

Injury Prevention Tips



- Drive defensively. Most motor vehicle crashes are caused when the driver is distracted.
- Slow down on wet slippery roads and drive to road conditions. Allow more stopping distance between vehicles.
- Wear your seatbelt. It's the law.
- Children must be in an appropriate care seat, or age appropriate seatbelt.
- Do not drive under the influence of alcohol or other substances including over-the-counter and prescription medications. Read warning labels.
- When walking, cross the streets only on pedestrian cross walks and wait for the traffic light.
- When driving your vehicle be aware of pedestrian, motorcycle and bicycle traffic.
- Wear protective head gear when riding a motorcycle or bicycle.
- Make sure that any gun in your house is stored out of the reach of children and has a safety lock in place.
- Store ammunition in a separate, secure location.
- Fall proof your home, especially for the elderly, or persons who experience difficulty in walking or use crutches, canes or walkers.
- Remove scatter rugs and clutter from high traffic areas in your home.
- Place a non-skid surface in tub or shower area in the bathroom.
- No electric or phone cords running under rugs, or across open areas.
- Make sure that your smoke detectors are in working order and the batteries are changed every 6 months. Daylight savings time is a good reminder to change batteries.
- Set water temperatures below 120 degrees to prevent burning or scalding.
- Never use gasoline to start your barbeque pit.
- Make sure that you have a working fire extinguisher within easy reach and ready to use.
- Make sure that your family has a disaster plan.



Who Are Our Trauma Patients?

Injuries don't just happen. Injuries can and do result from equipment failure, such as a tire blowing out at 70 mph. Injuries happen from unsafe driving practices: driving at a speed that is unsafe for weather conditions, distractions like talking on a cell phone while driving, or driving under the influence of alcohol or other substances.

At CHRISTUS Spohn Hospital Corpus Christi – *Memorial* we treat more than 2,000 trauma patients each year.

Trauma Statistics at Memorial

Males	70.2%
Females	29.8%
Ages 16-30	44.1%
Motor Vehicle Crashes	43.0%
Motorcycle/Auto Pedestrian	10.0%
Injuries involving guns/knives	12.0%
Falls	16.0%