

## Grade 3

### Health Objective 2.04

Conclude that most injuries are preventable and identify methods for preventing common injuries.

### Language Arts Objectives:

**2.02** Interact with the text before, during, and after reading.

**2.03** Read a variety of texts.

**2.05** Draw conclusions, make generalizations, and gather support by referencing the text.

### Materials Needed:

Appendix 1 - transparency of Possible Injuries

Appendix 2 - Injury Cards, copied and cut apart

### Focus:

Display transparency of Injuries (Appendix 1) and ask the students to think about what these pictures have in common and write a brief paragraph summarizing their thoughts. Have the students share their comments.

### Teacher Input:

Background Information (from <http://www.cdc.gov/ncipc/factsheets/children.htm>):

Unintentional injuries are the leading causes of death for children under age 12. Most of these deaths are preventable. Motor vehicle injuries are the leading cause of death among children in the U.S. In the United States during 2004, 1,638 children ages 14 years and younger died as occupants in motor vehicle crashes, and approximately 214,000 were injured. That's an average of 5 deaths and 586 injuries each day (NHTSA 2005a). Of the children ages 0 to 14 years who were killed in motor vehicle crashes during 2004, half were unrestrained (NHTSA 2005a).

In 2003, four persons died and an estimated 9,300 were treated in emergency departments for fireworks-related injuries in the United States (Greene 2004). About 45% of persons injured from fireworks are children ages 14 years and younger (Greene 2004).

Each year in the United States, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries (Tinsworth 2001).

In 2000, poison control centers reported approximately 2.2 million poison exposures (Litovitz 2001). U.S. poison control centers handle an average of one poison exposure every 15 seconds (Litovitz 2001). More than 90% of poison exposures occur in the home (Litovitz 2001).

On average in the United States in 2003, someone died in a fire about every 2 hours (134 minutes), and someone was injured every 29 minutes (Karter 2004).

Traumatic brain injury (TBI) is a leading cause of death and disability among children and young adults in the United States. Each year an estimated 1.4 million Americans sustain a TBI. As a consequence of these injuries:

- 230,000 people are hospitalized and survive.
- 50,000 people die.
- 80,000 to 90,000 people experience the onset of long-term disability.

As the cumulative result of past traumatic brain injuries, an estimated 5.3 million men, women, and children are living with a permanent TBI-related disability in the United States today.

In 2002, there were 3,447 unintentional drownings in the United States, averaging nine people per day. This figure does not include drownings in boating-related incidents (CDC 2004). For every child 14 years and younger who drowns, three receive emergency department care for nonfatal submersion injuries. More than 40% of these children require hospitalization (CDC 2004). Nonfatal incidents can cause brain damage that result in long-term disabilities ranging from memory problems and learning disabilities to the permanent loss of basic functioning (i.e., permanent vegetative state).

In 2003, 5,570 young people ages 10 to 24 were murdered—an average of 15 each day. Of these victims, 82% were killed with firearms (CDC 2006).

### Input

Write the following categories on the board: Unintentional and Intentional Injury and discuss the differences between the two. Under unintentional injury list two more categories, avoidable or preventable and unavoidable. Distribute the cards from Appendix 2 and have the students select the category in which the card belongs. The class can discuss whether they agree or disagree with the choice and why. This is where the true differentiation between prevention and accidents occurs. Unavoidable accidents are random in nature, sudden, unpredictable, and usually result in injury. Preventable or avoidable injuries are often the result of negligence, lack of safety or prevention measures, risk taking, or careless behavior. Have the class discuss the difference in the large number of accidents that are preventable if safety measures are taken. Have students identify prevention strategies for each item listed under the preventable category.

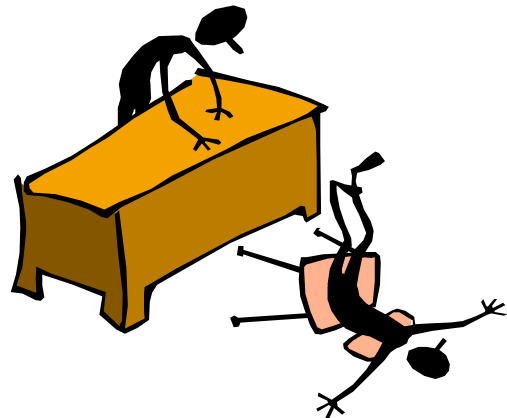
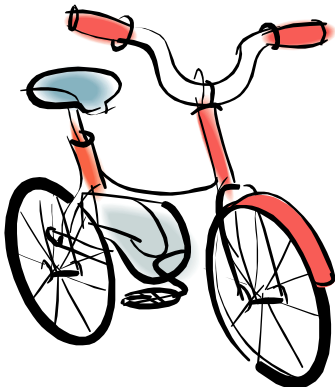
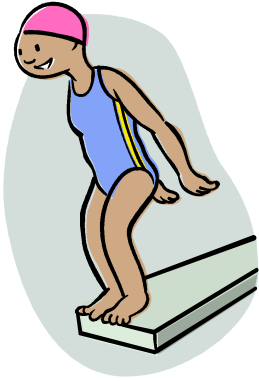
Safety strategies and methods of injury prevention:

Fire - burns/smoke inhalation (handle fire and hot items with extreme caution, smoke detectors, escape plan), water (swim only when a lifeguard or adult is watching, wear a personal floatation device when boating), sport related injuries (stretch, protective equipment, safe environment), motor vehicle (ride with a safe driver, wear your seat belt at all times), falls (careful, watch where you are going, keep toys and other loose items off of the floor), poisoning (take medication as directed, put medication in a proper location, keep harmful products in a safe location), weapons (do not touch and contact an adult if found), brain injuries (wear helmets when needed),

### **Practice & Assessment:**

Ask the class to search various newspapers or research news articles on the web. Find at least three examples of injuries that are unintentional. Categorize the injury as preventable or unavoidable and describe any safety measures or prevention strategies that could have helped to avoid this injury.

# Possible Injuries?



## Injury Cards

Falling off a ladder	Getting caught in a rip current at the beach (swimming in a zone marked for no swimming)	Bike accident resulting in a brain injury (not wearing a helmet)
Slipping in the tub	Falling out of an open window	Slipping on an icy step
Getting struck by lightning while playing outside during a storm	A head injury from diving in a shallow pool	Car accident - you were in a car that was traveling too fast
Choking (while eating too fast)	Tripping and scraping your knee	Snake bite
Insect sting	Thrown from a car in an accident (not wearing your seat belt)	Cuts on your shin in a soccer game (not wearing shin guards)
Hurt in a physical fight	Broken arm from falling off of a skateboard (skating on a dangerous ramp)	Falling down the stairs (not holding on to the rail and in a rush)
Overdose of a prescription medication (not following instructions)	Drowning in a boating accident (not wearing a PFD)	Tripping on a toy in your house
Injured when thrown from a four-wheeler (all terrain vehicle)	Burned by the steam from a pot of boiling water	Friend accidentally shoots someone while playing with a gun