AVOIDING FALLS & PREVENTING BRAIN INJURY

WHO IS AT RISK?
Falls are the leading cause of traumatic brain injury (TBI) in the United States. Everyone in your family is susceptible to falling, but children under the age of 4 and adults over the age of 65 account for the majority of reported falls.

RISK FACTORS

CHILDREN
- Lack of preparation
- Lack of exercise
- Certain medications

ADULTS
- Lack of protective gear
- Lack of supervision
- Unsafe playground conditions

8,000 children are treated in emergency rooms for fall-related injuries per day.

1 in 3 people over the age of 65 will fall each year, 60% of those occurring at home.

FALL PREVENTION

- Supervision is Key: Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- Safe Play: Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
- Safe Home: Keep your home's stairs in good condition and have dependable hand rails. Rid of slippery throw rugs and minimize clutter in walkways.
- Safe Sports: Make sure your child wears protective gear during sports and recreation. For example, when in-line skating, use wrist guards, knee and elbow pads, and a helmet.

ABOUT BRAIN INJURY
A traumatic brain injury (TBI) is an insult to the brain caused by an external physical force. A TBI may produce a diminished or altered state of consciousness, and results in an impairment of cognitive abilities or physical functioning. It can also result in the disturbance of behavioral or emotional functioning.

According to the Centers for Disease Control and Prevention (CDC), Falls account for 28% of brain injury cases in the United States.

For more information on how you can prevent a brain injury visit: www.bianj.org

Sources:
- http://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.htm
- http://www.cdc.gov/safechild/falls/
- http://www.bianj.org

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