



## [June is National Safety Month](#)

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Every year, the [National Safety Council](#) promotes June as [National Safety Month](#), working with businesses across the country to focus upon safety and known dangers facing Americans today. Each week during the month of June, the spotlight is placed upon a different safety concern:

June 1-6

[Prescription Drug Overdose Prevention](#)

Death caused by taking drugs in unintentional overdoses, whether the drugs have been purchased over-the-counter, bought illegally, or obtained from a doctor's prescription, remains one of the two main causes of preventable death in our country. Many of these avoidable deaths are due to chronic pain medications, e.g., oxycodone and hydrocodone.

June 7-13

[Teen Driving Safety](#)

For American teens between the ages of 15 and 19, [motor vehicle accidents](#) are the leading cause of death and serious injury. According to the NSC, The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes.

June 14-20

[Preventing Overexertion at Work & at Home](#)

Overexertion usually results in sprains or strains as well as being the main reason for inflammation of joints and ligaments. Pushing yourself too far in physical effort all too often harms the back or spine. According to the NSC, around 40% of injuries at work and at home, are due to overexertion.

June 21-27

[Dangers of Cell Phone Use While Driving](#)

Around one third of traffic accidents in this country are the result of [distracted drivers](#) who are talking on cell phones or texting. While campaigns are increasing national awareness of this danger, cell phone use while driving remains a serious problem in this country.

June 28-30

[Summer Safety](#)

Summer dangers include injury and even death due to heat exposure. Children and the elderly are especially vulnerable to heat-related illness. In the summer of 2006, 611 people died due to heat exposure.