

MESSAGE TO PARENTS AND EDUCATORS

Spinal injury, perhaps more than any other trauma injury, can have severe lifelong consequences for the victim, parents, friends, and even rescuer. Everyone suffers when a serious spinal injury is sustained, but most SPINAL INJURIES ARE PREVENTABLE.

Knowledge of the various injury and environmental risk factors are the key to prevention.

Please help us by using this brochure to EDUCATE YOUR CHILDREN and students about the dangers surrounding the beach and in the water. It really can make the difference of a lifetime.

Please contact any of the following Lifeguard Agencies for safety presentations or further information:

Oceanside Lifeguards	966-4536
State Lifeguards - North	438-2675
Encinitas Lifeguards	633-2748
Solana Beach Lifeguards	755-1569
Del Mar Lifeguards	755-1556
San Diego Lifeguards	221-8899
State Lifeguards - South	435-0126
Imperial Beach Lifeguards	423-8322
Camp Pendleton	725-2078
Naval Station San Diego	556-2171

BEACH LIFEGUARDS ARE EXPERTS
IN OCEAN AND BEACH SAFETY.
ASK FOR AND BE SURE TO
LISTEN TO THEIR ADVICE.

IT MAY SAVE A LIFE!

A message about **Spinal Injuries** from the B.O.S.S.



B.O.S.S. (Beach, Ocean & Surf Safety) is a collaboration between San Diego County Lifeguard Agencies, San Diego County EMS Division, the Trauma Research and Education Foundation, Children's Hospital, Mercy Hospital, Palomar Medical Center, Scripps Memorial Hospital, Sharp Memorial Hospital and UCSD Medical Center.

Funding provided by:



CALIFORNIA
STATE PARKS
FOUNDATION

SDGE

An Enova Company



RONALD McDONALD
HOUSE CHARITIES

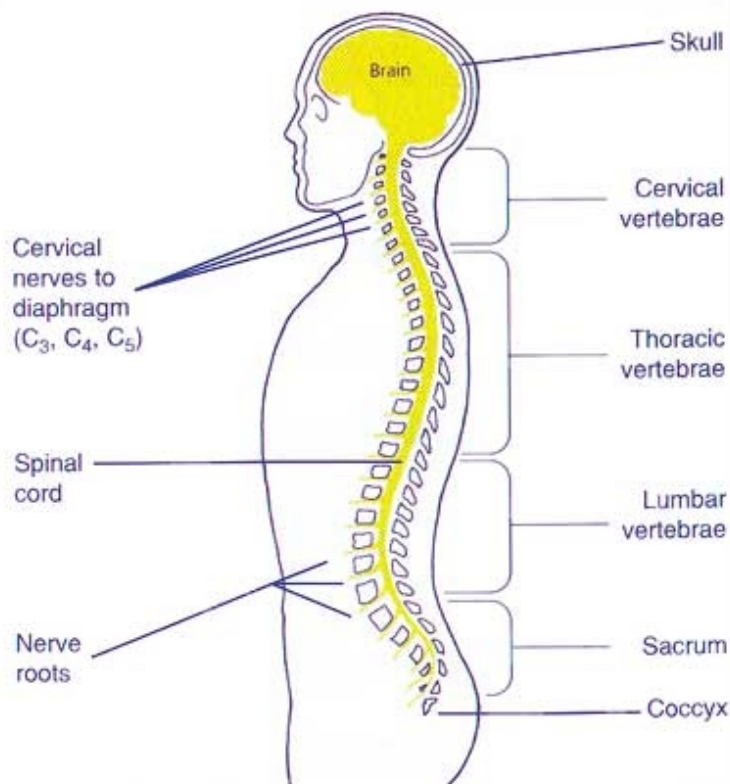
TREF

TRAUMA RESEARCH & EDUCATION FOUNDATION

AN INJURY TO THE NECK OR BACK CAN RESULT IN PARTIAL OR COMPLETE PARALYSIS.

THE SPINE

The SPINE (backbone) starts below the waist and ends at your head. Along with the muscles in your back, it allows you to stand upright. The spine is actually made up of 33 small bones, called VERTEBRAE with a cord inside called the spinal cord. The SPINAL CORD is a bundle of nerves that takes messages from the brain to the body. For example, those messages tell your hands to move or your feet to walk when your brain wants them to. Any serious injury to the spine, particularly to the neck area (CERVICAL SPINE), can cause a permanent interruption in the messages from the brain to the body. You may no longer be able to move your arms or legs for instance. This is what is known as being "PARALYZED". For this reason, it is very important to avoid injuring the spine.



SIGNS OF A SPINAL INJURY

- Bruises, scrapes or cuts to the head or face.
- Pain or tenderness in the neck or back.
- Partial or complete paralysis. Difficult breathing.
- Weakness in the arms and/or legs.
- Numbness and tingling in the arms and/or legs.

WHAT YOU CAN DO TO HELP

WHEN SOMEONE SUFFERS A SPINAL INJURY THEY WILL NEED IMMEDIATE PROFESSIONAL HELP (DIAL 911)

WHAT CAN YOU DO UNTIL HELP ARRIVES?

Advise the injured person to "Hold still! Don't move anything!". Especially their head and neck.

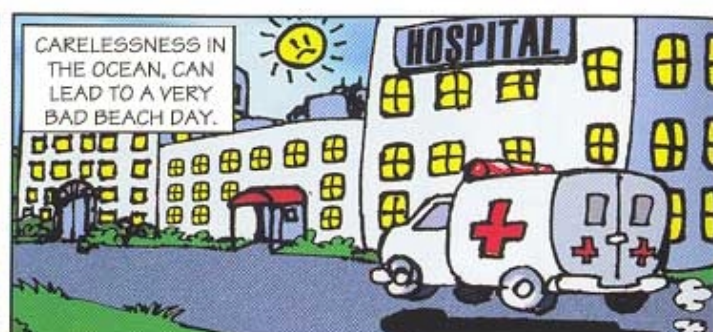
If they are standing or sitting, help them to try to maintain that position without moving their head or neck until help arrives.

If they are in the water, do the best you can with available help to keep the person still while maintaining an open airway.



911

Bad beach day...



Avoiding Spinal Injuries

DON'T dive headfirst into any unknown water.

In shallow water, DON'T dive headfirst towards the bottom into oncoming waves.

In shallow water, DON'T stand with your back to the waves.

DON'T jump or dive from a cliff, pier, jetty or bridge.

Avoid bodysurfing, bodyboarding or surfing straight "over the falls". Ride the shoulder.

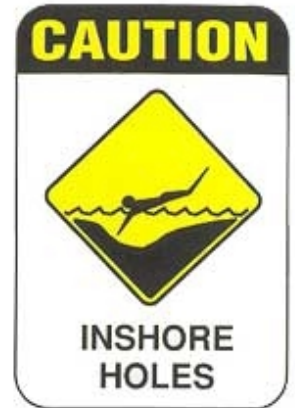
During a bodyboarding or surfing "wipeout", try to land as flat as possible with your hands out in front of you. Don't dive straight to the bottom.

While bodysurfing, always keep at least one arm out in front of you to protect your head and neck.

STOP - WATCH & WALK INTO THE WATER

Water Safety

1. Swim and surf only where lifeguards are present.
2. Check with a lifeguard about all the current environmental conditions (Bottom, Holes, Rips, Tides and Surf)
3. Ask where it is safest to swim or surf today.
4. Know and stay within your PERSONAL aquatic limitations.
5. Know your PERSONAL swimming, bodysurfing, bodyboarding and surfing capabilities.



Remember to Think first. Ask Second.
When in doubt - DON'T DIVE! PLAY IT SAFE!

Good beach day...



it's your choice.