

# INJURY PREVENTION NEWSLETTER

Colorado Trauma Network



## DOES YOUR CAR FIT?



### Am I Comfortable and in Control Behind the Wheel?

*Checking to see that you and your vehicle fit well together can be as important to your safety as a mechanical checkup.*

## A good fit means you have:

**A clear line of sight over the steering wheel.** Your line of sight should be at least three inches above the top of the steering wheel.

**Plenty of room between your breastbone and the air bag in the steering wheel.** The distance should be at least 10 inches to allow adequate room for the air bag to safely deploy. In an emergency, the bag quickly fills with air and expands toward your chest like a large balloon. The device will deploy and start to deflate in less than to the blink of an eye. It only stays inflated for  $\frac{3}{4}$  of a second and provides a cushion as it deflates.

**A seat that fits you comfortably and safely.** Each time you drive, you should be able to adjust the seat for good visibility and easy access to vehicle controls.

**A properly adjusted head restraint.** In the event of a crash, especially a rear-end collision, this can help prevent neck injuries like whiplash. When adjusting the head restraint, you may want to ask a friend to help you grasp the restraint and pull it up. The center of the restraint should be about three inches or less from the center of the back of your head, not against your neck. If it is too low, you could over-extend your neck and fail to properly support your head. Likewise, if the device is too high, it may not provide the proper protection.

**Easy access to gas and brake pedals.** You should be able to easily reach the vehicle's pedals without having to stretch, and you should be able to completely depress the brake pedal. If a driver is straining to reach the pedals, it can be tiring and cause leg muscle fatigue. You also should be able to move your foot easily from the gas to the brake pedal.

**A seat belt that holds you in the proper position and remains comfortable as you drive.** The proper way for an adult to wear a seat belt is for the lap belt to fit low and tight across the hips and pelvis, not on the stomach area that contains soft ti

[https://www.car-fit.org/downloads/2020\\_CarFit\\_Brochure\\_EN.pdf](https://www.car-fit.org/downloads/2020_CarFit_Brochure_EN.pdf)

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## SUMMER SAFETY TIPS

STAY COOL



STAY HYDRATED



WEAR LOOSE FITTING CLOTHING



### SUNSCREEN

Higher altitudes have greater UV exposure because there is less atmosphere to absorb UV rays. Don't forget to reapply sunscreen every few hours.

### ANTICIPATE THE WEATHER

Plan and prepare. Review the weather forecast in advance to any outdoor activity to ensure you have everything you need (*sunscreen, sunglasses, hat, raincoat, etc.*). In extreme weather conditions, it is best to just stay indoors.

### KNOW YOUR MEDICATION SENSITIVITIES

Check your medications for potential sun sensitivity. Certain medications can lead to more aggressive sun burn.





## FALLS PREVENTION

*Add these exercises to your daily routine to increase balance & strength*

### BALANCE

#### Heel to Toe Walking

While standing next to a flat surface (*i.e. a table*), place your dominant hand on the table.

Look straight ahead.

Place one foot directly in front of the other foot and walk like you're on a tight-rope.

**To increase difficulty:**

Have your feet touching or nearly touching.

**To decrease difficulty:**

Adopt a wider stance and/or stagger your feet.

*OTHER TIPS:*

*Have a stable surface to hold onto.*

### STRENGTH

#### Marching in Place

With slow, deliberate, and controlled movements march in place.

Start with your knees low.

**To increase difficulty:**

Add repetitions and raise your knees higher.

**To decrease difficulty:**

Decrease repetitions and do not raise your knees so high.

*OTHER TIPS*

*Have a stable surface to hold onto.*

*Mild soreness is to be expected, but if you have pain,*

**Disclaimer:** *Always consult with your care provider prior to starting any new exercise.*