

# BRAIN INJURY PREVENTION

Individuals from our Brain Injury Day & Community Services compiled the following safety and prevention tips!

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## 1 SAFE DRIVING

- Always wear a seat belt
- Don't drive distracted - no talking on the phone, texting, eating, reaching into the backseat, etc.
- Don't drive under the influence



## 2 ACT RESPONSIBLY

- Be mindful of your substance use
- Be mindful of risky behaviors
- Be aware of others around you and how their actions could affect you

## 3 LOOK AT YOUR SURROUNDINGS

- Maintain a clear walkway, especially during the winter
- Use handrails on stairs
- Be cautious of slippery surfaces
- Have adequate lighting
- Look both ways and use crosswalk signals when crossing the street



## 4 PHYSICAL ACTIVITY

- Wear a helmet when doing physical activity, including biking, roller skating, ice skating, baseball, and football
- Make sure helmets are up to code and fit properly



## 5 MOBILITY SAFETY

- Use mobility devices appropriately to minimize risk of falls
- Ask for help if your mobility safety is compromised

## 6 LIVE A HEALTHY LIFESTYLE

- Have good nutrition
- Attend regular doctor appointments
- Exercise consistently and safely
- Maintain good mental health

