

PREVENTION OF INJURIES CLASSES

Help-Your-Self, Inc.®

1. TEACHER INTRODUCTION

- Purpose of this training
- The difference between accidental injuries and incidental injuries
- The various causes of accidents
- The various causes of incidents
- How to prevent accidents and incidents

2. ACCIDENT vs. INCIDENT

- What is an accident
- What is an incident
- Examples of both
- How can you recognize what incidents can be prevented
- What cannot be prevented
- Why do incidental injuries differ from accidental injuries
- Are there engineering faults, mechanical faults, or human error
- Where might these faults most commonly occur
- Reasonably foreseeable and predictable incidents and accidents
- Statistics

3. POSSIBLE CATASTROPHIC INJURIES

- Traumatic Brain Injury (TBI)
- Spinal Cord Injury (SCI)
- Other physical injuries

4. INTRODUCTION TO TRAUMATIC BRAIN INJURY

- Introduction to the brain and its functions
- How do TBIs occur
- What functions are affected
- What is the leading cause of a TBI
- What is the outcome/consequence of a TBI
- Statistics

5. INTRODUCTION TO SPINAL CORD INJURY

- Description of the spinal cord and spinal column
- Description of motor and sensory functions
- How the nerves are affected by injuring the spinal column and spinal cord
- Statistics

6. AUTOMOBILE CRASHES

- What is the leading cause of automobile crashes
- Collisions can be caused by: human error, engineering faults, and mechanical faults
- How to prevent injuries caused by these errors
- Statistics

PREVENTION OF INJURIES CLASSES

Help-Your-Self, Inc.®

7. HEAD-GEAR AND HELMETS

- What are potentially dangerous vehicles, motorcycles, ATV's, bicycles, skateboards, roller blades, personal water craft, scooters, snowmobiles, snow boards
- Why use a helmet
- Are helmets always necessary
- What is the proper use of helmets
- What are the various types of helmets
- What activities require the use of helmets, ice hockey, field hockey, football, lacrosse, rugby, sky-diving, bungee jumping, bicycling, skating, roller-blading, foot scooters, skiing, baseball, wrestling, boxing, rock-climbing, canoeing, rafting, kayaking
- Statistics

8. DRUGS AND INTOXICANTS

- The vast majority of all injuries are caused by the effects of alcohol and drugs
- Alcohol is the most dangerous drug because it is easily obtainable and causes more sensory impairment than one is aware of
- Decisions made during intoxication cause preventable incidents
- While intoxicated a person is less likely to make a sound decision
- Everyone must consider the possible and likely outcome of their actions when using drugs and alcohol
- Although we discourage the use of alcohol and all drugs, if you choose to use, then think of the consequences, and choose wisely

9. SPORTS

- Define the sports where spinal cord injury and brain injury can occur
- How do you become aware of the proper use of equipment
- The importance of knowing the game, the rules and your opponents
- How do you know your abilities and limitations
- Strengthen your body by training
- When walking or hiking: know the terrain, wear proper shoes, have appropriate equipment with you, have emergency supplies, have extra water, always let other people know where you are, and never go on your own

10. VIOLENCE

- Can violence be prevented
- Reasons for which you might be assaulted: Race, Religion, Sexual preferences, Creed, Property, Something you said, Something you did to someone else, No reason at all
- What can the student do to prevent injuries related to violence: Avoid drugs and alcohol, Avoid people who use drugs and alcohol, Avoid carrying guns/knives/ Beebe guns, Avoid interacting with people who carry weapons, Avoid confrontations, Avoid anyone who has threatened you or anyone you know, Seek peaceful conflict resolution, Use mediators and arbitrators to help you resolve conflict or dispute, Tell adults of any perceived dangers and report any weapons

PREVENTION OF INJURIES CLASSES

Help-Your-Self, Inc.®

11. SHALLOW WATER

- The leading cause of quadriplegia is diving in shallow water
- Approximately 70% of injuries occur as a result of an ordinary dive
- Only 17% of injuries occur from unusual dives
- Alcohol intoxication causes 50% of diving injuries
- Be aware of the water level, rock, currents and beach environments that surround you
- Know which obstacles you may find under water before you dive
- Know the depth of the water before diving
- The minimum diving depth should be 12 feet
- The first dive should be feet first and why
- What are considered shallow bodies of water: river, lake, pool, ocean, bay
- All bodies of water need to be supervised by lifeguards and be properly lit
- Never dive when alone

12. PREVENTION OF INJURIES

- Ask the following: “what would make you choose to get into a car with a drunk driver or avoid taking preventive measures when playing various sports?”
- Answers should be: Peer pressure, Fear of parents’ reaction and punishment, Impressing friend, Fear of rejection or alienation, Like the dare, Like to brag
- How can a student prevent these pressures
- Can all injuries be prevented

13. GROUP INTERACTION WITH Q&A

- The last ten minutes of the class are devoted to student participation in various scenarios and questions and answers