

## TRIBAL

Focus on Safety Curriculum

<http://www.anthc.org/chs/wp/injprev/focus-on-safety.cfm>

Injury Prevention / Safety Playlist

<http://www.youtube.com/ANTHCDigitalStories#g/c/9C77F62220E5FCC5>

## ALASKA-SPECIFIC

State of Alaska – Kids Don't Float Program

<http://dnr.alaska.gov/parks/boating/kdfhome.htm>

- Safety Gear
- Activity Book

State of Alaska – Office of Boating Safety

<http://dnr.alaska.gov/parks/boating/>

- Training
- Informational Resources

## NATIONAL

Indian Health Service – Injury Prevention Program

<http://www.ihs.gov/MedicalPrograms/InjuryPrevention/index.cfm>

CDC – Injury and Violence Prevention and Control

<http://www.cdc.gov/injury/>

### Mailing Address:

**Injury Prevention Program  
Wellness & Prevention Department  
3900 Ambassador Drive, D-CHS  
Anchorage, Alaska 99508  
(p) 907-729-3799/3513  
(f) 907-729-3652**

**SAFETY IS A WAY OF LIFE**

brochure design by Holly Nordlum at Naniq Design



**ANTHC Injury  
Prevention Program**



## FAMILY SAFETY TIPS

### WATER SAFETY

- Always wear a personal flotation device (PFD)
- Bring some kind of communication with you – ex. VHF, cell phone
- Do not overload the boat
- Make a plan – let someone know where you are going and how long you will be away

See Trip Planner at:  
<http://pledgetolive.org/>

### MOTOR VEHICLE SAFETY

- Wear a seatbelt
- Make sure your baby or small child is secured properly in a booster seat or car seat
- Avoid driving when you are sleepy – pull over and rest if you have to
- Do not drink and drive

## FAMILY SAFETY TIPS

### TRAUMATIC BRAIN INJURY (TBI) PREVENTION

- Use reflective tape so drivers can see you (ex. helmet, jacket, backpack)
- When walking outside in the winter, use ice cleats
- Use a helmet when riding a bike, ATV or snowmachine
- If you ski, snowboard or skate, wear a helmet

### FALL PREVENTION

- Have your vision checked by an eye doctor at least one time per year
- Ask your medical provider to review your medications
- Walk often and participate in subsistence activities – exercise helps with balance and coordination.
- Keep good lighting in your home and keep the floors free of clutter

***“Alaska Natives are the healthiest people in the world.”***



### GUN SAFETY

- Take a gun safety class and share the information with others
- When not in use, keep your guns unloaded
- Store ammunition away from guns
- Keep guns and other harmful items (ex. medication) locked in a gun cabinet

