

THINK SAFE...
WORK SAFE...
BE SAFE...

FACTS ABOUT THE HUMAN SPINE

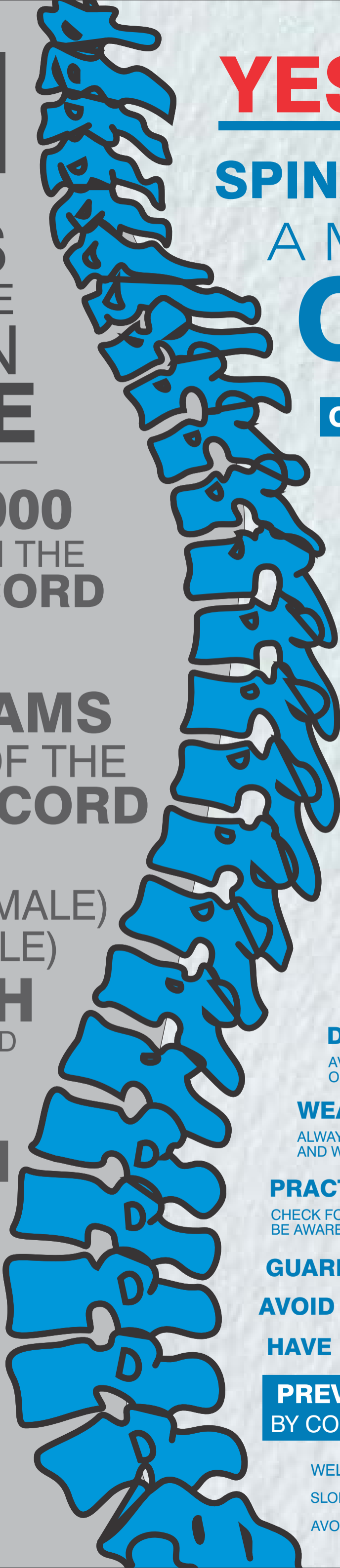
13,500,000
NEURONS IN THE
SPINAL CORD

35 GRAMS
WEIGHT OF THE
SPINAL CORD

43 CM (FEMALE)
45 CM (MALE)
LENGTH
OF SPINAL CORD

70cm
LENGTH OF
VERTEBRAL
COLUMN

31 PAIRS
OF
SPINAL
NERVES



YES WE CAN !!

SPINAL CORD INJURY: A MANIFESTO FOR CHANGE

CAUSES OF SPINAL CORD INJURY

42.1%



MOTOR VEHICLE CRASHES



15.1%
VIOLENCE



26.7%
FALLS



7.6%
SPORTS



8.6%
OTHERS

USE YOUR MIND TO PROTECT YOUR BODY

MIND YOUR BACK

SAFETY BELTS SAVE LIVES

BUCKLE EVERYONE UP, EVERY TIME

DRIVE SAFE & SOBER

AVOID DISTRACTIONS. PULL OVER TO CALL OR TEXT.
OBEY SPEED LIMITS. DON'T RIDE WITH AN IMPAIRED DRIVER.

WEAR PROPER SPORTS GEAR

ALWAYS WEAR A HELMET IF THERE ARE WHEELS UNDER YOU
AND WHILE SKIING OR SNOW BOARDING.

PRACTICE WATER SAFETY

CHECK FOR DEPTH AND OBJECTS. USE FLOTATION DEVICE.
BE AWARE OF CURRENTS.

GUARD AGAINST FALLS

AVOID VIOLENCE

HAVE FUN WHILE PLAYING SAFE !

PREVENTION OF SPINAL CORD INJURY BY CORRECTION OF ARCHITECTURAL BARRIERS

WELL CONSTRUCTED ROADS

SLOPES/LIFTS IN PLACE OF STAIRCASE

AVOIDANCE OF SHINY AND SLIPPERY TILES AT PUBLIC PLACES