



Lab AA-I Checklist for Preventing Unintentional Injuries

Put a check next to the answer that best describes your behavior and fill in the requested information.

TRUE FALSE

Automobile/Truck Safety

- I obey the speed limit at all times.
 I follow the “three-second rule” to avoid following too closely: When the vehicle ahead passes a reference point, I count “one-thousand-one, one-thousand-two, one-thousand-three” (about 3 seconds). If I pass the reference point before I finish counting, I allow more space.
 I slow down and allow more space between myself and the vehicle ahead when environmental conditions are not ideal (bad weather, poor road conditions, etc.).
 I always wear a safety belt, even when the vehicle has airbags.
 I always securely strap infants or toddlers into appropriate child safety seats in the back seat of the car.
 I always insist that children under age 12 ride in the back seat of my car (not in the front seat).
 I always sit at least 10 inches away from the cover of an airbag.
 I never drink or use drugs and then drive.
 I never get into a car if the driver has been drinking or using drugs.
 I always signal when turning.
 I always come to a complete stop at a stop sign or flashing red light.
 I don’t pass on two-lane roads unless I’m in a designated passing area (broken line) or I have a clear view of oncoming traffic.
 When given the choice between an interstate road and a rural road, I would choose to drive on the interstate.
 When I buy a car, safety is one of my primary considerations.
 I keep my car in good working order and regularly check:
 Tires Brakes Steering
 Lights Windshield wipers Oil and fluid levels

Motorcycle/Moped Safety

- I always wear an approved helmet.
 I always use eye protection (goggles, eye shields, or a windshield).
 I wear long pants and a sturdy jacket to reduce injury in case of a fall.
 I do everything possible to make myself more visible to other motorists.
 I wear light-colored clothing.
 I keep my headlight on at all times.
 I avoid changing lanes unless absolutely necessary.
 I avoid riding between lines of moving cars.
 I have received proper training and adequate practice, and I have the skills to operate my motorcycle/moped safely.

(over)

LAB AA-I (continued)

TRUE FALSE

Cycling Safety

- I know and follow the rules of the road.
- I always ride with the flow of traffic.
- I know and use proper hand signals.
- I always ride defensively; I never assume that drivers have seen me.
- I take special care in turning or crossing at corners and intersections.
- I stop at all traffic lights and stop signs.
- I keep my bike well maintained.
- I always wear safety equipment:
 - Helmet Gloves
 - Appropriate footwear Reflective equipment at night
 - Eye protection Pants clips or bands
- I avoid busy roadways.
- I use bike paths whenever possible.

Pedestrian Safety

- I cross streets only in designated crosswalks.
- I wait for a green light to cross the street.
- I try to wear clothes that will make me visible to drivers.
- I never hitchhike.

Jogging Safety

- I avoid busy roadways when possible.
- I run against the flow of traffic.
- I dress to be highly visible to drivers.
- I jog during the day.
- I don't listen to a radio or tape with headphones while jogging.

Swimming/Boating Safety

- I do not attempt to swim distances that are beyond my physical capabilities.
- I avoid swimming in dangerous or uncertain locations or situations.
- I avoid swimming long in water that is colder than 70° F (21° C).
- I do not use drugs or alcohol before I swim or while boating.
- I always swim with at least one other person.
- When boating, I wear an appropriate personal flotation device (PFD).
- I know and follow safe boating rules.
- I check water depth before diving.

Sports Safety

- I participate only in those sports in which I have sufficient skill to play safely.
- I recognize and guard against any hazards commonly associated with the sports I choose.
- I include appropriate exercises for conditioning, warming up, and cooling down.
- I use proper safety equipment and appropriate facilities (e.g., helmets, eye protection, knee and elbow pads, etc.).

(over)

LAB AA-I (continued)

___ ___ Portable heaters are used only when carefully monitored and are kept away from flammable items.

___ ___ The residence is equipped with carbon monoxide detectors.

TRUE FALSE

___ ___ Electrical outlets are used correctly, not overloaded.

___ ___ All floors in the residence are equipped with fire or smoke detectors.

___ ___ Two fire escape routes have been planned ahead of time for every room, and each resident knows what route he or she should take.

___ ___ Fire-extinguishing instruments are handy and in good working condition.

___ ___ Residents know how to avoid excessive smoke inhalation:

(fill in) _____

___ ___ Medications are stored out of reach of children.

___ ___ Cleaners, pesticides, and other dangerous and ingestible substances are stored correctly:

___ Out of reach of children ___ In their original containers

___ ___ Cleaners, pesticides, and other dangerous substances are used only in areas with proper ventilation.

___ ___ Residents know how to recognize the signs of poisoning.

___ ___ Residents know what to do in case of poisoning.

___ ___ Residents know whom to call in case of poisoning.

___ ___ Residents are trained in:

___ First aid ___ CPR

___ Heimlich maneuver

IN CASE OF EMERGENCY, CALL _____

IN CASE OF POISONING, CALL (POISON CONTROL CENTER) _____

Your answers here can help you identify behaviors that you should change. Consider planning a behavior change program to alter one or more of your risky behaviors. You will probably have more success eliminating risks from your home if you can get all residents to participate in your behavior change program.