



Spinal Cord Injury Tips from Shriners Hospitals for Children

Where Hope and Healing Meet,
Compassion and Expertise Come
Together, and Lives are Changed.

Spinal Cord Injury: Prevention Begins with Awareness

Approximately 12,000 new cases of spinal cord injury occur annually in the U.S., including about 2,000 that affect children and adolescents. Shriners Hospitals for Children® is committed to raising awareness to help prevent spinal cord injuries. Here are some safety tips that can help lessen the likelihood of these incidents:

Vehicles:

- Avoid distractions, including using a phone, eating, arguing, loud music, disruptive passengers or pets. Give driving your full attention.
- Never drive after drinking alcohol.
- Wear a seat belt and have an airbag.
- Be aware of the side effects of prescription medications before driving.
- Use correct and appropriate restraints or booster seats when transporting children.

Falls:

- Avoid having throw rugs in the home.
- Keep carpet in good condition.
- Keep floors and outdoor pathways clear.



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Violence:

- Teach children that guns are dangerous, and never to play with them.
- Instruct your children to leave places where guns are accessible or visible.
- Encourage your children to discover ways to resolve differences or arguments without violence or weapons.
- Keep guns locked, out of sight and unloaded.

Diving:

- Have clearly visible depth indicators around the entire pool.
- Do not allow anyone to dive into water less than 9 feet deep. Never allow anyone to dive into an above-ground pool.
- Secure the pool area (with a fence and locking gate) when not in use.

Trampolines:

- Children should not jump onto a trampoline from high objects or locations.
- Always have protective padding on supports and surrounding landing surfaces.
- Allow only one person on a trampoline at a time.

Should a child sustain a spinal cord injury,

Shriners Hospitals for Children is recognized worldwide for its pediatric spinal cord injury rehabilitation and management programs. Spinal cord injury care is available at these Shriners Hospitals for Children locations:

- Chicago
- Northern California
- Philadelphia

*To learn more about Shriners Hospitals for Children, please visit shrinershospitalsforchildren.org, or call: **800-237-5055** in the U.S., or **800-361-7256** in Canada.*



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