



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, motor vehicle crashes, violence, and self-harm.

- **Be Safe: Prevent Falls**
http://www.prevention.va.gov/Healthy_Living/Be_Safe_Prevent_Falls.asp
- **Be Safe: Prevent Motor Vehicle Crashes**
http://www.prevention.va.gov/Healthy_Living/Be_Safe_Prevent_Motor_Vehicle_Crashes.asp
- **Be Safe: Driving Safely Whiteboard Video**
<https://www.youtube.com/watch?v=4FJdKjt32Kk>
- **Be Safe: Preventing Falls Whiteboard Video**
https://www.youtube.com/watch?v=CQqPA4pHa_w

Veterans Health Library:

<http://www.veteranshealthlibrary.org/>
The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in "plain language." No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Be Safe: Injury Prevention.

- **Preventing Falls: Make Your Health a Priority:**
http://www.veteranshealthlibrary.org/Search/142,89339_VA
- **Search on Falls:**
<http://www.veteranshealthlibrary.org/Search/SearchResults.pg?SearchPhrase=falls&SearchType=keyword&SearchOperator=And>

PREVENTING FALLS:

VHA NATIONAL CENTER FOR PATIENT SAFETY (NCPS)

- **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>



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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>

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

Motorcycle safety:

<http://www.cdc.gov/Motorvehiclesafety/mc/guide/index.html>

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<http://www.healthfinder.gov/>. *Specific information related to safe driving can be found here:*

<http://healthfinder.gov/findservices/searchcontext.aspx?topic=14522>