



The Maryland State Medical Society

News: For Immediate Release

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JUNE IS NATIONAL SAFETY MONTH

BALTIMORE, June 10, 2019 — National Safety Month was established in 1996 and is an annual observance that calls attention to common safety and health risks. During National Safety Month, MedChi, The Maryland State Medical Society is working to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities.

MedChi is encouraging people to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls. Did you know most poisonings happen right at home? You can be poisoned by many things, like cleaning products or another person's medicine. Did you also know doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing? Almost 1 in 6 crashes where someone is injured involves distracted driving. Also keep in mind more than 1 in 4 older adults fall each year. Many falls lead to broken bones or head injuries.

There are many steps that can be taken to improve safety conditions at home and work.

- Make sure aisles, stairs and walkways are clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Inspect ladders before and after every use.
- Properly dispose of unused and expired medications to ensure no one other than the intended recipient can ingest it.
- Properly store all cleaning materials and chemicals

MedChi President, Dr. Benjamin Stallings, states “educating yourself on proper safety procedures is the best way to prevent injuries. Learning first aid and CPR is a great first step to take. The American Red Cross offers many training courses, check out their website for classes near you - <https://www.redcross.org/take-a-class>.”

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.