Partnering to Reduce Injury Risk in Your Community

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No Disclosures
2015 CDC United States Injury Report:

- Unintentional injury is the 4th leading cause of death in all age groups. It is the leading cause of death in children and adolescents.
- **30.8 million**: the number of ER visits for unintentional injuries.
- **214,008 deaths** reported from all Injuries
- **66 per 100,000 people die** from injury
- **36,161 deaths** reported from Motor vehicles
- **36,252 deaths** reported from Firearms
My Story
Community Prevention Programs

- Identify priority areas for injury prevention based on local data.
- Planning and implementing prevention programs that meet the needs of your community.
- Education for medical professionals and the community.
- Working with local, state and national organizations.
- What are other communities doing? Take ideas from others.

Accidents Happen, but Most Injuries are Preventable.
We stopped every vehicle that was coming into our elementary, middle, and high school.

They all received this fact sheet about seatbelt safety and encouraged to stay safe by buckling up and buckling up their children.

If they were wearing their seatbelt, then they were given a ‘Smarties’ candy.

If they were not wearing a seat belt, then they were given a ‘Dum-dum’ sucker.
Are you a Smartie or a Dum Dum?
Seatbelt Safety at a Home Football Game

If anyone was wearing a seatbelt in the vehicle, they would all receive this coupon for a free bag of popcorn.
DIRT BIKE/ATV SAFETY
Almost ½ of all deaths occur in children 16 years of age or younger.

Inexperience, inadequate physical size and strength, and immature motor and cognitive development contribute to the increased risk of injury seen in children.

Lack of helmet and seatbelt use increase the chance of severe injury.
**Dirt Bike/ATV Safety**

- Start YOUNG!
- Let them sit on the machine and show them all the controls and explain the rules to them over and over.
- When you buy a new Dirt Bike or ATV, you are given information about a free safety class.
- Or if you call the ATV Safety Institute at 1-800-887-2887, they will locate the nearest class. The closest one for Gregory, SD was in either Bassett NE or Atkinson NE, which are only about an hour away.
ATV’s, or All-Terrain Vehicles, are 3 or 4 wheeled motorized vehicles first sold in early 1980’s as work or recreational vehicles.

**COMMON ATV-RELATED INJURIES:**
- Head Injuries
- Spinal Trauma
- Abdominal Trauma
- Abrasions/Lacerations
- Clavicle/extremity fractures
- Dislocations

**ATV DEATHS**
Deaths occur in:
- Collisions (56% of deaths)
- Overturns (35% of deaths)
- 60% occur on Roadways
- Only 18% occur on ATV trails

**DIRT BIKE DEATHS**
- More than 60% of deaths occurred in persons not wearing a helmet.

**DIRT BIKE RIDING TIPS**
1. Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
2. Except for dual-purpose model, never ride on paved surfaces except to cross when done safely and permitted by law. Dirt Bikes are designed to be off-highway.
3. Never ride under the influence of alcohol or drugs.
4. Supervise riders younger than 16.
5. Never permit youngsters to ride dirt bikes that are too tall/ too powerful for their capabilities.
6. Don’t ride alone on remote trails. Use the buddy system.
7. Ride at a safe speed. Take a hands-on riding course.

**AVERA GREGORY HOSPITAL PRESENTS:**
**ATV AND DIRT BIKE SAFETY**

Flyer distributed out to the community.
Fact sheet and Dirt Bike riding tips.
Atvsafety.com has a wealth of information.
Plan is to go to Elementary/Middle/High school and give presentation to students at the end of this school year.

To find out about ATV safety classes near you, call the ATV Safety Institute at 1-800-887-2887
References


Fall River Health Services want you to know that snake season is upon us.

Fall River Health Services cares about the safety of their community. Snake season is here and while everyone is enjoying the beautiful outdoors, FRHS would like to offer some advice to stay safe from snakes.

**Snake Bite Tips:**

- Have a set of keys and a vehicle available for transportation to a medical facility.
- CALL 911 if you do not have transportation or are having symptoms of envenomation from the bite such as pain, swelling, nausea, vomiting, dizziness, etc.
- Do not take any pills containing aspirin or ibuprofen and don’t drink any alcohol, since these will thin the blood and cause further complications.
- Advanced notice to the FRHS Hospital ER @ 743-8910 Ext. 3013, would also be helpful for the preparation for the incoming patient.

Most health-care professionals, recommend just a few basic first-aid techniques for any snakebite. According to the American Red Cross, the following steps should be taken:

- Wash the bitten area with soap and water.
- Immobilize the bitten area and keep it lower than the heart.
- Get medical help and don’t delay- FRHS 24hr ER is here for your needs!