches on how to ensure the health and safety of youth athletes.

Think big...

- Educate policymakers about ways to prevent youth athletic injuries. Invite a local student that has suffered from a traumatic brain injury to speak on the importance of safety.
- Form a group in your community that works to educate families about safe play for children.
- Work with local community leaders to build and support safe playgrounds.
- Host a concussion awareness event at a local high school for young athletes.
- Write a letter to the editor of your local paper that stresses the importance of preventing injuries during NPHW and beyond.

For more information:

- [Ohio Violence and Injury Prevention Program](http://www.healthyohioprogram.org/vipp/injury.aspx) (<http://www.healthyohioprogram.org/vipp/injury.aspx>)
- [National Public Health Week 2011](http://www.nphw.org/) (<http://www.nphw.org/>)

- Information adapted from the American Public Health Association Web site