

# Accidents and Injuries



## **Background Information for Teachers:**

Each year unintentional injuries account for more than 400,000 deaths globally, the majority in children and adolescents. Most of these occur in low- and middle-income countries. Many of those who survive these injuries suffer life-long disabling health consequences. Children and adolescents are more vulnerable to certain types of injuries. For example, poisoning, drowning, burns, and maltreatment by caregivers affect primarily small children, while road traffic accidents, interpersonal violence and sports injuries tend to affect older children and adolescents. In addition, injuries tend to be more prevalent in boys.

The majority of childhood injuries can be prevented. One of the best ways is through education. This activity will focus on the prevention of burns, drowning and traffic related accidents.

## **Content for the Activity:**

### **How to prevent burns?**

- Don't play near fires.
- Make sure that the flame is not big.
- Stop, drop and roll on the floor if your clothing catches on fire.
- Crawl on the floor to escape from a fire if there is a lot of smoke.
- Hot liquids, hot food and candles should not be placed at the edge of a table.

### **How to prevent drowning?**

- Learn to swim.
- Watch your younger brothers or sisters when they are near water so that they don't fall in.
- Don't enter rivers or streams that are flowing fast.
- Don't swim alone.
- If you do fall into water- stay calm, tread water, look for something that you can float on and call for help.

### **How to prevent traffic related accidents?**

- Always wear a seat belt when driving in a car.
- Never sit in the front seat of the car.
- Always wear a helmet when riding a bike, a motorcycle or a scooter.
- Always wear bright colored clothing when riding a bike so that cars can see you.
- Don't ride your bike at night.

### **Who to contact if there is an emergency:**

- Fire and Ambulance.
- Police.



World Health Organization



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