

# Trauma Injury Prevention Snippets

Quarterly Newsletter - October 2017 - North Colorado Medical Center - Trauma Services Outreach and Injury Prevention - marilyn.sykes-johnson@bannerhealth.com

## The Docs Box.....

Cold winter months are approaching and it will be time to cook warm food and drink warm drinks, light the fireplace, and head outdoors for some winter fun in the snow! **National Fire Prevention Week is October 9 – 15**, and the **Western States Burn Center Team** at North Colorado Medical Center in Greeley would like to share some prevention tips.

### Fireplaces and Wood Burning Stoves:

- \*The hot glass on fireplaces can cause a serious burn injury in less than one second.
- \*Utilize screens and safety gates around fireplaces so children can't get close to them.
- \*Closely supervise small children around fireplaces and wood stoves.
- \*Keep matches and lighters in a safe place away from the fire.
- \*Ensure switches and remotes are out of the reach of small children.
- \*Have a fire extinguisher available, and know how to use it.

### Scald Injuries:

- \*Scald burns are the leading cause for burn injury in children under 6-years-old.
- \*Use caution and put pots on the back burners with handles turned toward the back of the stove.
- \*Ensure crock pots with hot foods/liquids are kept far out of reach of small children, and don't place them anywhere where the plugged in cord could be a tripping hazard.
- \*Create a "no kid zone" in the kitchen by the stove and oven.
- \*Ensure hot water heaters are turned no higher than 120 degrees Fahrenheit.
- \*Never leave small children unattended in a bath tub.

## FYI..... Injury Prevention Ideas!

### OCTOBER

- Drive Safely Week October 2 - 6, 2017
- Emergency Nurses Day - October 11, 2017
- Emergency Nurses Week - October 8 - 11, 2017
- National Fire Prevention Week - October 9-15, 2017
- National Teen Driver Safety Week - October 15 - 21, 2017
- Halloween Safety

### NOVEMBER

- Domestic Violence Prevention Month
- Children's Health Month
- Eye Injury Prevention Month
- National Bullying Prevention Month
- Pre -Holiday impaired Driving Prevention
- Safe Toys and Gifts Month

### DECEMBER

- Older Driver Safety Awareness Week December 4-8, 2017
- Pre - Holiday Impaired Driving Prevention
- Drive Sober or Get Pulled Over Campaign
- Winter Driving Safety Awareness
- Safe Holiday Decorating



## TEEN DRIVERS - get the facts

**Motor Vehicle crashes are the leading cause of death for U.S. teens. Fortunately, these crashes are preventable, with proven strategies that can help improve the safety of young drivers on the road.**

How can deaths and injuries resulting from crashes involving teen drivers be prevented? 8 strategies for prevention include;

- 1. Driver Inexperience** - Provide supervised driving practice over at least 6 month's over a variety of roads and conditions, and different times of the day.
- 2. Driving with other teen passengers** - distractions increase the risk of being in a crash. Follow the GDL law for passenger restrictions.
- 3. Nighttime driving** - Practice supervised nighttime driving, and be off the road by 9 or 10 pm.
- 4. Not wearing Seat Belts** - Everyone in the car wears a seat belt, every time, is the easiest way to prevent deaths and injuries from car crashes.
- 5. Distracted Driving** - Choose not to use cell phones, and other distractions.
- 6. Drowsy Driving** - Be aware of limitations, including lack of sleep, day or night.
- 7. Reckless Driving** - Following the speed limit and maintaining space between vehicles ahead help avoid crashes in case of a sudden stop.
- 8. Impaired Driving** - Even one drink or mind altering drug can impair your driving ability and increase the risk of a crash. Always s have a designated driver that is not impaired or distracted.

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