Be Safe: Prevent Falls and Drive Safely

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

- Be Safe: Prevent Falls
  [http://www.prevention.va.gov/Healthy_Living/Be_Safe_Prevent_Falls.asp](http://www.prevention.va.gov/Healthy_Living/Be_Safe_Prevent_Falls.asp)
- Be Safe: Prevent Motor Vehicle Crashes
- Safe Driving: Tips for Veterans
- Be Safe: Driving Safely Whiteboard Video
  [https://www.youtube.com/watch?v=4EJdKjt32Kk](https://www.youtube.com/watch?v=4EJdKjt32Kk)
- Be Safe: Preventing Falls Whiteboard Video
  [https://www.youtube.com/watch?v=CQqPA4pHaw](https://www.youtube.com/watch?v=CQqPA4pHaw)
- Preventing Falls: Make Your Health a Priority:
  [http://www.veteranshealthlibrary.org/Search/142.89339_VA](http://www.veteranshealthlibrary.org/Search/142.89339_VA)
- Search for falls:

Prevent 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.

Federal Government Resources
(you are leaving the Department of Veterans Affairs website.)

US Department of Health and Human Services
National Center for Injury Prevention and Control

Preventing Falls Among Seniors
Find brochures and posters about falls prevention.

Veterans Health Library
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 VHL helps Veterans 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:
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/steadi/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:  

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:**

**Department of Veterans Affairs**

**Home Safe, Drive Safe, Stay Safe**

This brochure provides information on safe driving for Veterans who recently returned from deployment.


**Federal Government Resources**
(You are leaving the Department of Veterans Affairs website.)

**US Department of Transportation**

**National Highway Traffic Safety Administration**

Learn more about many ways to prevent motor vehicle crashes:  
http://www.cdc.gov/HomeandRecreationalSafety/Falls/pubs.html

Learn more about the dangers of distracted driving:  
http://www.nhtsa.gov/Driving+Safety

Motorcycle safety awareness:  
http://www.nhtsa.gov/Safety/Motorcycles

**Centers for Disease Control and Prevention**

Motorcycle safety:  
http://www.cdc.gov/motorvehiclesafety/mc/index.html

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Specific information related to safe driving can be found here:  