



Brain Injury Alliance

NEW JERSEY

AVOIDING FALLS

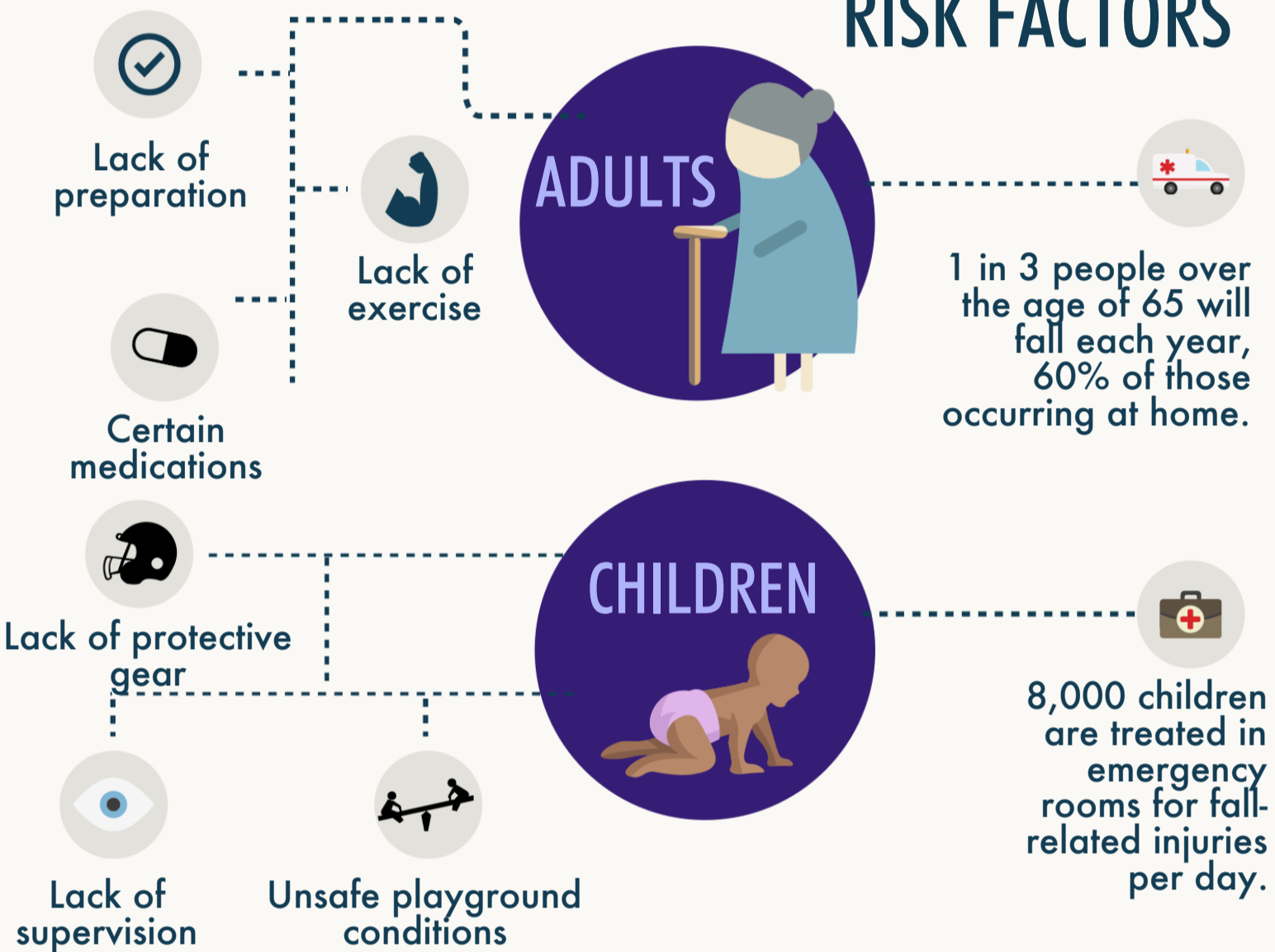
& PREVENTING BRAIN INJURY

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



Strength

Do simple exercises to keep your muscles moving. This can be as simple as rotating your ankles and stretching your calves.

Balance and Flexibility

Enhancing your balance will help maintain your core's ability to keep you upright.

Safe Home

Stairs that must be used should be in good condition and have dependable hand rails. Rid of slippery throw rugs and minimize clutter in walkways.

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

Be aware of heights; never leave a baby or toddler alone on a bed or changing table. Minimize clutter, especially on stairs.

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.



FALL PREVENTION

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/safekid/falls/>

<http://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html>



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