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)
- Falls

**AGE 65 & OLDER**


Small changes today can make a huge difference tomorrow. Visit nsc.org for more helpful resources.
• 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

More than 2 preventable deaths occur per day*

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.

Nearly 21 preventable deaths occur per day.*

*On average


SMALL CHANGES TODAY CAN MAKE A HUGE DIFFERENCE TOMORROW.

Visit nsc.org for more helpful resources.

#Safe4Life
• 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

More than 92 preventable deaths occur per day*

*On average


Visit nsc.org for more helpful resources.

#Safe4Life
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

More than 69 preventable deaths occur per day*


*On average

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