

Stay Safe: Simple Steps That Save Lives

Every day, our Trauma Center treats injuries that could have been prevented. Here are three simple actions you and your family can take today to stay safer



SENIOR FALLS

According to the CDC, each year, more than 1 in 4 older adults report falling, and about 41,000 older adults die because of a fall.

Fall Prevention

- Medication Review with your physician.
- Create a safer home. Keep walkways clear of clutter, consider removing scatter rugs, install assistive devices like grab bars and shower seats, and ensure good lighting.
- Stay strong and keep moving with balance and strength exercises like Tai Chi.
- Wear the proper footwear.

LEARN MORE: CDC STEADI Resources for Families & Clinicians
cdc.gov/steady/patient-resources/index.html

PEDESTRIAN SAFETY (WALKERS AND DRIVERS)

Pedestrian injuries and deaths are preventable. According to the National Highway Traffic Safety Administration, in 2023, a pedestrian was killed every 72 minutes in a traffic crash.

What Can We Do?

- Be seen! Wear reflective items and always use crosswalks.
- Look both ways before crossing and confirm the driver sees you.
- Phones down, heads up. Don't walk or drive and text.
- Drivers should slow near crosswalks and always yield to pedestrians.

MORE SAFETY TIPS CAN BE FOUND:

- cdc.gov/pedestrian-bike-safety/about/pedestrian-safety.html
- nhtsa.gov/road-safety/pedestrian-safety



MOTORIST SAFETY

According to the CDC, motor vehicle crashes are the leading cause of death in the US.

Stay Safe On the Road By

- Buckling up every ride.
- Ensure children are in properly installed and approved seats.
- Don't drive distracted or impaired.
- Control your speed; small reductions can save lives.
- Do your best to model good driving habits for teens and assess their driving readiness.
- Watch for signs of decline in older adults who are still driving.

MORE INFORMATION: trafficsafety.ny.gov/tips-older-driver-safety



THE TRAUMA CENTER
AT MONTEFIORE NYACK HOSPITAL