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CONTACT: TED KRAFCZYK, PUBLIC INFORMATION OFFICER
MONONGALIA COUNTY HEALTH DEPARTMENT
TELEPHONE: 304-319-3775  TED.L.KRAFCZYK@WV.GOV

MAKE A DIFFERENCE-SPREAD THE WORD-JUNE IS NATIONAL SAFETY MONTH
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In June, National Safety Month puts focus on raising awareness to reduce the leading causes of injury and death at work facilities, on the road, in homes, and in communities.

Injuries are a leading cause of disability for people of all ages. For Americans ages 1 to 44, they are the leading cause of death in the United States. Every 4 minutes, someone dies from something that is 100% preventable.

People can help make a difference by spreading the word about ways to reduce the risk of injuries by encouraging communities, workplaces, families, and individuals to be able to identify and report safety hazards when necessary.

How Can National Safety Month Make a Difference?

Individuals can use the month of June to help spread awareness about important safety issues including:

- **Medication safety and prescription painkiller abuse:** Prescription painkiller overdoses are an escalating problem in the United States.

- **Driving, biking, and working safely:** Distracting activities while driving such as, texting or eating increases the chance of crashing.

- **First aid and emergency preparedness:** Plan to be prepared before an emergency happens. More information at [WWW.READY.GOV](http://WWW.READY.GOV) and [WWW.READY.WV.GOV](http://WWW.READY.WV.GOV).

- **Preventing slips, trips, and falls:** One in 4 older adults fall each year, which leads to broken bones and other health problems.

The more people that get involved in National Safety Month, the more that information can be spread in helping raise awareness and reducing the risk of injuries. This will also increase the steps that people can take to protect themselves and others.

This June, the Monongalia County Health Department encourages individuals to learn more about safety issues such as, prescription painkiller abuse, transportation safety, and slips, trips, and falls.

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