

References and Resources

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National Athletic Trainers Association Link to football injury prevention. Video:<http://www.nata.org/consumer/headsup.htm>

Preventing Falls: How to develop Community-Based Fall Prevention Program for Elder Adults. Centers for Disease Control and Prevention. Website: http://www.cdc.gov/homeandrecreationalSafety/images/CDC_Guide-a.pdf



About the ASIA Prevention

Committee: Past & Future Goals

The mission of the American Spinal Injury Association (ASIA) Prevention Committee is to be a leader in primary, secondary, and tertiary prevention of spinal cord injury and its complications through education, research and policy making.

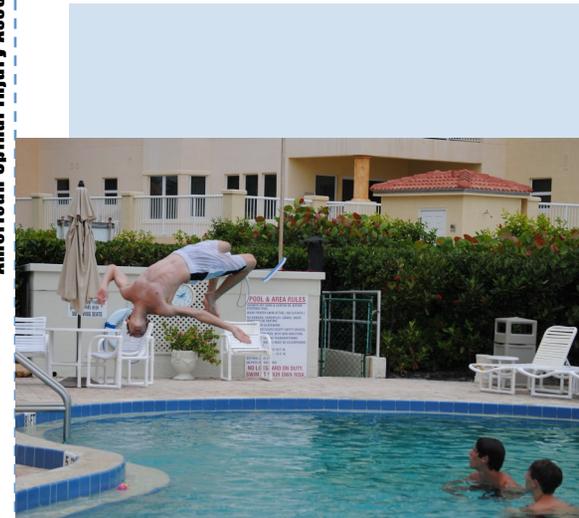
The Goals of the Prevention Committee

1. Develop and maintain a comprehensive listing of prevention programs, activities, and materials on the ASIA website
2. Increase the knowledge of ASIA members, other SCI professions, and consumer regarding SCI prevention
3. Collaborate with other SCI profession organizations to enhance prevention efforts nationally and internationally



Watch Your Back:

Spinal Cord Injury



American Spinal Injury Association

American Spinal Injury Association

Phone: 804-565-6396

Email: asia.office@asia-spinalinjury.org

**Important Tips from the
Prevention Committee
Of the
American Spinal Injury Association**

- Approximately 17,000 new spinal cord injuries (SCIs) occur each year in the United States. These numbers do not account for the people who died at the scene
- The total number of people in the U.S. living with SCI is estimated to be approximately 282,000
- The number one cause of SCI is motor vehicle crashes
- People who text while driving are 23 times more likely to experience a motor vehicle crash
- Sports-related activities cause 9% of SCIs
- Six out of every 10 skateboard injuries involve teenagers 16 and under
- 1,000 recreational diving injuries occur each year with 90% resulting in tetraplegia and 90% occurring in 6 feet of water or less
- Acts of violence account for 13.5% of SCIs
- Falls account for 30.5% of SCIs, ranking second after motor vehicle crashes
- Among the elderly falls are the leading cause of SCI
- Alcohol is a factor in 25% of all SCIs
- Driving while talking on a cell phone-handheld or hands-free- increased the risk of injury and property damage crashed fourfold



Automotive safety

- Always wear a seatbelt
- All children age 12 years and under should ride properly restrained in the backseat
- Children who have outgrown child safety seats should be properly restrained in a booster seat until they are at least 8 years of age or 4'9" tall
- Obey the speed limits and all rules of the road
- Avoid distractions while driving.
- Refrain from talking on the phone (including headset, earpiece, or speaker phones), texting or emailing.
- Never drive or use motorized equipment under the influence of alcohol or drugs



Fall Prevention

- Keep a night-light on for nighttime movement and improve overall lighting around your home
- Stay active to maintain good balance and health
- Be aware of medications that may impact balance or cause dizziness upon standing
- Move loose carpets and other potential fall hazards
- Use non-slip mats and grab bars in showers and bathtubs

Firearms

- Responsible gun ownership involves receiving proper training and safely securing the weapon after use
- Always keep your gun unloaded and locked up. Bullets should also be locked in a separate container at a separate location
- Talk to your children and friends about solving conflict without violence

- Never dive headfirst into bodies of water. Always go feet first, especially in a lake or ocean, where sand bars or objects below the surface may not be seen
- Mark depth of water clearly around your pool
- Consider a lifeguard or having someone trained in water safety present at any pool parties
- Do NOT allow guests, family or friends to swim alone or use drugs or alcohol around your pool
- Keep a secured fence around your pool
- When swimming in the ocean, watch out for shifting currents and changing sandbars. Never dive into the ocean surf
- Wear proper safety gear when playing sports
- When riding horses, ensure that the horse chosen and the riding activity are appropriate for your skill level
- Ride an all-terrain vehicle (ATV) or three wheeler only if you are over 16, have proper training and ride during daylight hours.
- Never operate an ATV on a public road and never carry a passenger on the back of an ATV

