



## Take Your Safety Seriously

Scripps cares for you so you can take good care of our patients. Think about your personal safety in all that you do at work and at home.

**Injuries cost the United States more than \$400 billion in medical care and lost productivity each year, and are the leading cause of death for people through their mid-40s.**

Here's what you can do to avoid injuries:



### **Pay Attention.**

Watch where you are walking. You will miss important details about your environment that may cause an injury.



### **Think Before You Act.**

Wear the required safety gear and follow the rules when participating in sports and recreational activities or when caring for patients.



### **Drive Safely.**

Every four seconds, someone will be involved in a traumatic accident. Don't take your chances. Wear your seatbelt. Don't talk or text while driving. Wear a helmet on a motorcycle or bicycle.

For more information on safety resources for you at work and at home, email [scrippswellnessprogram@scrippshealth.org](mailto:scrippswellnessprogram@scrippshealth.org).