



Fall Prevention

- ✎ Arrange furniture to avoid an obstacle course.
- ✎ Install handrails on all stairs, steps, bathtubs, and showers.
- ✎ Place electrical cords away from walking areas.
- ✎ Wipe up spilled water, oil, or grease.
- ✎ Pick up toys, tools, and equipment.
- ✎ Use non-skid area rugs.



Poison Prevention

- ✎ Store all hazardous items locked up and out of children's reach.
- ✎ Keep poisonous plants out of reach of children and pets.
- ✎ Buy child-resistant packaging.
- ✎ Discard old/unlabeled medicines by flushing down the toilet.
- ✎ Store products in original packaging.
- ✎ Never mix different products.
- ✎ Install carbon monoxide alarms

For information on these and other areas of injury prevention and safety education, please contact us at:

CHEROKEE NATION

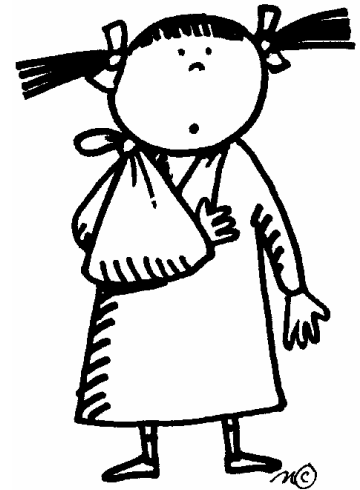
Injury Prevention Program
115 W. North St.
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918-453-5130



Community Services
Environmental Health Services



INJURY PREVENTION



Injuries Are No Accident!



Traffic Safety

- 🚗 Always wear your seat belt—it's a fact that they save lives.
- 🚗 Obey the traffic laws—they are written with your safety in mind.
- 🚗 Keep your cool—practice the Golden Rule.
- 🚗 Get plenty of rest—tired drivers are dangerous drivers.
- 🚗 Never drink and drive—NEVER!
- 🚗 Don't let anyone else drink and drive; don't ride with someone who has been drinking.



Child Traffic Safety

- ♥ Always use a child restraint until your child is 4'9" tall and 80 lbs.
- ♥ Use the appropriate restraint for your child's age and size.
- ♥ Follow the auto and car seat manufacturers' instructions.
- ♥ If you need help, see a trained technician. Most police, fire, and EMS departments have one or know one.
- ♥ Never let children (or anyone) ride in the back of a pickup.



Fire Prevention

- 🔔 Install smoke detectors on all levels of your home and maintain properly.
- 🔔 Have an emergency escape plan—know two ways out of every room—and practice this plan.
- 🔔 NEVER smoke in bed or when sleepy.
- 🔔 Store matches and lighters out of reach of children.
- 🔔 Use portable heaters, open flame heaters, and wood heaters with caution.
- 🔔 Store combustibles/flammables away from ignition sources.
- 🔔 Avoid wearing loose-fitting long sleeves when cooking.



Water Safety

- 🏊 Learn to swim.
- 🏊 Wear a life jacket.
- 🏊 Never rely on toys such as water wings or inner tubes to stay afloat.
- 🏊 Swim only in designated areas.
- 🏊 Don't overestimate your swimming skills.
- 🏊 Never swim alone.

"Don't worry,
they won't bite."



Dog Bite Prevention

- 🐕 Do not pet a strange dog.
- 🐕 Do not tease a dog.
- 🐕 Do not startle a dog.
- 🐕 Do not leave a dog alone with a small child or strangers.
- 🐕 Do not run past a dog.
- 🐕 Never disturb a dog that's caring for puppies, sleeping or eating.
- 🐕 If you are threatened by a dog, remain calm: speak calmly and firmly, avoid eye contact, be still until dog leaves or back slowly away until out of sight.
- 🐕 If you are knocked to the ground, curl into a ball with hands over head and neck. Protect your face.



Bicycle Safety

- 🚲 Wear an approved bicycle helmet that fits properly.
- 🚲 Follow the rules of the road.
- 🚲 Be visible.
- 🚲 Share the road.
- 🚲 Keep your bike in good repair.
- 🚲 Ride a bike that is the right size.
- 🚲 Look out for dangerous road surfaces.