

December 15 – injury prevention day



The issues of injury prevention do not lose their relevance today and are of social and economic importance. According to the World Health Organization, injuries and other accidents account for about 12% of the total number of diseases.

Injuries are divided into:

- industrial (transport, agriculture, construction)
- Non-industrial (domestic; street; sports; road traffic; children's (preschool and school)).

What can help reduce injuries?

- First, ensuring safety, observing safety rules, and increasing accountability for their violation;
- Secondly, the ability to provide first aid, promoting a healthy and safe way of life among the general

population.

Measures to prevent occupational injuries are reduced to the elimination of direct or contributing causes of its occurrence: the maximum mechanization and automation of technological processes aimed at eliminating manual operations, reducing to a minimum crossing the cargo flow, manual handling of products, lifting weights, etc., moving and rotating parts of machines and units, as well as places of possible contact with hot surfaces, caustic fluids and other substances must be guarded.

Domestic traumas include accidents occurring out of connection with the industrial activity of the victim – in the house, apartment, yard, etc. The leading cause of these injuries (about a third of cases) is domestic work – cooking, cleaning and repairing premises, etc. Prevention of domestic injuries includes: improvement of living conditions; extensive anti-alcohol propaganda; rational organization of leisure time; and purposeful work to create a healthy lifestyle.

Road traffic injuries are injuries caused by various types of vehicles during their use (movement) in cases not related to the production activities of the victims, regardless of the location of the victim at the time of the accident in the vehicle (driver, passenger) or outside it (pedestrian). The main cause of deaths and injuries of people on the roads experts recognize the negligent attitude to the observance of traffic rules.

Winter injury prevention:

Be careful and cautious during ice conditions! To avoid danger: do not step wide, walk slowly; look carefully under your feet; avoid slippery streets and slippery places; attach a strip of ordinary plaster to the soles of shoes; walk where sidewalks are sanded; girls should forget about high, thin heels for the duration of the ice.

Ice = danger! Remember! Do not use the first ice to skate – young ice is thin, fragile and cannot withstand the weight of a person! And in places where twigs, boards and other things are frozen, the ice is even weaker. It is necessary to avoid places close to ice-holes, launches of warm water from industrial plants, fishing holes. It is dangerous to run out and jump from the shore onto the ice, when its strength is unknown, you should not test the ice strength by kicking, you can fall through.

The New Year's Eve, everyone's favorite holiday, is just around the corner.

Firing fireworks, explosion of firecrackers and other pyrotechnics, of course, creates a magical atmosphere, but this fun has another side – the danger to human health. It is important to remember that pyrotechnics should be of high quality and have the necessary certificates for use. It is inadmissible to use pyrotechnics by children without adult supervision. Serious eye injuries, burns and wounds to the hands, face burns, injuries and scars that may remain for life – this is only a small part of the consequences to which failure to comply with safety regulations when using holiday pyrotechnics can lead.