



## Bring Safety Home

About 1 out of 15 people experienced an unintentional injury in the home and community venue and about 1 out of 4,100 people died from such an injury. About 40% of the deaths and disabling injuries involved workers while they were away from work (off the job).

### Where the problem lies

Did you know that for every one workplace injuries, there are three injuries that occur off the job?

The two leading causes of unintentional deaths in the home and community include:

- Unintentional drug overdose for people 15 to 64 years old
- Falls for people 65+ years old

### How to address it

#### *Unintentional drug overdose*

- Properly discard of medications when you are through with them
- Never share or provide others with your unused medications
- Always take as directed by your physician or pharmacist
- If you are taking multiple medications (prescribed or over the counter), inform your pharmacist of what you are taking and ask if it is safe to take them

### Preventing falls

- Fall proof your home – keep walkways and steps clutter free
- Use skid proof rugs
- Install handrails at stairways and in bathrooms
- Make sure passageways and staircases are well lit
- Wear slip resistant shoes

Share these tips with your employees, friends and family members. For more tips on how to stay safe, visit [www.nsc.org](http://www.nsc.org).

***For more information visit [www.nsc.org](http://www.nsc.org)***