



**Falls are a leading cause of Death in this Country!**

**Motor vehicle crashes are the No. 1 cause of death for teens.**

Graduated Driver Licensing (GDL) is proven to reduce teen driver crashes and deaths by 40%. Implement life-saving GDL practices in your home – here's how:

- Extend the learner's permit period.
- Set nighttime driving and passenger restrictions.
- Ban cell phone use while driving and make safety belt use mandatory.

With parental guidance, teens can become safe, responsible drivers.

**Father: How were your test scores?**

**Son: Underwater.**

**Father: What do you mean underwater?**

**Son: Below C level**

**What did the angry customer at an Italian restaurant give the chef?**

A pizza of his mind

**Off-the-job Fatalities on the Rise**

Be careful when working around the house and yard. Home and community deaths are up an amazing 74%. U.S. workers are actually safer on the job than in their homes or communities. According to the 2011 edition of the National Safety Council Injury Facts:

- Nine out of ten deaths are occurring off the job
- Nearly three-fourths of medically consulted injuries occurred off the job

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency department annually (NSC Injury Facts 2011).

Adults 55 and older are more prone to becoming victims of falls, and the resulting injuries can diminish the ability to lead active, independent lives. The number of fall deaths among those 65 and older is four times the number of fall deaths among all other age groups.

**Life is Precious and More Fragile than most care to admit**

I was shocked and saddened to hear that 19 firefighters died Sunday as they battled wildfires in Yarnell, Arizona. This tragic event is one of the deadliest wildfire incidents in the U.S. in at least 30 years. A few years ago, we had a similar loss in Colorado when 14 smoke jumpers died. Please take a minute to remember these heroes and pray for the families of the victims and their communities. Life can change or end in a second – please BE CAREFUL OUT THERE... Remember: your family needs you to make it home tonight.

**July is UV Protection Month!**

Skin cancer is the most common form of cancer in the United States. More than 3.5 million skin cancers in over two million people are diagnosed annually. In 2009, 9,199 people died from some form of melanoma. The CDC leads national efforts to reduce skin cancer through education. When in the sun, seek shade, cover up, get a hat, wear sunglasses, and use sunscreen. Anyone can get skin cancer, but the risk is greatest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes
- Another group of particular concern are those between the ages of 12 and 18, whose relative independence and fondness for tanning drive them to use indoor tanning beds and put them at high risk for melanoma and other forms of skin cancer. Tanning beds are a constant threat

The CDC recommends these easy options for sun protection:

- Seek shade, especially during midday hours between 10 a.m. and 4 p.m.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid tanning beds and sunlamps – their UV rays are dangerous!

***Please work Safely, there is No Excuse for cutting corners!!!***