



# Injury Prevention

## Cheat Sheet

### What is Injury Prevention?

**Injury prevention** involves placing caution signs ahead of potential hazards, such as a slippery floor, effectively preventing accidents before they happen.

Injuries, including accidental and violence-related, cause **4.4 million** deaths globally each year, accounting for **8%** of all fatalities.



#### The Three Es of Workplace Injury Prevention

1. **Education:** Learn risk avoidance, like spotting slippery areas.
2. **Engineering:** Design safer spaces, e.g., non-slip mats.
3. **Enforcement:** Implement safety rules, like guiding around hazards.



*Among people aged 5-29, road accidents, homicide, and suicide are among the **top five causes of death**.*

### Identify Common Injuries



#### Physical Injuries

Sprains, strains from overstretching, fractures from impacts, and skin injuries like cuts and abrasions.

#### Emotional Injuries

Chronic stress affecting health and trauma needing emotional support.



#### Work-Related Injuries

Repetitive Strain Injury from repeated motions and falls causing severe injuries.

#### Environmental Injuries

Skin damage from sunburn and frostbite due to extreme cold.



### Risk Factors for Injuries

When considering the key risk factors for injuries, it's important to be aware of several critical aspects. Here are the key injury risk factors to be aware of:



#### Your Surroundings

Slippery surfaces and low lighting heighten fall risks.



#### Personal Factors

Inattention and physical limitations increase injury risks. Mindfulness and self-awareness are crucial.



#### Chosen Risks

Activities differ in risk. Extreme sports heighten injury chances, while safe practices in daily tasks lower them.



#### Workplace Risks

Repetitive work actions cause chronic problems like carpal tunnel. Faulty equipment poses risks.

### Home Safety Basics

Promote safety at home by taking these steps to minimize risks in various areas, including:

- **Kitchen:** Store sharp objects safely; practice fire safety.
- **Living Areas:** Secure rugs; keep floors clutter-free.
- **Bathrooms & Garages:** Use non-slip mats; lock away chemicals.
- **Backyards:** Fence pools and grills.
- **Tech Safety:** Install video doorbells; use smart smoke detectors.
- **Safety Gadgets:** Include a first-aid kit, and a fire extinguisher.



*"In 2021, there were an estimated **128,200** preventable home injury deaths, comprising 76% of all such fatalities."*

## Ergonomic Essentials

**Ergonomics** is about creating a comfortable, efficient, and safe working environment. Here are key elements to consider:

- ✓ Chair: Lumbar support, adjustable height, optional footrest.
- ✓ Desk: Matches chair, supports comfortable typing and leg space.
- ✓ Gadgets: Ergonomic keyboards, accessible mouse.
- ✓ Monitor: Eye level, arm's length, adjustable.
- ✓ Breaks: Standing desks, stretching, regular reminders.
- ✓ Lighting: Natural or soft artificial light.

## Sports Injury Prevention

Preventing sports injuries involves more than caution; it's a comprehensive approach that includes the following:

### Safety Gear:

Select supportive footwear, wear helmets and protective pads as needed.

### Warm-Up and Cool

**Down:** Incorporate 5-10 minutes of light exercise before and after workouts.



### Proper Nutrition:

Maintain a diet that supports energy needs and recovery.

### Understand Limits:

Listen to your body, include rest days, and undergo regular health check-ups.

## Safe Driving Practices

**Safe driving practices** are essential for road safety and preventing accidents. Here are important tips for a safe and smooth driving experience:



**Seatbelt Use:** Always buckle up and ensure all passengers do the same.



**Avoid Distractions:** Limit phone use and avoid eating while driving.



**Following Distance:** Maintain a safe distance using the three-second rule.



**Know Your Vehicle:** Understand your car's brakes and control layout.



**Lighting:** Use headlights and blinkers correctly for safety.



**Adapt to Weather:** Drive cautiously in rain, snow, or heat.



**Emergency Kit:** Keep a kit in your car and have roadside assistance ready.

## Injury Prevention in Daily Life

Injury Prevention in Daily Life employs practical strategies for reducing accidents and enhancing well-being through environmental safety and emotional health management. Key aspects include:

### Slips, Trips, and Falls

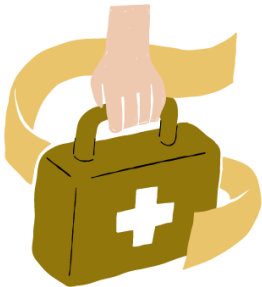
- Floor Safety: Use non-slip mats and clean spills quickly.
- Clutter-Free Spaces: Clear walkways, organize cords.
- Lighting: Ensure well-lit areas, use sensor lights for stairs.
- Personal Care: Regular hydration, balance exercises.

### Emotional Well-being and Injury Risk

- Stress: Increases muscle tightness and strain risk.
- Anxiety: This leads to coordination problems and higher fall risk.
- Anger: Prompts risky decisions, increasing accident likelihood.
- Mindfulness: Enhances safety and well-being.

## Emergency Response

**Basic First Aid Skills** are essential for handling common injuries and emergencies effectively. Here's a quick guide:



- ✓ **Cuts/Scrapes:** Wash hands, clean wound, apply pressure, bandage.
- ✓ **Bumps/Bruises:** Cold compress, elevate, rest.
- ✓ **Choking:** Perform Heimlich with upward thrusts.
- ✓ **Heart Attack:** Identify chest pain, breathlessness, call emergency.
- ✓ **CPR:** Open airway, give breaths, compressions at 100-120/min.

### Emergency Contacts

- ✓ 911: For immediate assistance.
- ✓ Local Hospitals: Maintain their contact details.

### First Aid Apps

- ✓ Red Cross App: First aid guidance.
- ✓ Locator Apps: For emergency tracking.



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Fewer Tools. Lower Costs. Smarter Training.

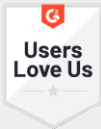
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