

Module 6: Roadside Assistance

Topic 2 Content: Preventing Intentional and Unintentional Injuries

Types of Injuries

Unintentional Injuries	Intentional Injuries
• Vehicle Accidents • Falling • Drowning • Fires • Suffocations • Poison-Related Incidents	• Occur on purpose • Assault • Suicide • Homicide • Self-Inflicted Injury
	

Before you examine how to prevent injuries, it is important to distinguish between unintentional and intentional injuries. Unintentional injuries include vehicle accidents, falling, drowning, fires, suffocations, and poison-related incidents. These are all injuries that are unplanned. Conversely, intentional injuries are those which occur on purpose, either by oneself or another person. Examples of intentional injury include assault, suicide, homicide, or a self-inflicted injury.

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Assessing Your Surroundings

Assessing Your Surroundings

- Finding problems now can prevent injuries in the future
- Keep home properly lit
- Working smoke and carbon monoxide detectors
- List of emergency phone numbers readily available
- Hot water heater remains below 120° F
- Monitor hot surfaces while cooking
- Keep a first aid kit on hand
- Medicines and chemicals are away from the reach of children



By assessing your surroundings now, you can find problems early enough to prevent injuries from happening in the future. Specifically, you can prevent many unintentional injuries starting at home. For example, ensure your home is properly lit, has working smoke and carbon monoxide detectors, and that you have a list of emergency phone numbers readily available. This should include the police, fire department, poison control, and local hospitals. Also, make sure your hot water heater remains below one hundred-twenty degrees. When cooking, monitor hot surfaces carefully. Keep a first aid kit on hand. Finally, make sure all medicines and chemicals are away from the reach of young children.

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During School & During Activities



During School & During Activities

- Follow all directions during fire drills
- Have a physician check your health before sports seasons
- Warm-up before physical activity
- Stay hydrated
- Wear proper safety gear
- Follow rules that are set in place

There are safety precautions you can take at school and while doing physical activities. For instance, make sure to follow all directions during fire drills. Also, have a physician check your health prior to starting a new season of sports. Remember to warm-up before physical activities, including stretching, and stay hydrated throughout. Moreover, wear proper safety gear like helmets. Also, follow rules that are set in place.

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In the Car

In the Car

- Always wear a seat belt
- The CDC notes seat belts decrease death and injury by 50%
- Do not drink and drive
- Do not text and drive
- Avoid talking on the phone, eating, or driving while tired
- Use sidewalks or walk in the direction that faces oncoming traffic
- Wear reflective items at night

A photograph of a woman with long brown hair sitting in the driver's seat of a car. She is wearing a black t-shirt and grey overalls. She is looking down at her lap, and her hands are near her seat belt. The seat belt is buckled and across her chest. The car's interior, including the black leather seat and dashboard, is visible in the background.

When riding or driving in a motor vehicle, make sure to always wear a seat belt. The Centers for Disease Control and Prevention (CDC) notes that this decreases death and injury by fifty percent. In addition, refrain from driving if you have been drinking, or are texting, talking on the phone, tired, or eating. Similarly, if you are walking down the street, use sidewalks, or if unavailable, walk in the direction that faces oncoming traffic. Remember to wear reflective items at night.

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Legislation



Legislation

- Firearms are regulated by federal, state, and local laws
- These laws focus on the manufacturing, selling, carrying, and storing firearms
- Many school-based programs exist that help prevent violence
- Programs help reduce aggressive behaviors, become emotionally aware, develop conflict resolution skills, and create positive self-esteem
- Smoking bans and laws
- Child safety seat laws
- Vaccinations for children in public school

A lot of legislation exists that is intended to help prevent unintentional and intentional injuries. For example, federal, state, and local laws help regulate firearms. Such laws focus on many areas such as manufacturing, selling, carrying, and storing firearms. In addition, many school-based programs exist that help prevent violence. Programs such as these help students reduce aggressive behaviors, become emotionally aware, develop conflict resolution skills, and create positive self-esteem. Other policies that are in place in the United States to help prevent injuries include smoking bans and laws, child safety seat laws, and vaccinations for children in school.

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Psychological Distress

Psychological Distress

- People suffer psychologically after traumatic events
- Caused by violence, abuse, natural disasters, or grave illness
- Interventions may prove helpful
- Individual or group therapy may be beneficial



Even with preventative measures in place, people often suffer from psychological distress following traumatic events related to violence, abuse, natural disasters, or grave illness. In such instances, various interventions may prove helpful. For example, people can participate in individual or group therapy.