



June is National Safety Month

June is National Safety Month, an annual observance dedicated to raising awareness about preventing injuries and keeping our homes, workplaces, and communities safe. Sponsored by the National Safety Council, the month serves as a reminder that many accidents and injuries can be prevented through education, awareness, and simple safety practices.

As summer begins and families spend more time outdoors, it's a great opportunity to review important safety habits. Whether you're driving, riding a bike or scooter, working outdoors, or enjoying recreational activities, taking a few extra precautions can help prevent accidents and injuries.

Some simple ways to stay safe this summer include:

- Stay hydrated and avoid prolonged exposure to extreme heat.
- Never leave children or pets unattended in vehicles.
- Wear helmets when riding bicycles, e-bikes, scooters, or skateboards.
- Follow traffic laws and avoid distracted driving.
- Use sunscreen and practice water safety when enjoying pools, rivers, and lakes.
- Create or update your family's emergency preparedness plan.

National Safety Month reminds us that safety is everyone's responsibility. By making smart choices and staying aware of potential hazards, we can help create a safer community for everyone.

For additional safety resources and information, visit the National Safety Council at [nsc.org](https://www.nsc.org)