

Chapter 16 Personal Safety Part 1

Hlth 2 Health and Wellness
Dr. Tomita

Learning Objectives

- 1. Define the following terms: intentional/unintentional injury, Heimlich maneuver, leisure injuries, work injuries, repetitive strain injury, carpal tunnel syndrome, stalking, cyberstalking, sexual assault/rape, statutory rape, date rape, incest, sexual harassment, first aid, cardiopulmonary resuscitation (CPR), emergency medical services (EMS) system.
- 2. List the common types of unintentional injuries and strategies for preventing them.
- 3. Describe factors that contribute to violence and intentional injuries.
- 4. Discuss different forms of violence and how to protect yourself from intentional injuries.
- 5. List strategies for helping others in an emergency situation.

Overview

- **Unintentional injuries** are the fifth leading cause of death among all Americans and the leading cause of death and disabilities among children and young adults.
 - Replaces the term **accident**, which suggests that these injuries are beyond our control.
- **Intentional injuries**- injury that is purposely inflicted by either oneself or another person
- It is up to each individual to take responsibility for his or her actions and make wise choices about safety behaviors

Unintentional Injuries

Four General Classes:

- motor vehicle
- home
- leisure
- work

Factors Contributing to Motor Vehicle Injuries

- Speeding- 67% crashes caused by bad driving
- Aggressive driving- 25% of drivers are aggressive
- Fatigue and Sleepiness- even mild sleep deprivation causes in deterioration of driving habits similar to 0.05% BAC.
- Cell phones and other distractions (contributes 25-50% of crashes)
- Alcohol and other drugs
- Safety belts, air bags, and child safety seats

Preventing Motor Vehicle Injuries

- Obey the speed limit
- Always wear a safety belt
- Never drive under the influence of alcohol or other drugs
- Keep your car in good working order
- Allow enough following distance
- Adjust to poor driving conditions
- Choose highways over rural roads
- Use signals for turning and changing lanes
- Stop completely at stop signs
- Be especially cautious at intersections
- Use caution when passing on two-lane roads
- Children should ride in the back seat

Home Injuries

- Falls (stairs, steps, rugs, slippery floors, kid's toys)
- Fires (electrical outlets)
- Poisoning- 2 million poisonings/yr, 9000 deaths)
- Suffocation and choking- 4000 deaths (children and food-related deaths)
- Firearms

Leisure and Work Injuries

- water sports
- in-line skating
- scooter
- bicycling
- College students (drinking, partying, tubing, joy riding)
- Work (lifting, back injuries, posture, carpal tunnel, muscle spasms)

Social Factors Contributing to Violence and Intentional Injuries

Social Factors: highest in people under 25 yrs, African American and Hispanic, poor; mass media, gender (males more than females); interpersonal (most crimes against women committed by someone they know); alcohol and drugs; etc.

Online Resources

WISQARS (CDC & P)

Leading Cause of Death in California

<http://www.cdc.gov/ncipc/wisqars/default.htm>

Safety Group Exercise (GP 9)

1. Break up into groups of 3-4 students.
2. Complete Wellness Worksheet 102, "Are You an Aggressive Driver?"
3. Discuss the findings in group.
4. Present your findings to the class.
5. Hand in worksheets.