

# IMPACT ON INJURIES

## Manitoba's Injury Prevention Newsletter

March / April 2006

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### • Which Helmet for Which Activity?

Selecting the best helmet for an activity can be confusing to parents and sports enthusiasts. The Consumer Product Safety Commission (CPSC) has developed a new resource to make it easier to choose the proper helmet for each activity.

The new guide, [Which Helmet for Which Activity](#), is available online. It explains the importance of wearing a helmet, what to look for when buying one, how to tell if the helmet fits properly, and when to replace a helmet. The back page of the guide has a chart of various wheeled and non-wheeled sports activities and lists the appropriate helmet type and the applicable standards.

To download Which Helmet for Which Activity (PDF file - 490KB), visit <http://www.cpsc.gov/cpscpub/pubs/349.pdf>.



### • Gemma Briggs attends World Safety Conference

Gemma Briggs, IMPACT's research assistant, recently attended Safety 2006: 8<sup>th</sup> World Conference on Injury Prevention and Safety Promotion, held in Durban, South Africa from April 2-5. Gemma delivered two platform presentations and a poster summarizing IMPACT's research activities. One oral presentation discussed waterfront supervision of infants and toddlers, and the other reviewed best practices for preventing motor vehicle occupant injury, drowning, choking and suffocation, and falls. The research poster summarized a hospital discharge project that provided best practices information on the safe transportation of child passengers.

Her Majesty, Queen Rania Al-Abdullah of Jordan, the current UN ambassador for injury and violence prevention delivered the conference's keynote address. Other keynote speakers included the Honourable Minister of Health, Dr. Manto Tshabalala-Msimang; Dr. Mohammed Seedat, the conference chairperson; and the Regional Director for the World Health Organization (Africa) Dr. Luis Sambo. This global forum covered a broad range of issues including mobilizing for change, developing multi-level action, and surveillance systems and approaches. The conference's thematic tracks included road safety; violence prevention; workplace, institutional and home safety; trauma management, rehabilitation and disaster management; leisure related sport and product safety; safe communities; data production and consumption; and cross-sectoral and multi-disciplinary linkages. Gemma attended sessions on the primary prevention of unintentional injury, surveillance, and strategic planning.

Gemma had the opportunity to liaise with injury practitioners from all over the world working in diverse injury prevention and control sectors. She also obtained input from experts in the field on IMPACT's work. IMPACT would like to thank The Manitoba Institute of Child Health, The Winnipeg Foundation, and the University of Manitoba's Department of Community Health Sciences for their assistance with travel funding.



## • Identifying MVC Reduction Strategies

First Nations and Inuit Health Branch (FNIHB), Health Canada has started the initial work on developing evidence-based practices and recommendations for the prevention of motor vehicle related injury in First Nations populations. IMPACT has been contracted to gather and review motor vehicle injury prevention strategies and to highlight the best or innovative evidence –based practices. Shawn Feely and Gemma Briggs of IMPACT and consultant Anna Auer will be working on this project until the end of June.

The project will provide Health Canada with an analysis of available prevention strategies and interventions with recommendations for further motor vehicle collision prevention programming for First Nations and Inuit people.

The main objectives of this project are:

- To identify and describe strategies and interventions for preventing motor vehicle collisions
- To describe the characteristics of successful MVC prevention strategies and interventions
- To identify costs to implement MVC interventions
- To determine if the identified strategies and interventions can be adapted for implementation in First Nations and Inuit communities.

## • ThinkFirst Launches Program for Skiers & Snowboarders



On January 13th, 2006, ThinkFirst launched "A Little Respect: ThinkFirst!", a comprehensive safety program, in the form of a 20-minute DVD/VHS, that educates young skiers and snowboarders about the risks of injuries and how to ski and snowboard safely. This program is suitable for skiers, snowboarders, coaches, trainers, teachers, parents, school field trips, as well as for use by ski schools and resorts. This program is targeted towards children 6-12 years of age.

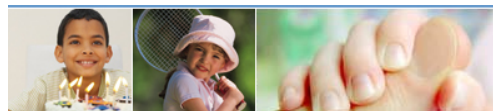
Ski experts JEN ASHTON and HUGO HARRISON promote safety and injury prevention while skiing and snowboarding. This program emphasizes skill, respect, responsibility, and equipment. Accompanying this DVD/VHS is a CD that contains an educational booklet, which is provided in English and French, as well as a bilingual safety brochure. The CD provides information on equipment use, skiing and snowboarding injuries and their prevention, and first aid.

The booklet on the CD also has a skiing/snowboarding helmet fitting checklist, the Alpine Responsibility Code/Mountain Code of Conduct, and a safety I.D. card. This program was created by a committee with representatives from the Canadian Association of Snowboard Instructors, Ministère de l'Éducation, du Loisir et du Sport (Québec Government), Canadian Ski Instructors Alliance, Whistler Blackcomb, Association des stations de ski du Québec, Canada West Ski Areas Association, Intrawest, Canadian Ski Patrol, and the ThinkFirst Foundation of Canada. Copies of the program can be obtained from ThinkFirst Canada and various Ski and Snowboard Organizations across Canada.

- [A Little Respect: ThinkFirst! \(1.8 MB\)](#)
- [Observe, relaxe, respecte: Pensez d'abord! \(1.9 MB\)](#)
- [Bilingual ThinkFirst Brochure \(1.8 MB\)](#)

## • Pediatric Patient Counseling resources

The American Academy of Pediatrics offers injury prevention-related patient counselling information and guidelines for physicians. The resources available include [A Guide to Safety Counseling in Office Practice](#), as well as a series of Tipp (*The Injury Prevention Program*) sheets that address age-related injury prevention issues for children. To download the Guide, and each of Tipp sheets, go to <http://www.aap.org/family/tippmain.htm>.



American Academy of Pediatrics  
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## • Road Collisions Down In 2004

The latest edition of the *Canadian Motor Vehicle Traffic Collision Statistics*, an annual Transport Canada publication, is now available. It provides statistics on motor vehicle collisions and casualties for 2004, as well as historical information dating back to 1984.

Fatalities continued to decrease in 2004, even though there were more drivers and vehicles on the road than ever before. Injuries also decreased by four-and-a-half per cent over 2003.

While road fatalities still represent over 90 per cent of all transportation-related fatalities, Canada's road safety record has steadily improved over the years. Since 1980, road traffic deaths have declined by almost 50 per cent. Transport Canada and its partners have made progress in this area over the years and the department continues to work with provinces, territories and other safety agencies on Road Safety Vision 2010.

Road Safety Vision 2010 aims to raise awareness of road safety issues, improve collaboration and cooperation among safety agencies and toughen enforcement. This national plan calls for a 30 per cent decrease by 2010 in the number of people killed or seriously injured on Canada's roads compared to the 1996 - 2001 period. It is coordinated through the Canadian Council of Motor Transport Administrators.

*Canadian Motor Vehicle Traffic Collision Statistics: 2004* is available on Transport Canada's Road Safety website at [www.tc.gc.ca/roadsafety/tp/tp3322/2004/menu.htm](http://www.tc.gc.ca/roadsafety/tp/tp3322/2004/menu.htm). To order a free copy or for more information on the department's road safety programs, call 1-800-333-0371.

For more information on Road Safety Vision 2010, visit [www.tc.gc.ca/roadsafety/vision/](http://www.tc.gc.ca/roadsafety/vision/).

## • New Child Falls Data Report

A recent review of Manitoba paediatric fall injury found falls to be the most common cause of injury-related Emergency Department presentations to Children's Hospital in Winnipeg. IMPACT reviewed data from the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP) for fall injury visits to the Winnipeg Children's Hospital Emergency Department from 1999 to 2003. Fall injury severity was assessed and the most common fall causes by age group were identified. Falls represented 54% of all injury presentations during the five-year time period. Falls occurred slightly more among males (60%); this difference was more pronounced in teenagers (69% were male). Hospital admission was slightly more likely among fall patients when compared to all injury types (7.3% vs. 6.5%), with children 5-14 years of age hospitalized most often. With increasing age from infants to adolescents, the contributing factors changed from indoor (home) to outdoor, and from furniture (infant equipment, beds, sofas) to playground equipment (monkey bars, slides), and later to sport-related falls (skateboarding, snowboarding, basketball).

CHIRPP provided funds to IMPACT for this project.

## • Helmets for all Manitoba Children

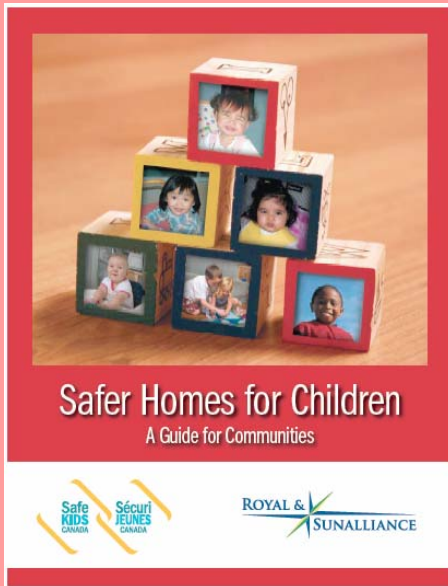
This spring, children and families across the province will have access to quality, low-cost bike and multi-sports helmets through a Manitoba Healthy Living initiative. This was developed in response to the Healthy Kids, Healthy Futures All-Party Task Force report which recommended that bike helmet use and bicycle ridership should be promoted and that affordable helmets should be accessible to Manitoba families.

Working with Seven Star Sports, several models of Consumer Protection Safety Council approved sports helmets are being offered through schools and childcare facilities in Manitoba. Toddler, youth and adult helmets are available at prices ranging between \$10 and \$13. These prices are well below retail cost and include taxes, shipping and handling. Nearly 225,000 order forms have been distributed to schools and childcare facilities throughout the province. Orders are being coordinated by Materials Distribution Services, a special operating agency of the province who will send the helmets to the schools for distribution. Families are encouraged to order enough helmets for every member of the family. Order forms are available on the Healthy Living website at [www.gov.mb.ca/healthyliving/helmet.html](http://www.gov.mb.ca/healthyliving/helmet.html). Information is available by phone at (204) 788-6652 or e-mail [hskrypnyk@gov.mb.ca](mailto:hskrypnyk@gov.mb.ca).

Manitoba Healthy Living has also provided funding for a limited number of new, free helmets for students facing financial barriers. Through KidSport, helmets will be provided at no charge to schools for students who are unable to purchase a helmet. KidSport is national charity administered by Sport Manitoba that helps to remove barriers and assist less fortunate children participate in sport - so all kids can play. KidSport's new and used recycling equipment program helps to outfit less fortunate children to enable their participation in sport. Both individuals and organizations are eligible to apply. To find out more about KidSport, for an application, or to donate used equipment, visit [www.sportmanitoba.ca/programs/kidsport.php](http://www.sportmanitoba.ca/programs/kidsport.php).



## • New community guide: Safe homes for children



Safer Homes for Children: A Guide for Communities is a new resource that has been developed by Safe Kids Canada.

The guide provides community professionals with current information on the scope of unintentional injuries in the home among young children from birth to five years of age. It describes prevention strategies that have been proven to reduce these injuries. Evidence-based strategies and tools are intended to help guide practitioners through the steps to design home safety programs suited to their communities.

The guide is designed to help the health professional:

- understand who, what, where and why home injuries occur
- examine local home safety activities for children
- create a comprehensive action plan to improve home safety for children in the community

Sections in the guide include: Childhood injuries in the home; Planning, using effective strategies and Models; developing effective evaluations; Recommendations for best practices for safer homes; Tools; and Resources.

To download a copy of the guide, [Safer Homes for Children \(A Guide for Communities\)](#). To order a copy of the guide - contact Linda Ward at [linda.ward@sickkids.ca](mailto:linda.ward@sickkids.ca).



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IMPACT's core funding is provided by  
Children's Hospital Foundation.

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