

ST. MARY MEDICAL CENTER LEVEL II ADULT TRAUMA CENTER

Injury prevention for adults, teens & children



MOTORCYCLE SAFETY

- Passenger car drivers must allow greater following distance behind a motorcycle.
- Drivers must show extra caution in intersections. Most crashes occur when a driver fails to see a motorcyclist and turns left in front of a motorcycle.
- Drivers should never try to share a lane with a motorcycle. Always give a motorcycle the full lane width.
- Motorcyclists should avoid riding in poor weather conditions.
- Motorcyclists should position their motorcycles to avoid a driver's blind spot.
- Motorcyclists must use turn signals for every turn or lane change.



PEDESTRIAN SAFETY

- If a sidewalk is available, use it regardless of the size of the street.
- If no sidewalk is available, walk as far from traffic as possible but facing traffic.



SCHOOL BUS SAFETY LAWS

- All vehicles must stop at least 10 feet away (in either direction) from a school bus that has its red lights flashing and stop arm extended.
- If convicted of violating Pennsylvania's school bus stopping law, drivers will receive a 60-day driver's license suspension, 5 points on their driving record and a \$250 fine.



PLAYGROUND SAFETY

- Be sure the area is designed so adults can always supervise children.
- Be sure the playground is free of hazards, trash and broken glass.
- Look to see if there is safety surfacing beneath equipment, especially under climbing materials.
- Equipment should be in good condition, no rust, exposed nails or screws.



FIREARM SAFETY

- Keep guns locked away, unloaded and out of the reach of children.
- Keep bullets in a separate place.



FIRE SAFETY

- Check smoke alarms regularly.
- Plan and practice escape plans.
- If fire erupts, stay low.
- Never re-enter a burning building.



BURNS

- Remove any burning clothing and run cool water over the burn.
- Create a "kid free zone" around stoves.
- Avoid using home remedies or ice, which often makes a burn worse.



FALL PREVENTION

- Wear non-slip, supportive shoes.
- Remove throw rugs.
- Have ample lighting in hallways and staircase areas.
- Use handrails on staircases.
- Place a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Coil or tape cords next to the wall so you don't trip over them.



MOTOR VEHICLE SAFETY

- Always wear a seat belt. Make others riding in the car wear them too.
- Don't drink alcohol or take drugs that can cause you to be sleepy while driving.
- Avoid distractions: phones, eating, navigation systems, friends that are disruptive.



BICYCLE SAFETY

- Always wear a helmet; it is the law for kids 12 & under.
- Obey traffic signs and lights.
- Ride in same direction as traffic.
- When riding with others use single file.
- Use hand signals when stopping or turning.
- Obey traffic signs and lights.
- Wear brightly colored clothing while riding.