



## Spinal Cord Injury: Prevention Begins with Awareness

Shriners Hospitals for Children® is committed to raising awareness to help prevent spinal cord injuries. Here are some safety tips to lessen the likelihood of these incidents.

### Vehicles

- Avoid distractions, including texting, talking on the phone, eating, arguing, loud music, disruptive passengers or pets.
- Give driving your full attention.
- Never drive after drinking alcohol.
- Wear a seat belt and have an airbag.
- Be aware of the side-effects of prescription medications before driving.
- Properly restrain children under age 12 in the back seat.
- Place young children in age and height and weight-appropriate safety or booster seats.
- Follow traffic rules, including speed limits.

### Falls

- Avoid having throw rugs in the home.
- Keep carpet in good condition. Repair or replace torn edges.
- Be sure your home, and stairways, are well-lit.
- Keep floors and outdoor pathways clear.

### Violence

- Teach children that guns are dangerous, and never to play with them.
- Instruct your children to leave places where guns are accessible or visible.
- Encourage your children to discover ways to resolve differences or arguments without violence or weapons.
- Keep guns locked, out of sight and unloaded.
- Lock and store bullets in a separate location.

### Diving

- Have clearly visible depth indicators around the entire pool. Do not allow anyone to dive into water less than 9 feet deep.
- Never allow anyone to dive into an above-ground pool.

*(Diving continued)*

- Be sure the pool area is adequately lit during use.
- Do not serve alcohol to guests using the pool.
- Secure the pool area (with a fence and locking gate) when not in use.
- Clearly indicate the appropriate diving area.
- Have someone trained in water safety present at parties.

## Playground

- Check playground and playing fields to be sure they are properly maintained and equipment meets safety standards.
- Be sure there is appropriate adult supervision.
- Verify that playground equipment meets applicable safety standards.

## Trampolines

- Always have trained persons available to supervise trampoline use.
- Trampolines should be in well-lit areas.
- Children should not jump onto the trampoline from high objects or locations.
- Place the trampoline jumping surface at ground level.
- Always have protective padding on supports and surrounding landing surfaces.
- Allow only one person on a trampoline at a time.

## Sports

- Always wear appropriate clothing, shoes and safety gear.
- Learn the proper techniques for movements used in different games.
- Play by the rules.
- If children are participating, be sure there is sufficient adult supervision.

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Shriners Hospitals for Children® thanks the law offices of Gary Roberts & Associates for helping provide this information.

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