



Dear member

A head injury is any sort of **injury to your brain, skull, or scalp**. It can range from a mild bump or bruise to a more serious traumatic brain injury. The purpose of World Head Injury Awareness Day is to remind us about how to prevent these injuries. The use of safety gadgets such as helmets and seat belts can help prevent damage to the head when one is involved in an accident.

An estimated **89 000 cases** of new traumatic brain injuries are reported in South Africa annually.

The **3 main causes of head injuries** in South Africa:

- Motor vehicle/bicycle/ vehicle-pedestrian accidents (50%)
- Falls (25%)
- Violence (20%)

Suggestions to prevent head injuries:

- ALWAYS wear a seat belt in a motor vehicle
- Use appropriate child safety seats
- ALWAYS wear a helmet when riding a bicycle, motorcycle or scooter
- NEVER drive under the influence of drugs or alcohol
- Use appropriate safety equipment at work
- Use the rails on staircases for support

Prevention is always better than treatment. By being mindful of your surroundings and taking suitable precautions, you may avoid a lifetime of disability due to head injury.



Speak to your Professional Nurses at the Middelburg office.

Please refer to the website for details about site visits by the Professional Nurses.

<http://yourfund.co.za/am/>

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