

Definition:

- An injury to the muscles, bones, or nerves associated with the spine. The higher up on the spine it is the more serious the injury will be.



Causes:

- Any impact, direct or indirect, to these body parts. Very common in vehicle accidents, diving in shallow water, cycling accidents, sport accidents such as hockey and football, etc.

Prevention:

- Wear safety equipment and wear it properly.
- Know the safety rules of sports played.
- Use seat belts and car seats.
- Avoid alcohol intake when doing physical activity as it impairs sound judgment.

Warning signs:

- Mechanism of injury (how it occurred).
- Pain, numbness, or paralysis.
- Bleeding, swelling, or bruising around the head, ears, or nose.
- Unconsciousness.

Helping:

- Make sure the person doesn't move then get help.
- Hold them still. You need to and explain to them that they may have a serious injury and should not move.
- If they are unconscious do the CPR steps. Airway and breathing take priority.

Notes:

- Any time there is a spinal injury you should also suspect a concussion, and visa versa.



Definition:

- An injury to the head or the brain. Literally bleeding in the brain or the area around the brain.

Causes:

- Any impact, direct or indirect, to the head.
- May be associated with a spinal injury.

Prevention:

- Wear safety equipment and wear it properly.
- Know the safety rules of sports played.
- Use seat belts and car seats.
- Avoid alcohol intake when doing physical activity as it impairs sound judgment.

Warning signs:

- Mechanism of injury.
- Pain or numbness.
- Bleeding, swelling, or bruising.
- Confused.
- Loss of memory.
- Dizzy.
- Ringing in the ears.
- Nausea or vomiting.
- Unconsciousness.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



Helping:

- Make sure the person doesn't move.
- Hold them still and explain to them that they should not move.
- Activate the ambulance right away.
- If they are unconscious do the CPR steps but open the airway with a modified jaw thrusts, as opposed to a head tilt.

Notes:

- Any time there is a spinal injury you should also suspect a concussion, and visa versa.
- Anyone with a suspected concussion should seek medical help as soon as possible.
- If they have become unconscious from the concussion then activate the ambulance right away.
- Many athletes will not admit to having had a concussion because then they can not play any more. Unfortunately that is why the condition becomes worse.
- Concussions are very life threatening.
- There is a condition called Baby Shaken Syndrome, where babies are injured by violent shaking.
 - Never shake a baby – on purpose, by accident, or when angry.
 - Never throw them up in the air – no matter how much they enjoy it.