# Brain Injury

## Prevention

To create a safer environment, promote wellness, and minimize the risk factors linked to brain injury (BI), individuals can adopt several proactive measures. The following steps not only enhance personal safety but also contribute to the overall well-being of communities making it a collective effort towards reducing instances of BIs.

Preventive Measures in Daily Activities

Ensure safety in everyday activities. Use handrails on stairs, secure loose rugs, and keep floors clutter-free to prevent falls, a common cause of brain injuries at home (especially for the elderly and children).

Road safety

Always wear seat belts in vehicles and helmets while biking or motorcycling. Follow road safety rules diligently to reduce the risk of accidents leading to head injuries.

Recreational Activity Safety

Practice safe sports techniques and adhere to rules designed to prevent injuries. For example, wear protective gear, and follow proper tackling methods in football and body checking regulations in hockey.

Home Safety for Children

Childproof your home to prevent head injuries in children. This includes installing window guards, using safety gates, and ensuring safe play areas.

Education on Risks and Prevention

Educate yourself and others about BI risks and prevention strategies. Understanding the causes and recognizing early signs can help with prompt response and prevention.

Act immediately

Timely medical evaluation and treatment following a BI can make a critical difference in outcomes. If a BI is suspected, do not delay in seeking medical attention from a health care professional.

For more info, visit braininjurycanada.ca