



This month, continue to engage in safety practices at home, at work, and in your community!

At Work

- Nearly 13,000 workers are injured each day at work.
- The most common type of injuries are sprains, soreness or pain, and cuts, lacerations, or punctures.
- Most of these injuries are avoidable by practicing safety measures set by your workplace.

At Home

- Consider being trained to perform CPR since this technique could save someone's life.
- Focus on safety all year long, as different times of the year present varying dangers.
- We use technology in nearly every aspect of our lives, so always remember to use your technology safely while driving, walking, and at home.

Resources: National Safety Council: Workplace Injuries by the Numbers, <https://www.nsc.org/workplace/resources/infographics/workplace-injuries-by-the-numbers>
National Safety Council: Focus on Safety All Year Long, <https://www.nsc.org/community-safety/safety-topics/seasonal-safety>

Developed by AmeriCorps member Sophie Boardman serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill AmeriCorps VISTA program Partnership from the Corporation for National and Community Service.