



Be Safe: Prevent Falls and Drive Safely



JUNE 2013 | *Monthly Topic—Page 1*

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
- **June 2013 Resource Document**
http://www.prevention.va.gov/MPT/2013/June_2013_Resource_Document.pdf
- **Taking Care to Prevent Falls**
http://www.prevention.va.gov/MPT/2013/06_2013_TakingcareToPreventFalls.doc
- **Distracted Driving**
http://www.prevention.va.gov/MPT/2013/DistractedDriving_June2013.doc
- **Motorcycle Safety**
http://www.prevention.va.gov/MPT/2013/06_2013MotorcycleSafety.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>

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 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>



Be Safe: Prevent Falls and Drive Safely



JUNE 2013 | *Monthly Topic—Page 2*

OR

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

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/>