

## **March is Brain Injury Awareness Month**

Every 9 seconds, someone in the United States sustains a brain injury.

An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

More than 3.5 million children and adults sustain an ABI each year, but the total incidence is unknown.

Typical causes of ABI include:

Electric Shock

Infectious Disease

Lightning Strike

Near Drowning

Oxygen Deprivation (Hypoxia/Anoxia) Stroke

Seizure Disorder

Substance Abuse/Overdose Toxic Exposure

Tumor

TBI

Many of us have heard of Traumatic Brain Injury (TBI) which is a type of ABI. A TBI is caused by trauma to the brain from an external force.

When we move equipment to set up PODS, reorganize HALs, set up Outreach events or perform other actions we may risk inadvertently creating a TBI. We need to be aware of actions that can cause someone to jerk their head/neck quickly (avoiding a falling item) or bang their head (such as coming up from under a table). These actions may cause a TBI no matter how mild (concussion).

As you check your surroundings look for low hanging items, items that protrude, solid objects above or people carrying objects that are not secured. All of these can cause a head injury either directly or by jerking away from an object.

Eyes up keeps Heads up and safe!