

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

## FACTS ABOUT THE HUMAN SPINE

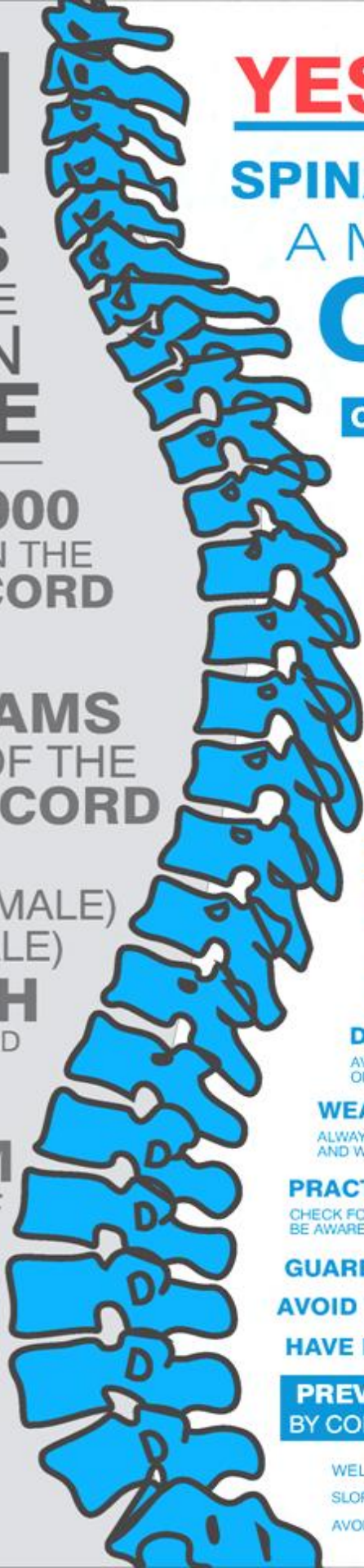
**13,500,000**  
NEURONS IN THE  
SPINAL CORD

**35 GRAMS**  
WEIGHT OF THE  
SPINAL CORD

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

**70 CM**  
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