

A Lifetime of Risk



Preventable injuries are the **4th** leading cause of death in the U.S. right after heart disease, cancer and chronic lower respiratory disease.

Top Risks by Age Group

UNDER **12** MONTHS

Mechanical Suffocation

AGE **1** TO **24**

Traffic Crashes

AGE **25** TO **64**

Poisoning
Largely from Prescription Pain Medication

AGE **65** & OLDER

Falls

Sources: National Safety Council, *Injury Facts*® 2016 edition, NSC analysis of 2013 NCHS mortality data

SMALL CHANGES TODAY CAN MAKE A HUGE DIFFERENCE TOMORROW.

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UNDER **12** MONTHS
**Mechanical
Suffocation**

More than **2**
preventable
deaths occur
per day*

*On average

- **Have infants sleep in a crib, not the parent's bed**
- **Place infants on their backs to sleep**
- **Keep stuffed animals and blankets out of cribs**



Sources: National Safety Council, *Injury Facts*® 2016 edition, NSC analysis of 2013 NCHS mortality data



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AGE **1** TO **24**

Traffic Crashes

Nearly **21** preventable deaths occur per day*

*On average

- Buckle up every trip, every time in size-appropriate restraints
- Drive with teens to gain more driving experience even after licensure
- Don't use electronic devices—including hands-free—while driving



Sources: National Safety Council, *Injury Facts*® 2016 edition, NSC analysis of 2013 NCHS mortality data

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AGE **25** TO **64**

Poisoning

Largely from Prescription Pain Medication

More than **92 preventable deaths** occur per day*

*On average

- Ask your doctor about alternatives to prescription pain medication
- If you have to take opioids, take the smallest dose for the shortest time
- Never share your prescriptions with friends and family



Sources: National Safety Council, *Injury Facts*® 2016 edition, NSC analysis of 2013 NCHS mortality data

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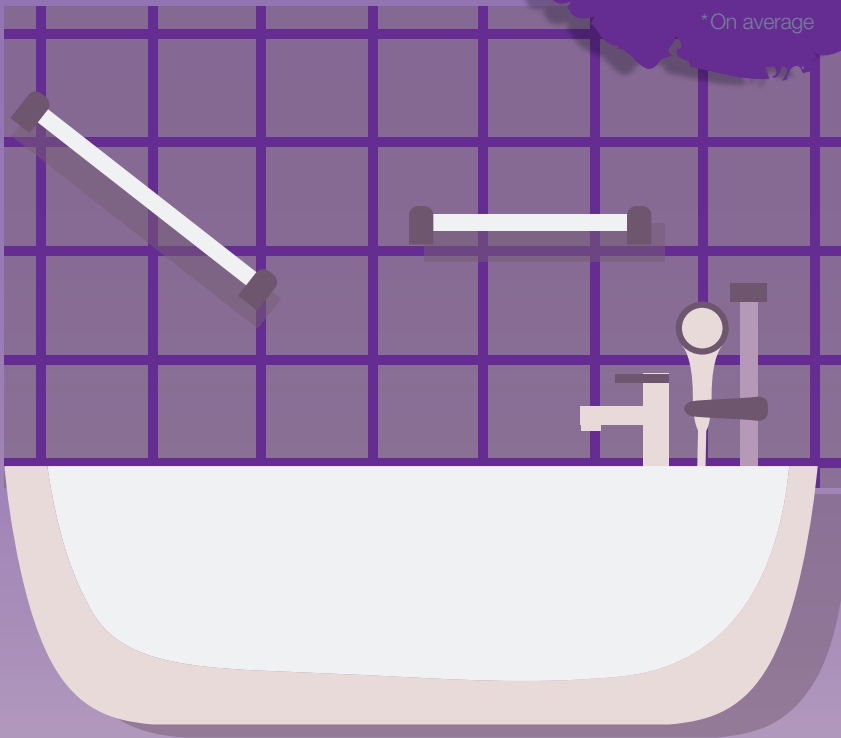
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AGE **65** & OLDER
Falls

More than **69 preventable deaths** occur per day*

*On average

- Use non-skid mats in the bath and shower
- Install grab bars near the tub, toilet and stairs
- Provide adequate lighting in every room and stairway



Sources: National Safety Council, *Injury Facts*® 2016 edition, NSC analysis of 2013 NCHS mortality data



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