

# Chapter 13 A Need For Safety



**Sections 13.3 & 13.4 (pgs. 243 - 247)**

## **Collision Injuries**

Collisions cause damage to more than just vehicles --- also, damages people (physical and emotional).

**Trauma:** physical and emotional stress

Physical Stress: anything from cuts/scrapes to broken bones, whiplash, and brain damage.

### Treatment

- some heal on their own
- some require physical therapy or chiropractic care

Some injuries can not be repaired.

ex) major brain damage, require amputation, or are spinal cord injuries

Emotional Trauma is not as visible as physical traumas.

Describe some types of emotional trauma:

- nightmares
- shock
- flashbacks
- PTSD
- disbelief
- sad
- depressed

### Grief

Grief: feelings of regret and sadness

### Treatment

- professional help (counsellor, therapist, psychologist, psychiatrist)
- talking about feelings
- time

## Whiplash

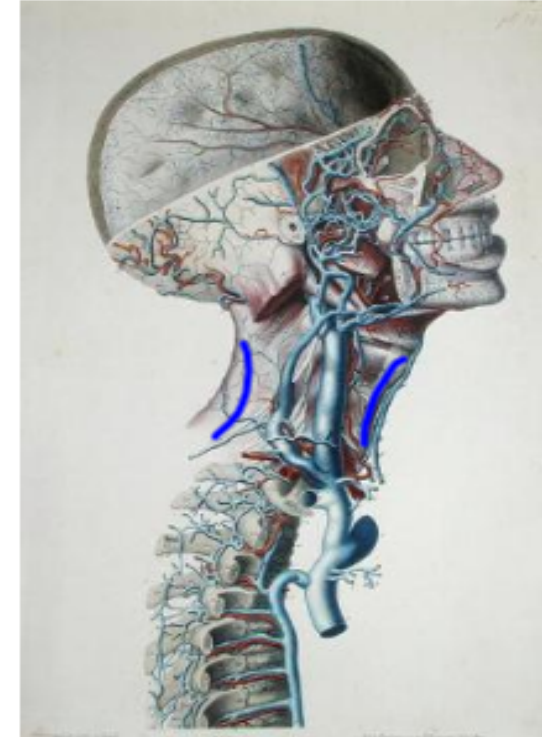
**Whiplash:** happens when the muscles and ligaments of a person's neck are sprained

- common injury for people in the front car of a rear-end collision

### Prevention

- Seatbelts keep most of the body restrained
- properly adjusted headrests  
(prevent the head from flying backward)

Treatment: variety of treatments (chiropractic, massage & braces)



So How Do We Protect  
Against or Prevent These  
Injuries???

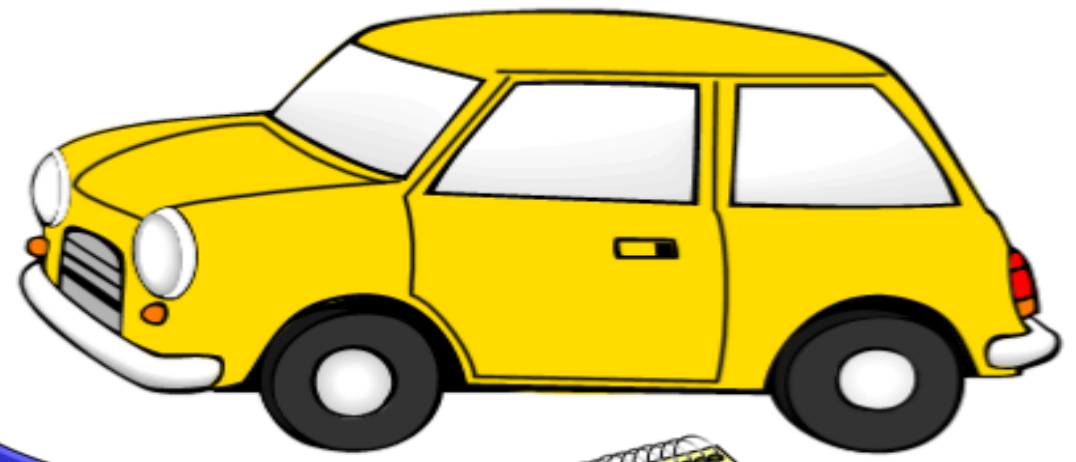


Road Safety Features

Laws for proper driving procedures



Built-in Safety Features

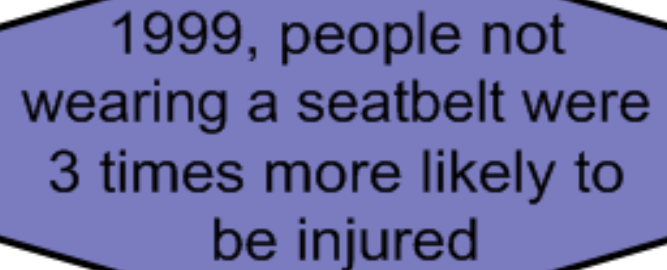


Commericals making us aware of traffic dangers

## **Safe Vehicles**

Alberta Law states that:

- every person in a vehicle **MUST** wear a seat belt.
- small children and babies **MUST** be restrained using specially designed seats (car seats)



1999, people not wearing a seatbelt were 3 times more likely to be injured

## Vehicle Maintenance

### **Maintenance (aka: Continual Care):**

ensures that all the parts of the vehicle (including safety equipment) continue to work properly

### **Regular Maintenance includes:**

- tires  
(making sure they are not overly worn)  
(more time is needed to stop if they are worn)
- steering  
(ensures that the car can be moved where needed when needed)
- windshield wipers  
(keep windshield clear so the road is visible)  
(allows the identification of potential emergencies)



## Safe Roads

Roads are designed to be as safe as possible.

Some built-in safety features include:

- rumble strips - remind people to slow down
  - notify people when they come close to the shoulder
- guardrails - protect vehicles from falling over steep edges
- flashing lights - warn of walkways or upcoming intersections
- breakaway light poles - fall apart on impact to reduce the force of collision

CYU (p236) #1-4  
(p242) #1-6  
(p244) #1 & 2  
(p247) #1-3

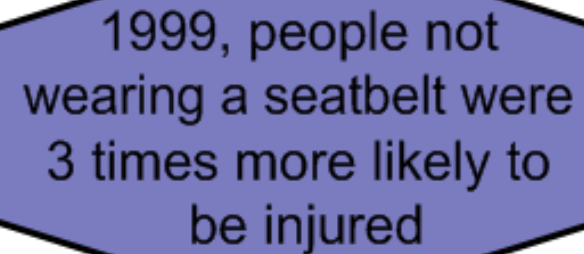
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- Ch 13 Vocab
- Assign #1 of booklet.

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