|  |  |  |
| --- | --- | --- |
| **People can get a brain injury from an accident (trauma) or an illness.****These are all called Acquired Brain Injury (ABI)****10** **ways** **kids** **can** **acquire****a** **Brain** **Injury**Based on Kidsafe Poster: Child Safety is no accident |  | 1. **Car or Motorbike Accident**
* *Wearing your seatbelt and using the correct child restraint will help keep you safe*
* *Motorbike riders need to take extra care to stay safe on the road and wear protective clothing.*
 |
|  | 1. **Stroke**
* *Bleeding or blockage of blood vessels in the brain can cause a brain injury.*
* *Children and adults can have a stroke at any age*
 |
|  | 1. **Falls**

*Falls are the largest cause of injuries in children.** *Windows should not open more than 10cm*
* *Use safety gates on stairs*
* *Helmets on when riding your bike, quad bike or horse*
* *Take care at the playground*
 |
|  | 1. **Bicycle Accident**
* Always wear your helmet.
* Learn the road rules.
* Use bike paths when available
 |
|  | 1. **Drowning**
* *Supervise bath time*
* *Make sure pools are securely fenced*
* *Always supervise children around water*
 |
|  | 1. **Infection in the brain**
* *Brain infections (eg Encephalitis or Meningitis) can cause children to become very unwell*
* *Recovery is different for everyone and depends on the cause of the infection and the age of the child*
 |
|  | 1. **Pedestrian Accidents**
* *Hold an adults hand to cross the road*
* *Use the lights or crossing when available*
 |
|  | 1. **Sport**
* *Concussion is a mild brain injury. Stop playing if you have symptoms*
* *See your GP if you have symptoms like confusion, vomiting or dizziness after a hit to the head*
 |
|  | 1. **Epilepsy**
* *Epilepsy is caused by disturbances in the electrical and chemical activity of the brain*
* *Seizures can cause brain injury in some people – this depends on what type of seizures*
 |
|  | 1. **Skateboards, Scooters & Inline Skating Accidents**
* *Always wear protective clothing and a helmet*
* *Use this equipment in safe areas away from traffic*
 |