



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/Healthy_Living/Be_Tobacco_Free.asp
- **Taking Care to Prevent Falls**
http://www.prevention.va.gov/MPT/2014/docs/06_2014_TakingcareToPreventFalls.doc
- **Distracted Driving**
http://www.prevention.va.gov/MPT/2014/docs/06_2014_Distracted_Driving.doc
- **Motorcycle Safety**
http://www.prevention.va.gov/MPT/2014/docs/06_2014_Motorcycle_Safety.doc

US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS)

NATIONAL CANCER INSTITUTE, NIH

- **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.va.gov/professionals/onthejob/falls.asp>

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 brochures and posters about fall prevention.
<http://www.cdc.gov/HomeandRecreationalSafety/Falls/pubs.html>

Falls and older adults:

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

STEADI (Stopping Elderly Accidents, Deaths & Injuries) Toolkit for Health Care Providers:

<http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html>

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>

or

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



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Safe Driving:

US DEPARTMENT OF VETERANS AFFAIRS

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>

FEDERAL GOVERNMENT RESOURCES

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US 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/>