

Let's be safe this summer!



As the weather in Portland gets better, (yes it will get better) the risk for injury to both children and adults starts to grow higher. So let's talk about a few things that will help prevent those injuries!

1. No matter what your summer activities are , be it mountain biking, motorcycling, city cycling, skate-boarding, wilderness rafting or rock climbing – one of the major causes of death in these sports/recreation activities is head injury. So wear properly fitting protective head gear.
2. Recognize the symptoms of a concussion – some of the symptoms are ringing in the ears, slight pain and dizziness, memory loss, nausea and vomiting, and unconsciousness. If severe symptoms occur seek medical attention immediately!
3. When talking about head injury one thing to remember is the elderly, even minor head injuries in the elderly can cause devastating results. Effects of a head injury from fall or any other mechanism may not show up right away, so even days – weeks after injury symptoms may occur.
4. The National Safety Council reports that in 2008 death from injury in the United States were 179,065 – of those 35% were motor vehicle, unintentional injury deaths amounted to 68% These are staggering numbers!

LOCAL RESOURCES FOR RISK PREVENTION:

Legacy Health System – Trauma Nurses Talk Tough!

Programs offered:

- Court-Ordered Classes – Classes for drivers charged with DUII, unsafe driving and other risky behavior.
- School Programs: Presentations that teach young people how to avoid and help control the risk in their lives.
- Family Education Programs – that help parents and children learn healthy behaviors
- Resources for parent: Tools to help parents teach teens safe and responsible driving habits.

To participate or for more information write tntt@lhs.org