



Sports Safety

Wear a helmet when:

- Riding a bike, motorcycle, snowmobile, scooter, electric scooter or all-terrain vehicle
- Playing a contact sport, such as football, ice hockey, lacrosse or boxing
- Using in-line skates or riding a skateboard
- Batting and running bases in baseball or softball
- Riding a horse
- Skiing or snowboarding



Child Safety

- Play safely. Make sure play surfaces on playgrounds are made of shock-absorbing material, such as hardwood mulch or sand.
- Make your home safer by installing window guards and safety gates around the stairs.
- Supervision on stairs and playground equipment is the key to prevent fall hazards.



Adult Safety

- **Distracted Walking:** Be careful when you are walking and texting, using headphones or talking on the cell phone.



Older Adult Safety

- **Making living areas safer by:**
 - Removing tripping hazards
 - Using nonslip mats in bathtub/shower
 - Installing grab bars next to toilet/shower
 - Installing handrails on both sides of the stairways
 - Improving lighting
- Ask your doctor to review medications to see if any make you dizzy or sleepy.
- Have your vision checked regularly.



Water Safety

- Do **NOT** dive! Enter feet first!
- Consider "SPLASH":

S	Supervision
P	Prevention
L	Life jackets save lives
A	Arm's length
S	Swim lessons
H	Have a Water Safety Plan.



SPLASH GA: gadnrle.org/wear-it



Motor Vehicle & Driving Safety

- Buckle up. Wear a seat belt every time you drive or ride in a car.
- Use a child safety seat appropriately. Consider the selection, direction, location, installation and harnessing.



dph.georgia.gov/information-parents-and-caregivers

- Do not drive under the influence of alcohol or drugs.
- **Distracted Driving:** Do not drive while using a hand-held cell phone. It makes you four times more likely to get into a crash.
 - The "**Hands-Free Law**" in Georgia states that a driver cannot have a cell phone in their hand when driving. That includes voice calls and texting.
- **Drowsy Driving:** Consider whether you are sleep deprived before you get behind the wheel of a car.



Violence Safety

- **Gun Safety:** Keep guns unloaded and locked up.
- Educate children on the dangers of guns.
- **Suicide Prevention:** Watch for signs and symptoms and seek professional help, if needed.

