

June is National Safety Month

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Injuries are a major origin of disability for individuals of all ages – and they are the principal cause of death for Americans ages 1 to 44. Personal injury is a vital matter that can radically disturb your health, your career, your family and your future.

Nevertheless, there are numerous things people can do to stay safe and prevent injuries.

Make a change: Spread the word about ways to diminish the hazard of injuries.

Inspire communities, workplaces, families, and individuals to recognize and report safety risks.

How can National Safety Month make a difference?

We can all use this month to increase awareness about significant safety issues like:

- Medication safety and prescription painkiller abuse
- Driving, biking, and working safely
- First aid and emergency preparedness
- Preventing slips, trips, and falls (A slip and fall accident is the most common kind
 of premises liability accident, happening when a visitor or occupant falls on a
 slippery surface. A fall attributed to a break or irregularity in flooring is commonly
 denoted as a "trip and fall.")

Every person can get involved in reducing the hazard of injuries.

Together, we can share data about steps individuals can take to guard themselves and others, because the inability to work and accumulation of medical bills can add financial strain to the stress of injury.

If a person suffers an injury because of someone else's carelessness, they need a knowledgeable personal injury attorney by their side. The attorney needs a well-informed legal nurse consultant by their side.

Krug Consulting was founded by Sandra Krug, RRT, CRNA Legal Nurse Consultant.

AREAS OF PRACTICE: Nursing Malpractice, Personal Injury, Product Liability. Toxic Tort and Environment, Worker's Compensation and Workplace Injury, Criminal Negligence, Health, Illness or Injury-related Legal action, Risk Management, Nursing Home Abuse, Fraud and Abuse Compliance and HIPPA. Elder Law

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Safety is no accident. It's a choice we need to make each and every day. We all face a variety of risks throughout our lives. When we keep safety top of mind, we are all empowered to make safe decisions for ourselves and those we care about.

Preventable deaths are at an all-time high, claiming more than 146,000 lives in 2015.

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Krug Consulting is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States,
 especially among women. About 18 women die every day from a prescription painkiller overdose more than 4 times as many as back in 1999.
- Transportation safety: Doing other activities while driving like texting or eating distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- Slips, trips, and falls: One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

- Free First Aid Training for National Safety Month, from National Safety Council June 1-11 on nsc.org.
- NSC provides lots of materials highlighting a new safety topic each week in June. This year's theme: Keep Each Other Safe.
- NSC also is providing webinars: Managing Fatigue in the Workplace, and Preventable Deaths
- NSC is a proud co-sponsor of Safe+Sound Week in June. Led by OSHA, the campaign promotes the value of safety and health programs to address hazards in the workplace.

Contact Krug Consulting, 1 (844) LNC-KRUG, for your next medically related case.

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