



SAFETY FIRST

Learn basic precautions to help keep you and your family safe.

Put safety first in your everyday life

Perhaps it is time to re-evaluate your home and workplace to examine how safe your environment is for you and your loved ones. The National Safety Council (NSC) offers guidelines for injury-prevention and awareness to prevent accidents and deaths. Practice these preventive measures to lower your risk of an accident and potential injury:

- Clean and dry spills immediately.¹
- Keep cabinet drawers closed when not in use.¹
- Use handrails in stairwells and take one step at a time.¹
- Apply nonskid floor coatings and slip-resistant mats where falls could happen.¹
- Inspect ladders before and after you use them.¹

We're here to help you

AmeriHealth Administrators is here to help you make good decisions when it comes to safety precautions. Our people, tools, and educational resources can support you in making informed decisions.

Tap into your health

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To lower the risk of accidents, particularly for aging adults, wear proper footwear to reduce the chance of a fall. For instance, athletic shoes can greatly reduce the chance of a fall for the elderly.¹

Here are a few tips to keep you safe:

- Use non-slip throw rugs to avoid slipping on linoleum.¹
- Exercise regularly to help increase your body's strength, which can help you in the case of a fall.¹
- Store frequently used items in easily accessible storage areas.¹

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