Health Education

Everyday Health Hazards

Target Audience: 12-14 years old, 30 participants

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Postsecondary Division

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Lesson Plan and Goals

To save lives and prevent injuries increasing awareness of unknown dangers in everyday situations such as distracted walking and riding in a car with feet on the dashboard. To have the students share this information with family and friends to spread awareness and prevent unnecessary injuries and possible death.

Target age group: 12-14 yrs. old

Objectives

1. Students will verbalize understanding of the dangers of walking while distracted by handheld devices
2. Students will demonstrate knowledge of preventative measures for avoiding injuries caused by everyday health hazards.
3. Students will show understanding of the dangers of riding in a car with their feet on the dash board

Plan for Instruction

1. Introduction of presenters.
2. Pass out pre-test questions.
3. Discuss everyday precautions.
4. Discuss seemingly benign practice of feet on dash.
5. Show accident video and subsequent injuries.
6. Discuss injuries with feet on floor vs on dashboard.
7. Show distracted pedestrian video
8. Discuss injuries caused while walking and distracted.
9. Discuss prevention of accidents by being more aware of your surroundings.
10. Wrap up - accident prevention and the need to share this information with others.

MATERIALS NEEDED

1. Printed pre-test.
2. Post-test on Chromebooks.
3. Video and photos shown via Chromecast by teacher.
4. Small gifts.
5. Power Point presentation.
7. Internet.
8. Speaker.
Distracted walking:

Why is it dangerous? Walking while distracted by handheld devices causes "inattentive blindness". The brain has evolved to only be able to do one task at a time. This means that when walking and texting, talking on the phone, checking social media the brain can only focus on one or the other. You are blind to things around you when you are looking at your phone while walking. Studies done by Stony Brook University in New York found that 60% of people who texted while walking were more likely to walk off their normal course or line. The Stony Brook University website also states that walking and texting changes your speed, pattern, and gait. National Electronic Injury Surveillance System (NEISS) conducted a study that found that an estimated 5000 injuries were caused by distraction from phones and their accessories in public places and were treated in hospitals in 2013. For years pedestrian deaths have declined but have steadily started to increase since 2009. There is only speculation that cell phone use is related. Ohio State University researchers state that men and people under the age of 25 years old are more likely to get hurt while texting or talking on the phone and walking.

What can happen: Distracted pedestrians can walk into things, walk out into traffic, and trip over things resulting in minor or serious injuries and even death. Some of the injuries that can occur are, injuring someone else, trips, sprains strains, fractures, cuts, bruises, broken bones, concussions, brain injuries, spinal cord injuries, death.
Prevention: There are some ways to prevent being injured in a distracted walking accident. If you listen to music or wear earbuds or headphones it is safer to reduce the volume. It helps to be able to hear things around you such as traffic, sirens, and just the environment around you to alert you of any danger.

When you need to text, talk, or be on your phone for any reason it is best to move out of the way of other pedestrians. Move to the side and stop walking to prevent harm to yourself and others.

Focus on what you are doing by putting your phone down and your head up. This allows the pedestrian to see the environment around them and avoid walking into obstacles.

Use of special apps for texting that allow you to see what is in front of you on your phones screen

Some cities and states have considered making laws against walking while using a handheld device. One example is Fort Lee, New Jersey, in this city walking while texting is banned and can result in an $85 fine for texting while jaywalking.

Many children and adults innocently place the feet on the dashboard while riding as passengers in vehicles, but they are unaware of the hidden dangers of this practice. Airbags can deploy in minor car accidents with car speeds of only 8-14 miles per hour. The airbag deploys at a speed of 1 miles per hour. The speed is about the same as a Formula One race car! The airbag deployment forces the passenger's legs back toward the face and body, causing serious injuries. It is common for the knees to strike the face causing traumatic facial fractures and brain injuries. The legs also often sustain femur,
ankle, and pelvic fractures. Because the person is also slouching in the seat while their feet are on the dash, they also experience something referred to as "submarining." The lap belt doesn't sit on the hips as it is intended but sits across the abdomen. During an accident, the force of the seatbelt on the abdomen causes soft tissue injury and organ damage. The injuries that occur because of the body's improper position in the seat lead to far greater injuries than are seen in the same crash where the passenger is properly seated. First responders report that most of the passengers in these scenarios would have walked away without any injuries if their feet had been on the floor, but instead they have sustained very serious injuries requiring hospitalization and even lasting lifelong deficits. Airbags save lives every day and are a welcome addition to modern automotive technology, but people need to be aware of the proper way to ride in the vehicle, much in the same way we tell new parents not to place their babies' car seats in the front seat. By simply placing both feet on the floor, securing your seatbelt across your hips, and moving your seat back and away from the dashboard, you can significantly reduce the risk of these injuries.
Outline

0830-0835: Introduce ourselves to the class and what we will be discussing
Pass out a photo of a woman with a head injury
Students are asked to discuss photo in groups of 4-5.

0835-0840: Students are asked to raise their hands and share their ideas

0840-0845: Share the event that caused this injury
Show photos of injuries caused by feet on the dashboard.
Discuss the type of fractures in the slides.
How fast does an airbag deploy? Show race car slide.

0840-0850: Explain preventative actions
Feet down and seat back rule
Challenge the students to share what they've learned with their peers and family to help this information “go viral.”
Questions from students

0845-0850: Part two intro
What is a Pedtextrian?
Someone who's texting while walking, and is completely oblivious to what's happening around them
Share stories of personal mishaps when walking while texting
Everyday Health Hazards

Get students involved by asking how many of them text while walking

0850-0855: Discuss why texting and walking is dangerous

Why walking with headphones is dangerous

Injuries that can occur

Show photos of accidents that can happen and have happened

0855-0900: Discuss prevention

Demonstrate what a person sees while texting and walking and

Show a photo example

0900: Have students answer questions for a prize

Encourage students to ask questions.
Tools and Materials

OMG, that can happen to me?! Everyday safety hazards

What do you think caused this injury?

Bethany

Fractures that didn't have to happen
**Pedestrian**

Someone who is *texting* while walking, and is completely oblivious to what’s going on *around* them.

**Dangers of walking while distracted**

- Slipping
- Fall
- Trip over objects
- Running into things
- Walking into traffic

**Injuries**

- Fractures
- Head injuries
- Broken bones
- Sprains
- Possible death

**Prevention**

- Head up
- Face down
- Use only 1 hand
- Stop and listen
- Step aside
Hand outs:

Watch Out for Smartphone Users
% of cell phone owners who have bumped into something or someone because they were distracted by their phones

- Bumped into someone / something
- Been bumped into

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Bumped into</th>
<th>Been bumped into</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>51%</td>
<td>70%</td>
</tr>
<tr>
<td>25-34</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td>55%</td>
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<tr>
<td>45-54</td>
<td>54%</td>
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<tr>
<td>55-64</td>
<td>48%</td>
<td>42%</td>
</tr>
<tr>
<td>65+</td>
<td>19%</td>
<td>27%</td>
</tr>
</tbody>
</table>

n=1,954 adult cell phone owners

Source: Pew Research Center

Pre-Test Questions:

1. How many ride in the front seat with your feet on the dash board?
   - 15 raised hands

2. How many walk while texting or using a hand-held device?
   - 23 raised hands

3. How many walk or bike with headphones or earbuds in your ears?
   - 19 hands raised
Post Test Questions

1. At what speed does an airbag deploy?

2. Name some injuries that can occur when you are in a car accident and your feet are on the dash.

3. How should you sit while riding in the front seat of a vehicle?

4. Name 3 things you can do to prevent distracted walking injuries.

5. What is the better way to text while walking?

6. Explain safe earbud use while walking outdoors.

Post Test Results

1. 26/30 correct answers

2. 27/30 correct answers

3. 30/30 correct answers

4. 30/30 correct answers

5. 30/30 correct answers

6. 30/30 correct answers
References


