

June is National Safety Month

Tips from the National Safety Council, the Centers for Disease Control and Prevention, and **St. Ignatius of Loyola Parish Health Ministry**

The prudent see danger and take refuge, but the simple keep going and pay the penalty. *Proverbs 27:12*

Play It Safe In and Around Water

Water time can be fun time, but it can turn dangerous in seconds. A baby can drown in just inches of water. According to the National Safety Council, drowning is the leading cause of death for children ages 1 and 2. By following the safety tips below, you can protect your little ones and keep them safe around water.

- When young children are around water, an adult should always be an arm's length away
- Focus on your children when they are in any type of water – put distractions, like cell phones, away
- Remove all toys from the pool or water when playtime is over so kids are not tempted to go back in for them
- Store items that can collect water upside down (like tubs, buckets, and kiddie pools)
- Always close the lid to toilets and use toilet seat locks for added protection



Preventing Slips, Trips, and Falls

Falls are a threat to the health of older adults and can reduce their ability to remain independent. According to the CDC, an older American falls every second, and every 20 minutes an older adult dies from a fall. However, falls aren't something that just happens when you age, there are proven ways to reduce falls.



- Have your healthcare provider review your medicines to see if any might make you dizzy or sleepy
- Do exercises that make your legs stronger and improve your balance
- Have your eyes and feet checked by your health care provider at least once a year
- In your home, remove small rugs or tape them down
- Keep items you use often in cabinets that you can reach easily without using a step stool
- Put railings on both sides of stairs
- Make sure your home has lots of light by adding more or brighter light bulbs
- Wear well-fitting shoes with good support inside and outside the house

Adapted from <https://www.nsc.org/pages/nsm-public-materials> and <https://www.cdc.gov/steady/>