

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Taking smart risks

Risks are a part of life.

Taking smart risks means knowing an activity's risks and then managing those risks to prevent injuries. The smart risk approach includes six steps:

### Look first

Think ahead and know the risks. You can only choose to take a smart risk if you know what the risks are. Prepare and plan before the activity so you can make smart choices.

Before you do an activity like cross the street, ski down a hill, or climb a ladder, understand the risks and know how to manage them.

### Wear the gear

Use protective equipment, like helmets and elbow and knee pads. Wear the right clothing and gear such as safety glasses. Wearing the right gear lowers the risk of an injury at home, work, or play.

It's also important that you wear or use the right size of gear for your body. No matter what you're doing—riding a bike, using tools, or going for a walk—wear the right gear.

### Get trained

Training and practice help you learn how to do an activity and get better at it. This helps to lower your risk of an injury.

Training includes job safety training, ski lessons, and driver education.

### Buckle up



Wear a seat belt (a type of safety buckle) when you're in a vehicle, no matter how short the trip is. Seat belts and child safety seats save lives and stop injuries from happening.

Safety buckles aren't just for using in cars. Make sure to use the safety buckle on your helmet and life jacket too. Buckle up every time.

### **Stay sober and avoid distractions**

Staying sober means no alcohol or drugs in your body. Staying sober allows you to be in full control of your mind and body while doing an activity or driving any type of vehicle, such as a car, truck, boat, all-terrain vehicle (ATV), or snowmobile.

To lower the risk of an injury or accident when you drive, it's also important that you're not tired or distracted, for example, by your cell phone or other people in your vehicle).

Remember that children under 16 should not drive a snowmobile or any size of ATV.

### **Get help**

Find support when you or someone you know needs help or support. It can be hard to deal with issues and challenges in your life when you face them alone. It's OK to ask for help. Ask your family healthcare provider for help or call Health Link at 811 to speak with a registered nurse.