



# Be Safe: Prevent Falls and Drive Safely



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There are actions you can take to protect yourself and those you love from harm. Common safety issues are sexually transmitted infections, falls, and motor vehicle crashes.

- **Be Safe. A Healthy Living Message**  
[http://www.prevention.va.gov/Be\\_Safe.asp](http://www.prevention.va.gov/Be_Safe.asp)
- **May 2012 Resource Document**  
[http://www.prevention.va.gov/MPT/2012/June\\_2012\\_Resource\\_Document.pdf](http://www.prevention.va.gov/MPT/2012/June_2012_Resource_Document.pdf)
- **Taking Care to Prevent Falls**  
[http://www.prevention.va.gov/MPT/2012/06\\_2012\\_TakingcareToPreventFalls.doc](http://www.prevention.va.gov/MPT/2012/06_2012_TakingcareToPreventFalls.doc)
- **Distracted Driving**  
[http://www.prevention.va.gov/MPT/2012/DistractedDriving\\_June2012.doc](http://www.prevention.va.gov/MPT/2012/DistractedDriving_June2012.doc)
- **Motorcycle Safety**  
[http://www.prevention.va.gov/MPT/2012/06\\_2012MotorcycleSafety.doc](http://www.prevention.va.gov/MPT/2012/06_2012MotorcycleSafety.doc)

## DEPARTMENT OF VETERANS AFFAIRS RESOURCES

### Preventing Falls: VHA National Center for Patient Safety

- **NCPS Falls Prevention Toolkit**  
A variety of resources for staff that includes educating patients, family and staff on falls and fall-injury prevention.

<http://www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html>

### Safe Driving:

- **Safe Driving Initiative Materials**  
These materials provide information on the Veterans' Safe Driving Initiative, safe driving, and how to prevent motor vehicle crashes.  
<http://www.safedriving.va.gov/resources/publications.asp>
- **Safe Driving Resources**  
These materials from the Department of Transportation and the Food and Drug Administration provide information about how to drive safely, including driving with various health conditions.  
<http://www.safedriving.va.gov/resources/driving.asp#moto>

## FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

### US Department of Health & Human Services (HHS) National Center for Injury Prevention and Control

- **Preventing Falls Among Seniors**  
Find tips on how to lower your chances of falling.  
<http://www.cdc.gov/HomeandRecreationalSafety/Falls/pubs.html>

Falls risk for older adults:  
<http://www.cdc.gov/features/fallrisks/>

- **Healthfinder®**  
Healthfinder.gov is a website provided by the US





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Department of Health and Human Services. This website has a wide range of health topics selected from over 1,600 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

<http://www.healthfinder.gov/>

Specific information related to lowering your risk for falls can be found here:

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=17>

For preventing falls in children, go to:

<http://www.safekids.org/safety-basics/safety-resources-by-risk-area/falls/falls-prevention-tips.html>

**OR**

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/children.html>

## **U.S. Preventive Services Task Force (USPSTF)**

The U.S. Preventive Services Task Force (USPSTF) has released its final recommendation statement on the Prevention of Falls in Community-Dwelling Older Adults. The recommendation applies to those who are at an increased risk for falling, but do not live in assisted living or nursing homes. Read the full recommendation statement and evidence report here:

<http://www.uspreventiveservicestaskforce.org/uspstf/uspfalls.htm>

A fact sheet that explains the recommendation statement in plain language is also available on this Web page.

## **U.S. Department of Transportation National Highway Traffic Safety Administration**

Learn more about many ways to prevent motor vehicle crashes:

<http://www.nhtsa.gov/Driving+Safety>

Learn more about the dangers of distracted driving:

<http://distraction.gov/index.html>

Motorcycle safety awareness:

<http://www.nhtsa.gov/Safety/Motorcycles>

## **Centers for Disease Control and Prevention**

Helmets save lives:

<http://www.cdc.gov/Features/MotorcycleSafety/>