

Injury Prevention: Who/What/Why??

Kelli Jankens, BA, MBA
Injury Prevention Manager
MyMichigan Medical Center - Midland



My path to Injury Prevention....March 1994



A culture of safety onboard the ship

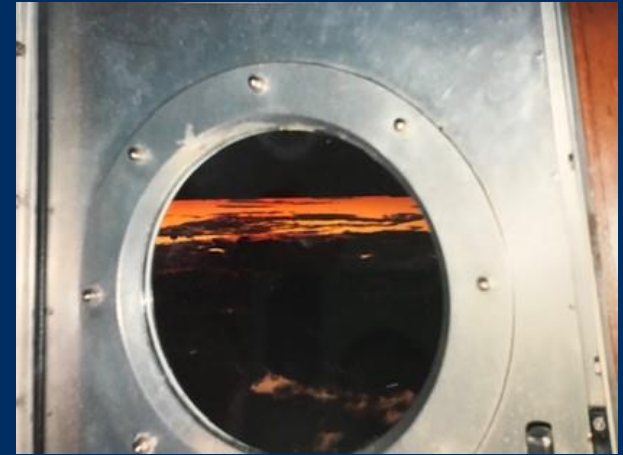


Left to right, Captain Ron, Safety Officer Melody and Engineer Julian

Safety gear, CFR's and drills, oh my....



My brother, black ice, a fall, hurry home.....



A trauma? Code 1? TBI? What?!?!?



Dr. Field & Field Neurosciences Institute



Who are we?

- ❑ Nurses – ED, trauma, ICU, Peds
- ❑ EMS/First Responders/Paramedics
- ❑ Public Health Sector
- ❑ Social Workers
- ❑ Educators and Teachers
- ❑ Survivors

What to we do?

- Matter of Balance
- ThinkFirst for Teens
- ThinkFirst to Prevent Falls
- Safe Kids Child Passenger Safety
- CarFit for Seniors
- Steps to Safety
- Stop the Bleed
- And more.....



Why do we do these programs?

1. We follow the data in the Trauma Registry
2. Identify our primary modes of injury
3. Adopt and execute nationally recognized, reviewed and approved injury prevention programs

MyMichigan Medical Center
Midland, MI

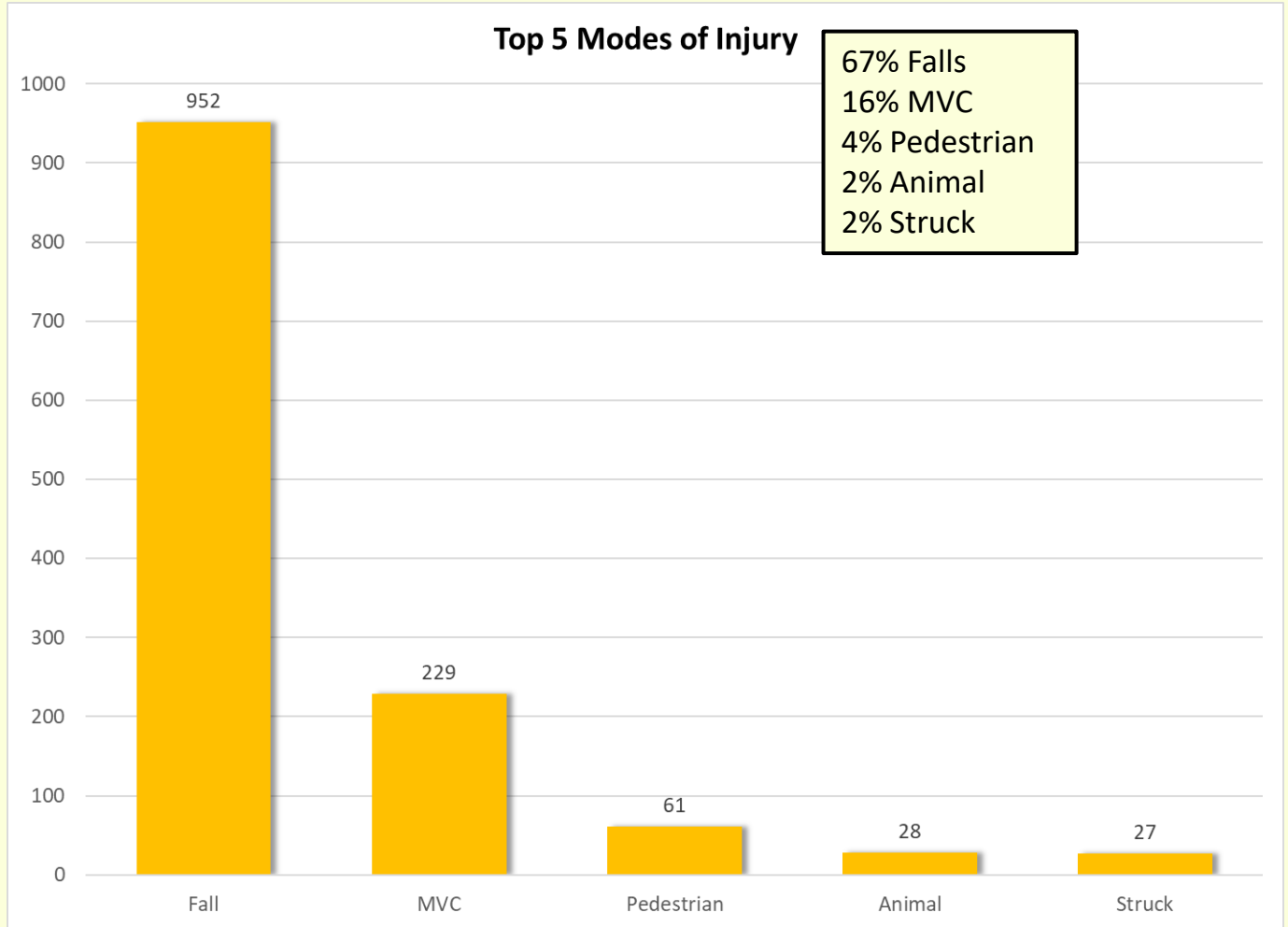
Level II Trauma Center
Trauma Registry Data
September 1, 2022 to August 31, 2023



My Michigan Health
UNIVERSITY OF MICHIGAN HEALTH

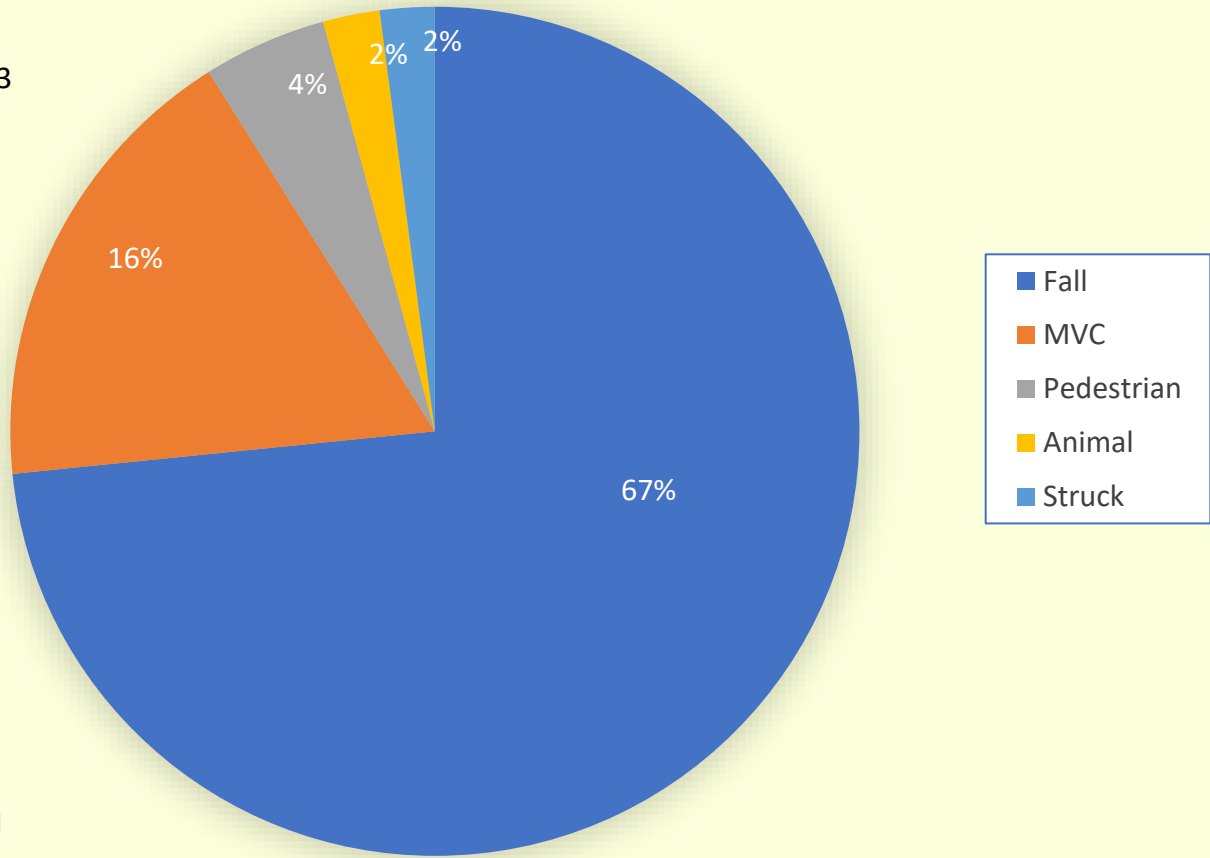
Mode of Injury	Number	Percentage
Fall	952	66.90
MVC	229	16.09
Pedestrian	61	4.29
Animal	28	1.97
Struck	27	1.90
Contact with Machinery/Tools	21	1.48
Assault	18	1.26
Overexertion	14	0.98
Contact with Sharp	13	0.91
Burn	11	0.77
Crush	11	0.77
Self Harm	11	0.77
Unknown/Other	6	0.42
Exposure to Other	5	0.35
GSW	5	0.35
Slip/Trip	4	0.28
Explosion	3	0.21
Jump	2	0.14
Electrocution	1	0.07
Twist	1	0.07
Total	1423	

MyMichigan Medical Center
Level II Trauma Center
Trauma Registry Data
9/1/2022 to 8/31/2023



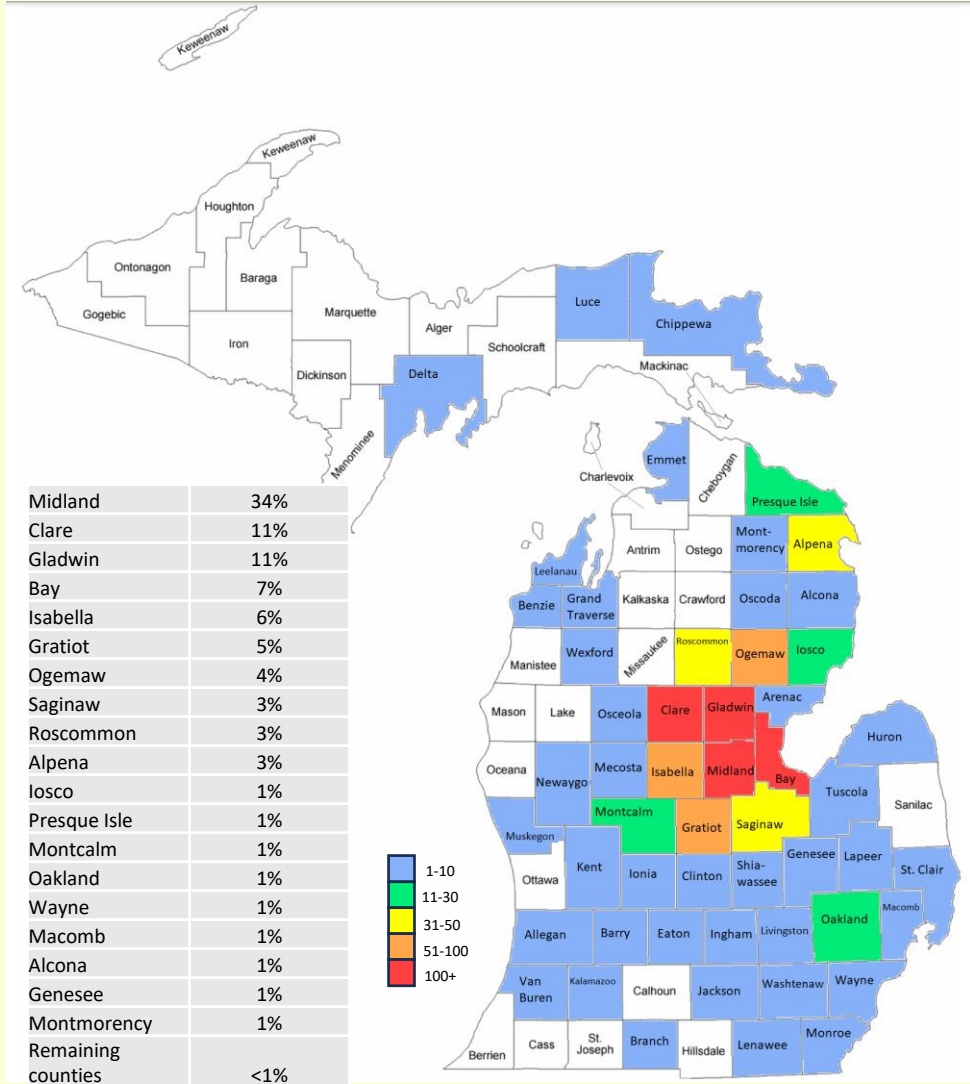
MyMichigan Medical Center
Level II Trauma Center
Trauma Registry Data
9/1/2022 to 8/31/2023

Top 5 Modes of Injury



MyMichigan Medical Center
 Level II Trauma Center
 Trauma Registry Data
 9/1/2022 to 8/31/2023

Patient Residence
 Map by Zip Code



MyMichigan Medical Center
Level II Trauma Center

Trauma Registry
Falls Data Only
9/1/2022 to 8/31/2023

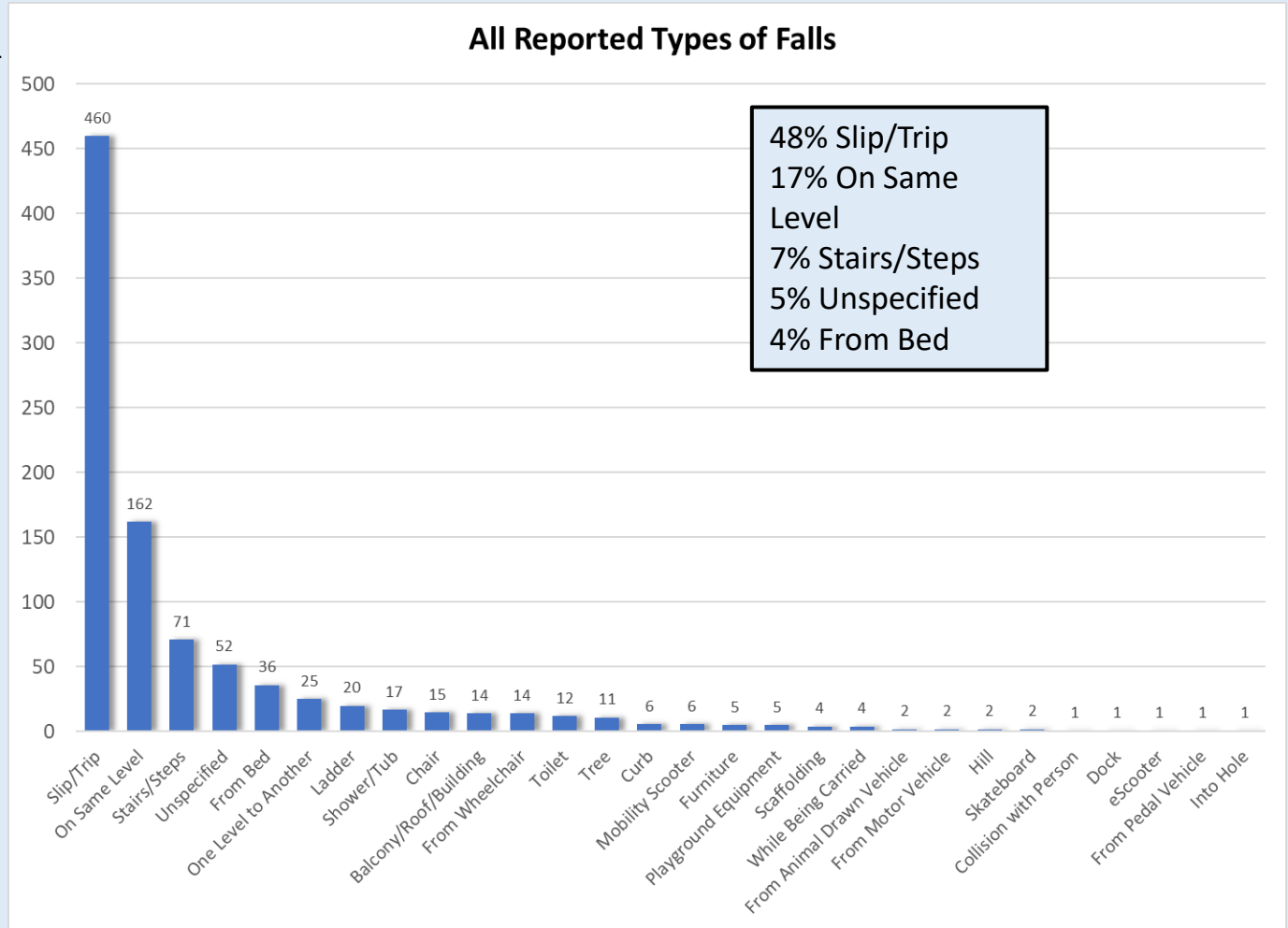
Type of Fall	Number	Percentage
Slip/Trip	460	48.32
On Same Level	162	17.02
Stairs/Steps	71	7.46
Unspecified	52	5.46
From Bed	36	3.78
One Level to Another	25	2.63
Ladder	20	2.10
Into Shower/Tub	17	1.79
Chair	15	1.58
Balcony/Roof/Building	14	1.47
From Wheelchair	14	1.47
Toilet	12	1.26
Tree	11	1.16
Curb	6	0.63
Mobility Scooter	6	0.63
Furniture	5	0.53
Playground Equipment	5	0.53
Scaffolding	4	0.42
While Being Carried	4	0.42
From Animal Drawn Vehicle	2	0.21
From Motor Vehicle	2	0.21
Hill	2	0.21
Skateboard	2	0.21
Collision with Person	1	0.11
Dock	1	0.11
eScooter	1	0.11
From Pedal Vehicle	1	0.11
Into Hole	1	0.11
Total	952	



MyMichigan Health
UNIVERSITY OF MICHIGAN HEALTH

MyMichigan Medical Center
Level II Trauma Center

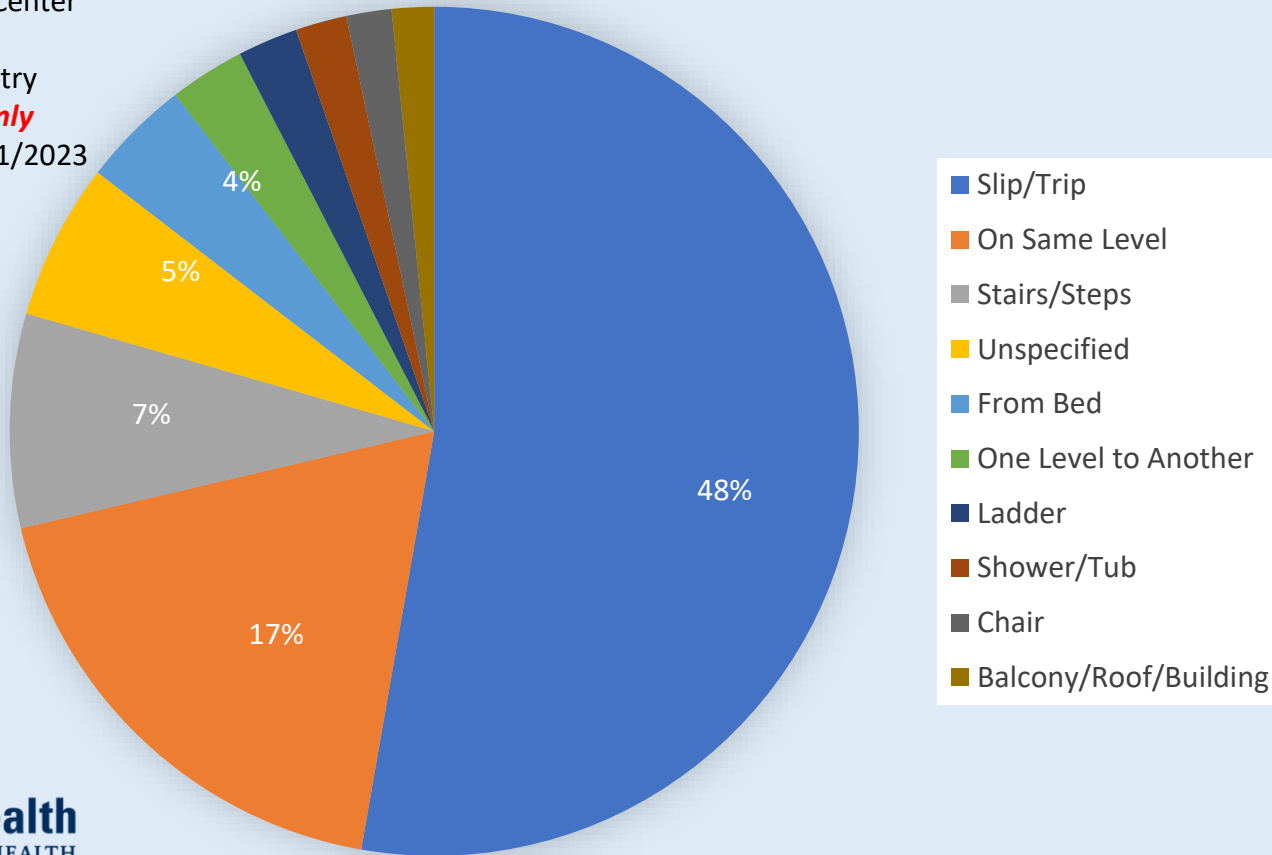
Trauma Registry
Falls Data Only
9/1/2022 to 8/31/2023



MyMichigan Medical Center
Level II Trauma Center

Trauma Registry
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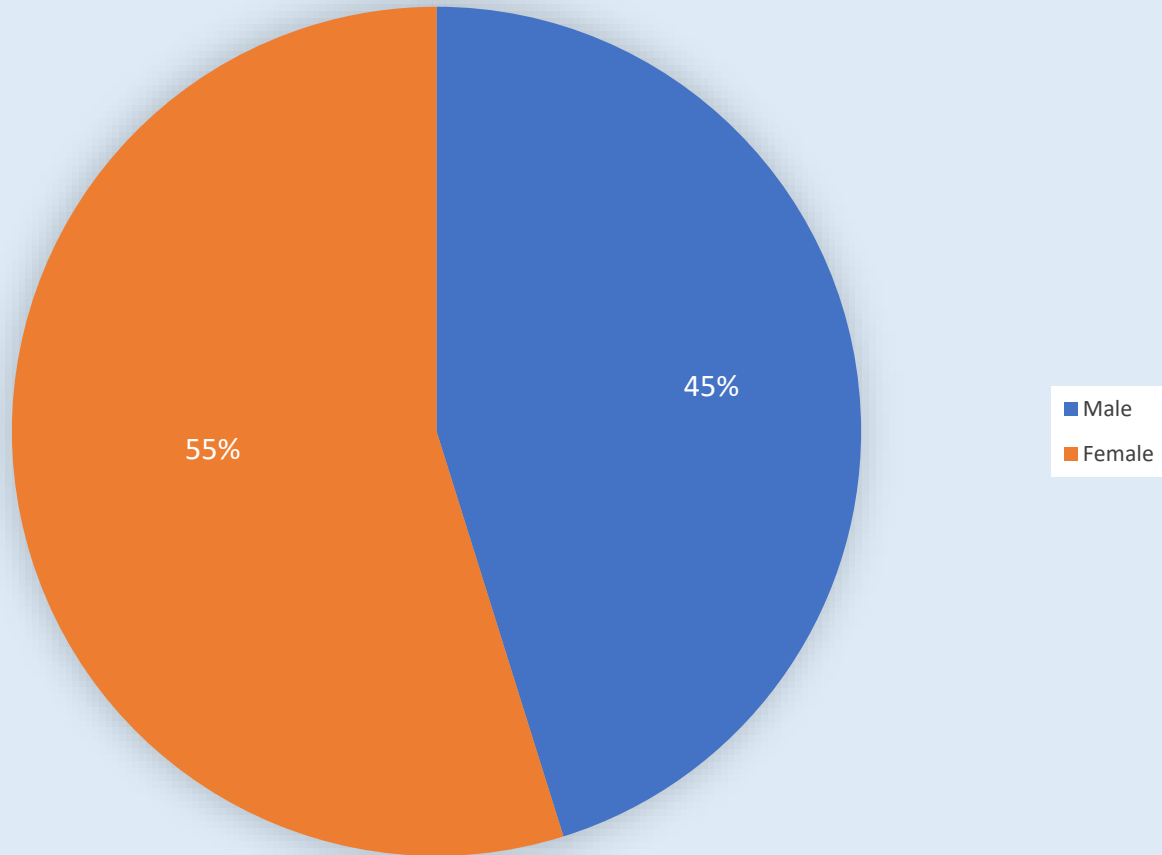
Top 10 Reported Types of Falls



Falls by Gender

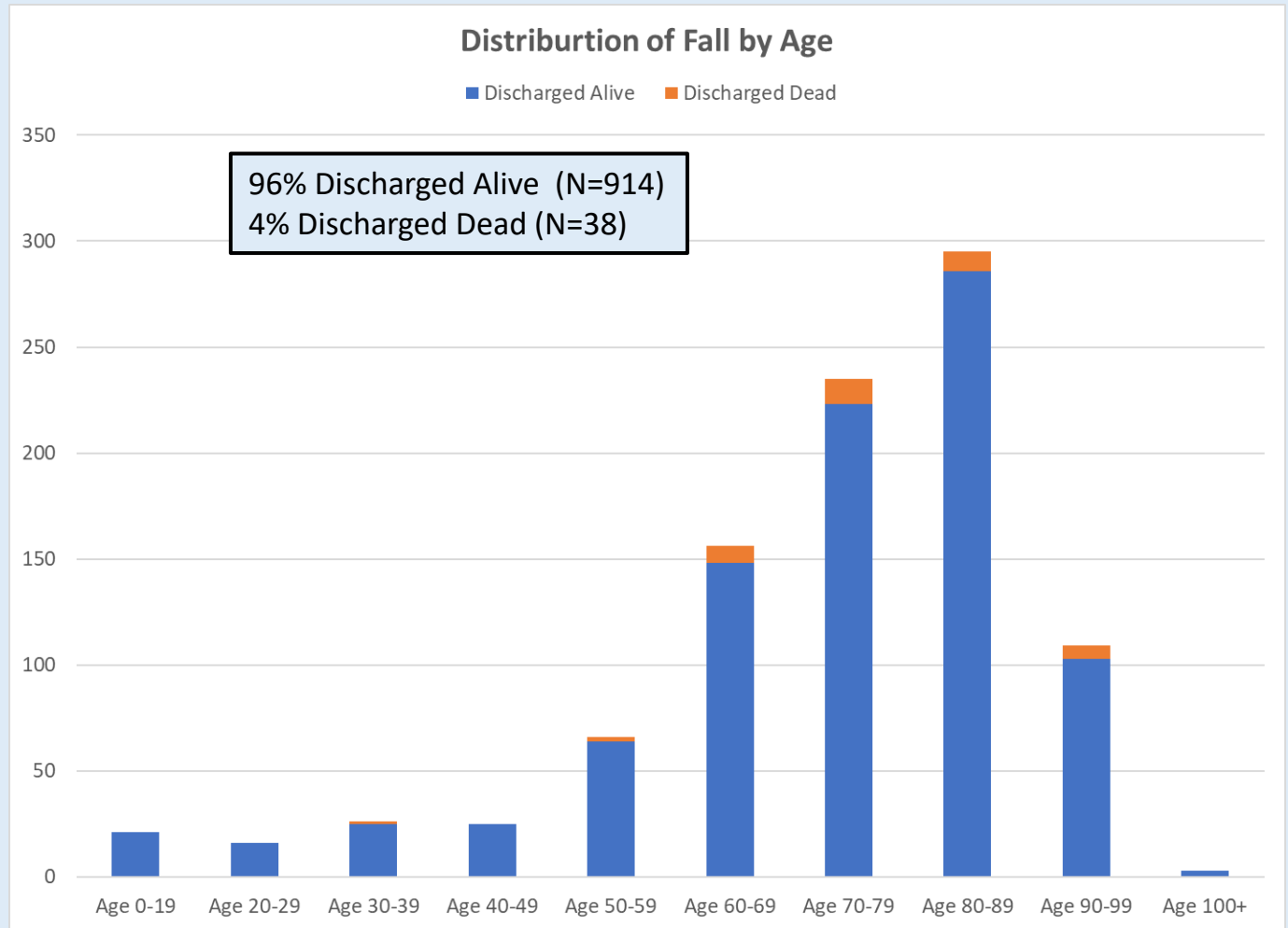
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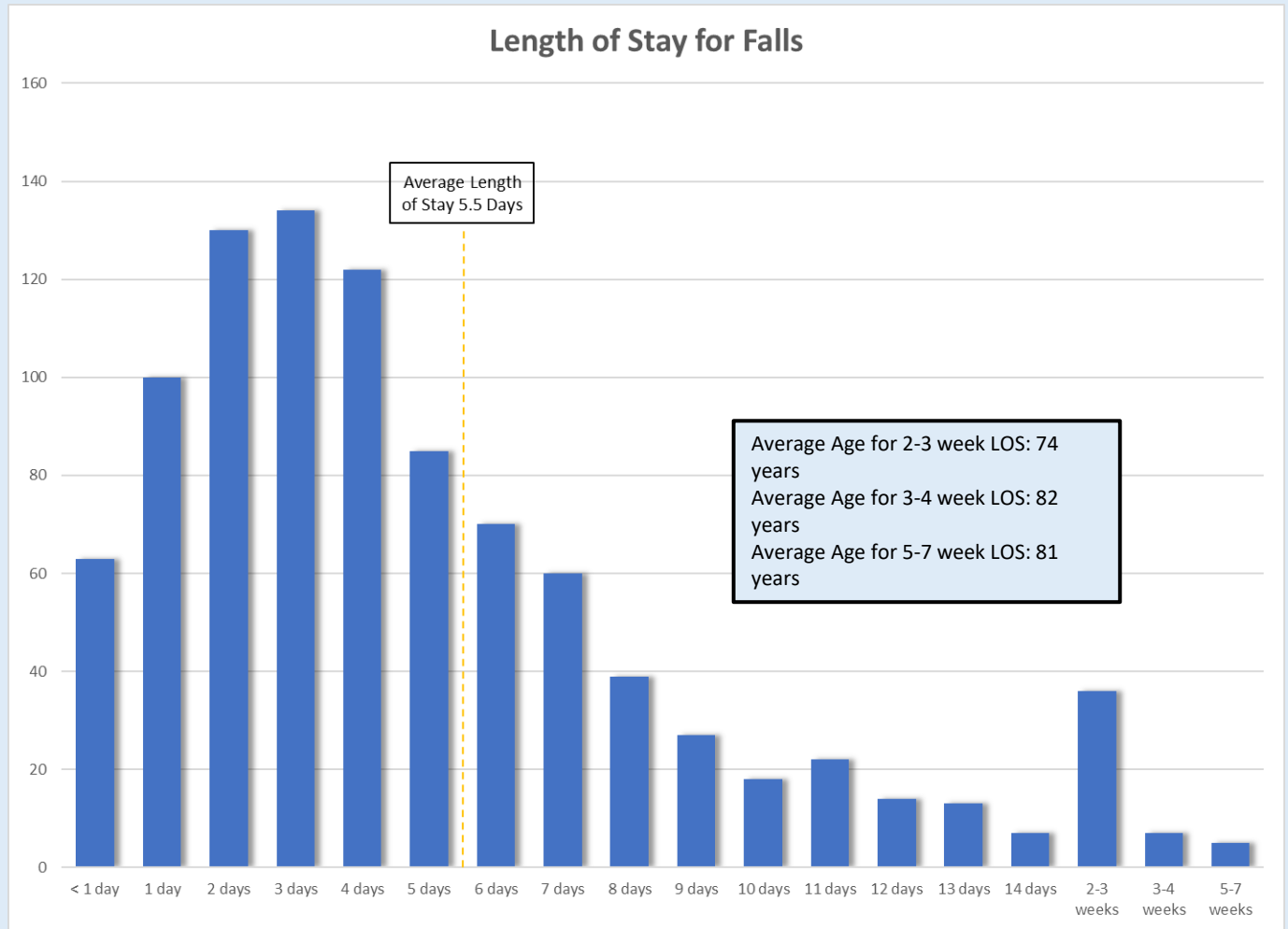
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Trauma Registry
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MyMichigan Medical Center
Level II Trauma Center

Trauma Registry
Falls Data Only
9/1/2022 to 8/31/2023



Fall Prevention Classes

A Matter of Balance

Learn to Improve Your Balance And Prevent Falls



Many older adults experience concerns about falling and restrict their activity as a result. Our free 8-week program, *A Matter of Balance*, is designed to manage the risk of falls and increase activity.

**Mondays,
July 9 - August 27, 2018
9 - 11 a.m.**

MidMichigan Medical Center - Alpena
Auditorium 2
1501 W. Chisholm Street, Alpena

You will Learn

- How to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercises to increase strength and balance

Who Should Attend

- Anyone concerned about falling
- Anyone who has fallen in the past
- Anyone who has restricted activity because of falling concerns

Call to Register
This program is free, but registration is required. To register, please call Kelli Jankens at (989) 839-1387.

M | MidMichigan Health
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

Flyer for Matter of Balance Class

Trauma Program

Learn How to Prevent Falls



Falls are the leading cause of injury for people over age 65. This FREE program was designed to help individuals recognize their concerns about falling and the hazards in their home and community that contribute to falls. The program is a 2.5-hour presentation that will discuss fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision and medications.

ThinkFirst To Prevent Falls
Monday, June 24 • 10:30 - 11:30 a.m.

Alpena Senior Citizens Center
501 River Road
Alpena, MI 49707

To register for this free program, call BJ at (989) 356-3585

Partnering with
ThinkFirst
National Injury Prevention Foundation

M | MidMichigan Health
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

Flyer for a ThinkFirst to Prevent Falls Class



A Matter of Balance class was held in partnership with the Ogemaw Council on Aging in West Branch. It started on August 29th and ended on September 22nd.

A Matter of Balance

Learn to Improve Your Balance And Prevent Falls



Many older adults experience concerns about falling and restrict their activity as a result. Our free 8 session program, *A Matter of Balance*, is designed to manage the risk of falls and increase activity.

Mondays & Thursdays August 29 - September 22

Due to Labor Day, there will be no meeting on Monday, September 5. The group will meet instead on Tuesday, September 6.

1 - 3 p.m.

Ogemaw Commission on Aging
1528 S. M-33
West Branch, Michigan 48661

You will Learn

- How to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercises to increase strength and balance

Who Should Attend

- Anyone concerned about falling
- Anyone who has fallen in the past
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Registration

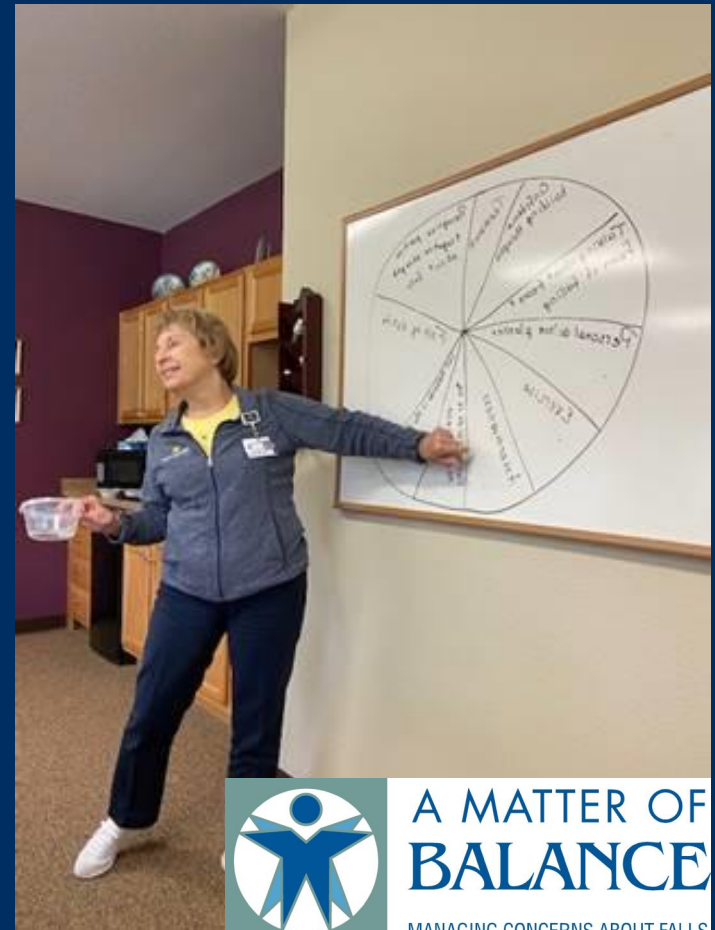
This program is free, but registration is required by Monday, August 22, 2022.

To register, call April Zettel at
(989) 345-3010, ext. 202 or email
special.programs@ogemawcoa.org.



September 22, 2022

Matter of Balance class held in partnership with the Ogemaw Council on Aging in West Branch.



Nurse Mary Griffore, 80, takes the participants through a review of the fall prevention lessons they have learned during the 8 weeks of their Matter of Balance class.

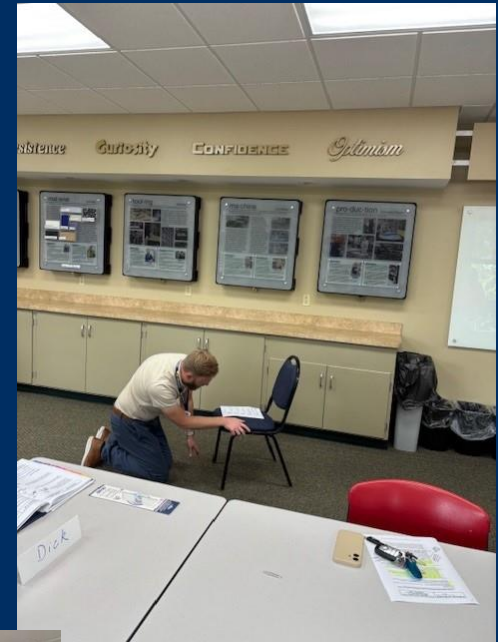


Mary leads them through their exercises (left) before they celebrate their graduation with a certificate of completion (below).



Matter of Balance - Beaverton





Matter of Balance – Memorial Presbyterian Church

Participants working on their exercises



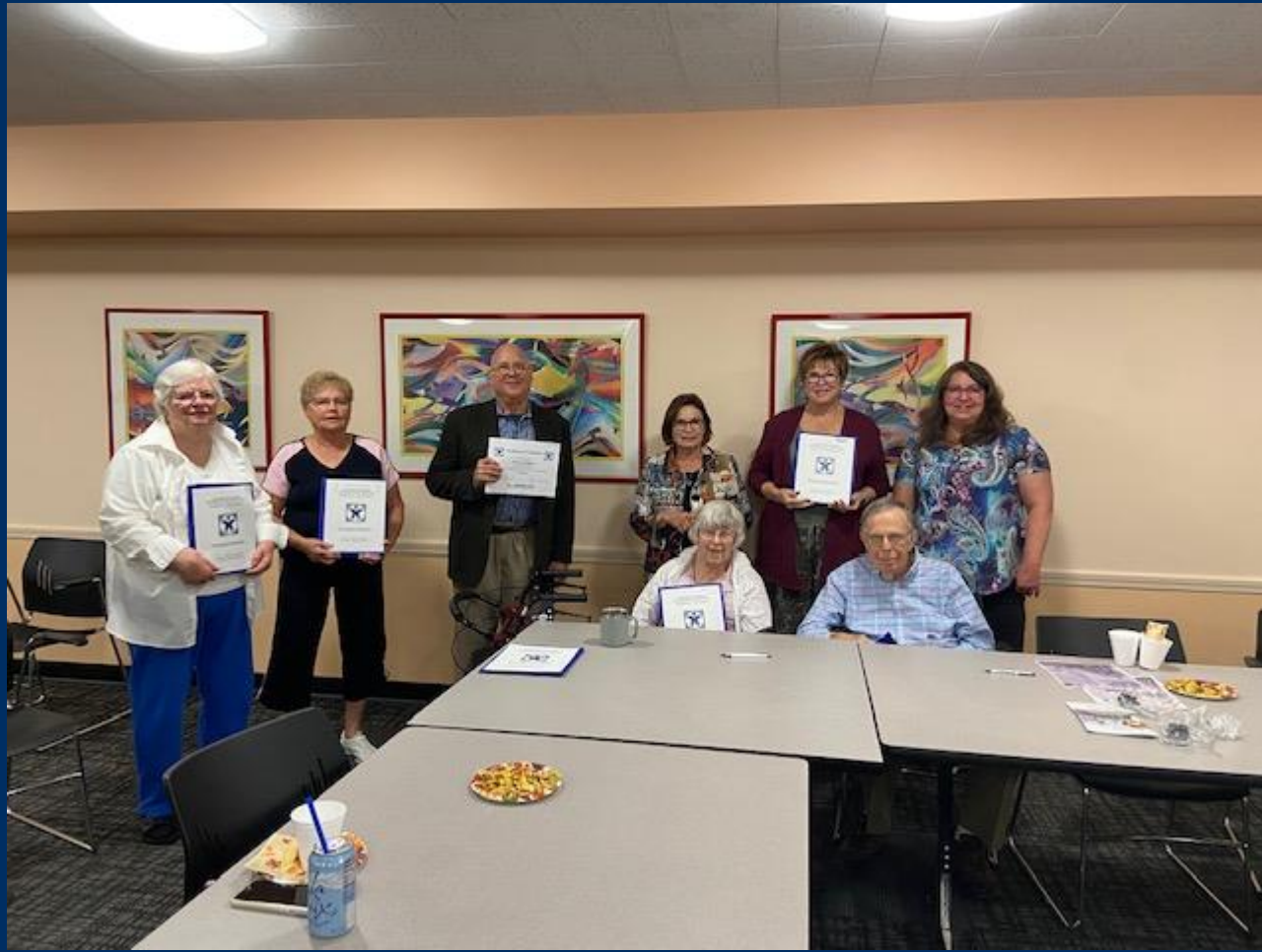
Matter of Balance – Memorial Presbyterian Church

Participants learn how to call 911 and ask for a lift assist




Jim demonstrates what a lift assist looks like. Parish nurse and MOB co-coach Kelly volunteered to help.

Matter of Balance – Memorial Presbyterian Church Graduation Day!



Matter of Balance – Memorial Presbyterian Church

Class Evaluations

 **A MATTER OF BALANCE** Class Evaluation
MANAGING CONCERNS ABOUT FALLS

Today's Date: Month Day Year
 / /

Thank you for participating in *A Matter of Balance*. To help us further meet the needs of others throughout the community, please take a few minutes to complete this evaluation form. We appreciate your feedback.

Please tell us your thoughts about the *A Matter of Balance* class. Mark the answers that apply on the front and back of this page.

- The leaders were well prepared.
 Strongly agree Agree Disagree Strongly disagree
- The classes were well organized.
 Strongly agree Agree Disagree Strongly disagree
- The participant workbook helped me better understand the classes.
 Strongly agree Agree Disagree Strongly disagree
- As a result of this class, I feel more comfortable talking with others about my fear of falling.
 Strongly agree Agree Disagree Strongly disagree
- As a result of this class, I have made changes to my environment.
 Strongly agree Agree Disagree Strongly disagree
- As a result of this class, I feel more comfortable increasing my activity.
 Strongly agree Agree Disagree Strongly disagree

Please turn this paper over and fill out the other side.

***A Matter of Balance* Class Evaluation (continued)**

- As a result of this class, I plan to continue exercising.
 Strongly agree Agree Disagree Strongly disagree
- I would recommend this class to a friend or relative.
 Strongly agree Agree Disagree Strongly disagree
- Are you: Male Female ?
- How old are you?
 Less than 60 years 75-79 years
 60-64 years 80-84 years
 65-69 years 85-89 years
 70-74 years 90 years or older

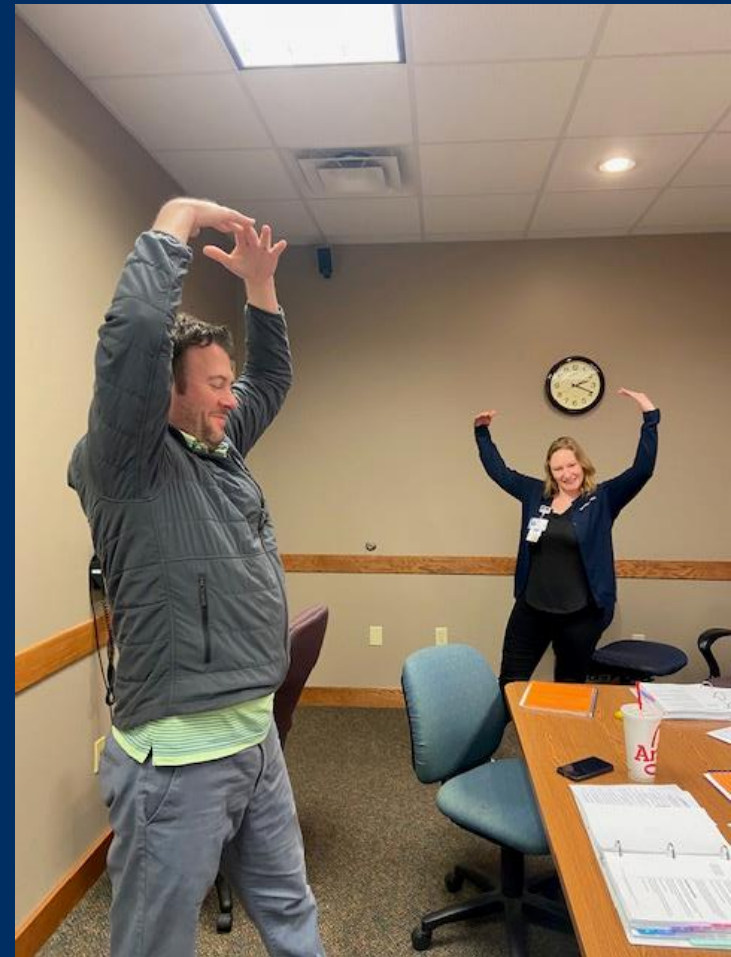
What other changes have you made as a result of this class?

*Extra exercise
 Removing rugs
 Being aware of surroundings*

Other comments or suggestions?

Matter of Balance

Coach Training for our Trauma Program Manager and Director of Rehab at our northern most hospital – My Michigan Sault



Injury Prevention Symposium Community Event



CarFit For Seniors



CarFit For Seniors



ThinkFirst to Prevent Falls, Aldersgate Church, Midland

ThinkFirst
National Injury Prevention Foundation

Trauma Program
Learn How to Prevent Falls



Falls are the leading cause of injury for people over age 65. This FREE program was designed to help individuals recognize their concerns about falling and the hazards in their home and community that contribute to falls. Discussion topics will include home safety, exercise, footwear, and what to do after a fall.

ThinkFirst To Prevent Falls
Monday, February 13, 2023
Potluck at 12 p.m.
Speaker at 12:30 p.m.

Aldersgate Church
Church Fellowship Hall
2206 Airfield Lane, Midland

Partnering with
ThinkFirst
National Injury Prevention Foundation

M | My Michigan Health
UNIVERSITY OF MICHIGAN HEALTH

ThinkFirst to Prevent Falls, Aldersgate Church, Midland



ThinkFirst
National Injury Prevention Foundation

ThinkFirst to Prevent Falls MyMichigan Medical Center - Midland February 13, 2023

We held 2 ThinkFirst to Prevent Falls classes at the hospital for 38 of our auxiliary volunteers.

They enjoyed the classes so much that we had requests to present at 2 different churches in Midland



Fall Prevention Seminar

One in four people over the age of 65 years of age will fall each year!!

Please join us for a free seminar on fall prevention just for our volunteers! We encourage you to bring a guest!

Thursday, November 10 you may choose from either of the below sessions:

10-11 am in rooms H1221/H1224 or
2-3 pm in rooms H1601/H1602/H1603

Kelli Jankens, Injury Prevention Manager, Trauma Services, will lead us through some tips and techniques to help avoid trips, slips and falls.

We will have some great giveaways, snacks, opportunities to help you be prepared for the winter months and of course time with friends.

An RSVP to diana.brookens@mymichigan.org is necessary to help us prepare for the event. You may also call 989-839-3340!

Hosted by the Volunteer Operating Board just for YOU!!

ThinkFirst
National Injury Prevention Foundation

Trauma Services Fall Prevention Kits for class participants include education, night lights, tub treads and more.....



Community Health & Wellness Fair



Rehab staff running balance assessments



Injury Prevention Symposium Oct 2024

Port Huron, MI

Trauma Survivor Speakers



ThinkFirst for Teens at Alma High School



From Left: Trauma survivors Mary Kunz and Sam Howell. Next to Sam is his mother Maureen Howell and teacher Kelly Stewart, followed by our IP Manager Kelli Jankens

Mary suffered a spinal cord injury at 18 when she ran a red light and t-boned another car because she was, in her own words *"too busy playing with my radio to pay attention."*

Sam suffered a severe TBI at 18 when he drove off the road and into a tree because he was reaching for his phone which had fallen to the floor of the passenger side and was ringing.

A student hugging Sam after his talk.



ThinkFirst for Teens at Atlanta High School



ThinkFirst
National Injury Prevention Foundation

Trauma survivor Nick Cramer shares his story with students and encourages them to ask questions. He talks about life after a spinal cord injury and the difficulty finding jobs, making friends and dating, but he laughs his way through and inspires the students, who love to take selfies with him.

ThinkFirst for Teens at Alpena High School



Nick Cramer speaking in the auditorium to 200+ students and staff



Nick Cramer with TPM Tanya Rouse and Fire Chief Andy Marceau

ThinkFirst for Teens is a national program that uses trauma survivors like Nick to be their VIP speakers, or Voices for Injury Prevention



Nick Cramer was 23 when he crashed his car into a tree after passing out behind the wheel from drinking. He credits his seatbelt for saving his life and admitted he only wore it because he couldn't afford another ticket for not wearing it. An example of when enforcement truly keeps drivers and passengers safe.

Nick is now an avid hand cyclist and especially loves group rides.



ThinkFirst for Teens, Dow High in Midland

Nick Cramer sharing his story in a classroom of new teen drivers



Strive for a Safer Drive, Dow High, Midland, March 15, 2023

Community Service Trooper Kustra working with trauma survivor Mary Kunz to set up the distracted driving stations



Strive for a Safer Drive, Dow High, Midland

This was a regional trauma partnership between three Level II trauma centers, Dow High, and Michigan State Police.



The 3 trauma centers included MyMichigan Midland, St. Mary's of Saginaw and Covenant of Saginaw.



Junior and senior students helped Trooper Kustra set up a driving course for the Fatal Vision Roadster



Students were given a sentence they had to text and send as they navigated the course. Every student ran off the course and over cones proving that texting is a serious and potentially fatal distraction



We give the students evaluations to fill out and leave them with a driving guide for their parents.

Student Evaluation: ThinkFirst Program
Alma High School

Classroom of Kelly Stewart

Opening Presenter: Kelli Jankens
VIP Speakers: Sam Howell and his mother Maureen

1. Pick the statement that best describes the speakers' story about injury.
 - a. Very interesting
 - b. Interesting
 - c. Somewhat interesting
 - d. Not interesting
2. Pick the statement that best describes the speakers' lesson about injury.
 - a. Very informative
 - b. Informative
 - c. Somewhat informative
 - d. Not informative
3. Did you enjoy the speakers' presentations?
 - a. Very much
 - b. Somewhat
 - c. Not much

Please describe what you liked most about this program or what you find most memorable?

It was a first-person source, also very positive.

What affect (if any) do you think this will have on you in terms of decision-making?

It will help me think before I do especially in auto-mobles.

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Alma High School

Classroom of Kelly Stewart

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3. Did you enjoy the speakers' presentations?
 - a. Very much
 - b. Somewhat
 - c. Not much

Please describe what you liked most about this program or what you find most memorable?

I liked how welcoming and including they are when talking to their audience. They were very great and funny!

What affect (if any) do you think this will have on you in terms of decision-making?

I definitely think about this when needing to make decisions.

SUPERVISED 
Driving Guide


For the parents, guardians and coaches of teen drivers — a requirement for teen licensing

RoadReady
Log your practice driving and export your driving history.
Easy
Accurate
Educational

A PROGRAM OF THE MICHIGAN DEPARTMENT OF STATE

Secretary of State
Jocelyn Benson
Michigan.gov/SOS

WITH SUPPORT FROM

State Farm  **TOYOTA**

DOWNLOAD TODAY!
SEE INSIDE FOR MORE INFORMATION

If permitted by the teacher, we give them a QR code or website where they can sign the following safe driver pledge.

<https://www.thinkfirst.org/drive-safe-pledge>

DRIVE SAFE PLEDGE



PLEDGED: 184255

GOAL: 175000

DRIVE SAFE PLEDGE

I PLEDGE TO:

1. Wear my seat belt, every ride
2. Ensure all my passengers wear their seat belt
3. Drive with both hands on the wheel
4. Keep my eyes on the road and my focus on driving
5. Never handle a phone or other electronic device while driving
6. Avoid driving distractions such as loud music or passengers
7. Never drive under the influence of alcohol, marijuana or other drugs
8. Never drive faster than the posted speed limit and follow the rules of the road
9. Share the road safely with other drivers, pedestrians and cyclists
10. Be a safe passenger when someone else is driving, don't distract the driver!

PLEDGE NOW!

THANK YOU TO OUR
2023 DRIVE SAFE
SPONSOR



September 26, 2022

Car Seat Check event in partnership with the Midland Police Department



Midland DAILY NEWS

TUESDAY, SEPTEMBER 27, 2022 • OURMIDLAND.COM • VOL. 1

NEIGHBORHOOD WEEK KICKS OFF



Midland Community Relations Officer Jose Deleon serves hot dogs at the Car Seat Check & Food Drive Event on Sept. 26, 2022 at the Midland Law Enforcement Center. The event was part of Midland Neighboring Week, a city-wide celebration of inclusion and community.



Deanna Seemann, a nurse with the Midland County Health Department, adjusts the car seat of Midland resident Reagan Bradford, 1, at the Car Seat Check & Food Drive Event on Sept. 26, 2022 at the Midland Law Enforcement Center. The event was part of Midland Neighboring Week, a citywide celebration of inclusion and community.

ANDREW MULLIN/MIDLAND DAILY NEWS

Board of directors chooses Dr. Lydia Watson

MyMichigan Health's Trauma Center houses the Safe Kids MidMichigan Coalition

Our IP Manager is the coalition coordinator and organized this event held at the Midland Police Department. Our trauma services provided all of the materials, seats and resources.

SAFE
KIDS
MIDMICHIGAN



September 26, 2022

Car Seat Check event in partnership with the Midland Police Department



Misuse – a twisted tether



Each seat is removed, inspected, evaluated for the child and replaced if needed.

September 26, 2022

Car Seat Check event in partnership with the Midland Police Department



10 car seat techs, along with 1 instructor volunteered at this event where we checked 17 vehicles, 25 car seats and replaced 11 of them with new seats. The techs represented police, fire, county health, nursing, child advocacy, trauma, the JH Walker Foundation and a private doula.

JH Walker Foundation Donates 6 car seats to our Trauma Services for use in Midland's Emergency Dept. January 2023

Lindsay Walker is one of our trauma survivors. Tragically, her 4-month old son Jimmy did not survive the crash. He was killed when their car was rear ended at very high speed by a sleeping driver. His rear facing car seat, which had been checked by a technician and was installed correctly, saved his body but could not protect his brain.

Since then, Lindsay and her husband Justin have been dedicated to keeping kids safe by donating seats to our ED's and Maternity units system wide. Lindsay is also now a certified child passenger safety technician and volunteers her time to our Safe Kids Coalition.

Left to right: Shari Meredith-TPM, Kelli Jankens-IP Manager, and Lindsay and Justin Walker with their 2nd son Jason.



JH Walker Foundation
for child safety and enrichment



JH Walker Foundation Car Seats Donation January 2023 Specialty Nursery, Labor and Delivery in Midland



Stop the Bleed at Bay Arenac ISD, Bay City

This was a partnership between McLaren Bay Region Hospital and MyMichigan Midland's trauma teams along with local police, fire and EMS. Over 400 high school students learned bleeding control this day.

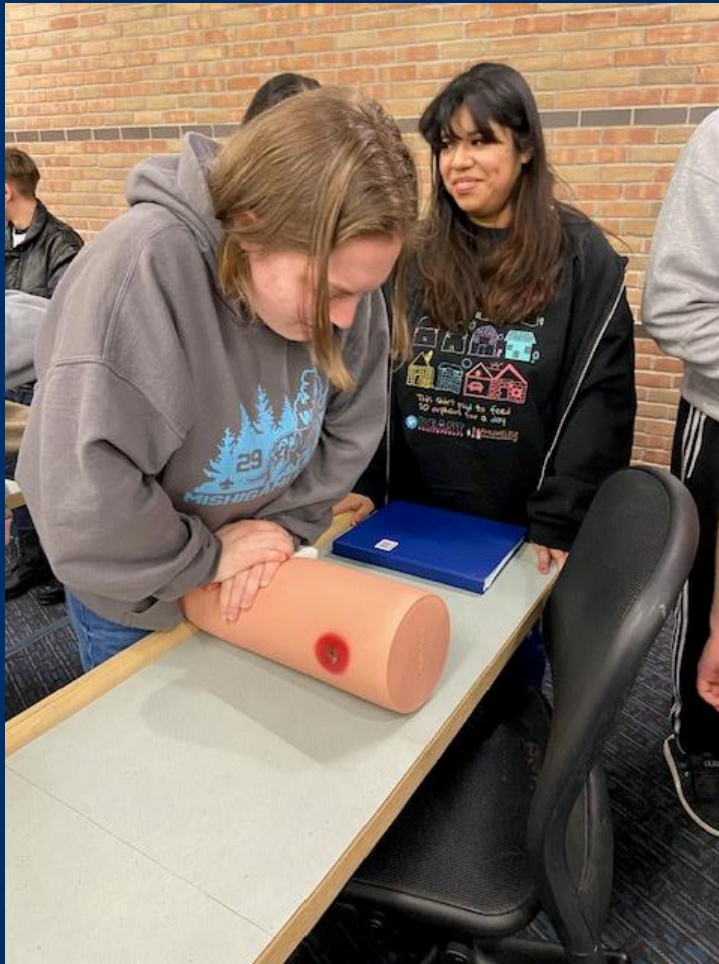


Stop the Bleed at Bay Arenac ISD

The lecture hall full of high school students from the career center.



Students practicing on our training limbs and on each other to demonstrate that they know how to apply pressure and use a tourniquet.



The team of instructors

(minus our IP Manager who took this picture)



National **Stop the Bleed Day**, Lansing, May 25, 2023



This is an annual event held at our state capital building in Lansing. It's held by 30-40 trauma program managers and injury prevention coordinators representing trauma hospitals all across the state.

National **Stop the Bleed Day**, Lansing, May 25



From Left:
TPM Tonya Baker from MyMichigan Health - Alma
TPM Kelly Burdow from Ascension St. Marys' - Saginaw
IP Coordinator Nikki Mathews from Hurley Medical Center - Flint

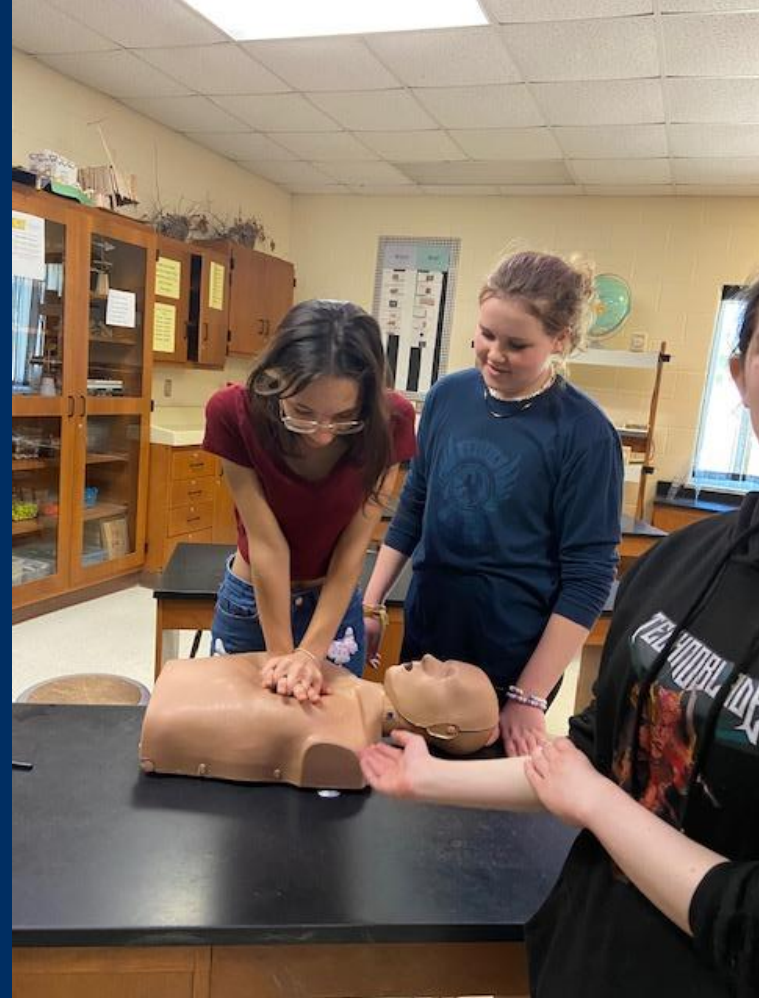
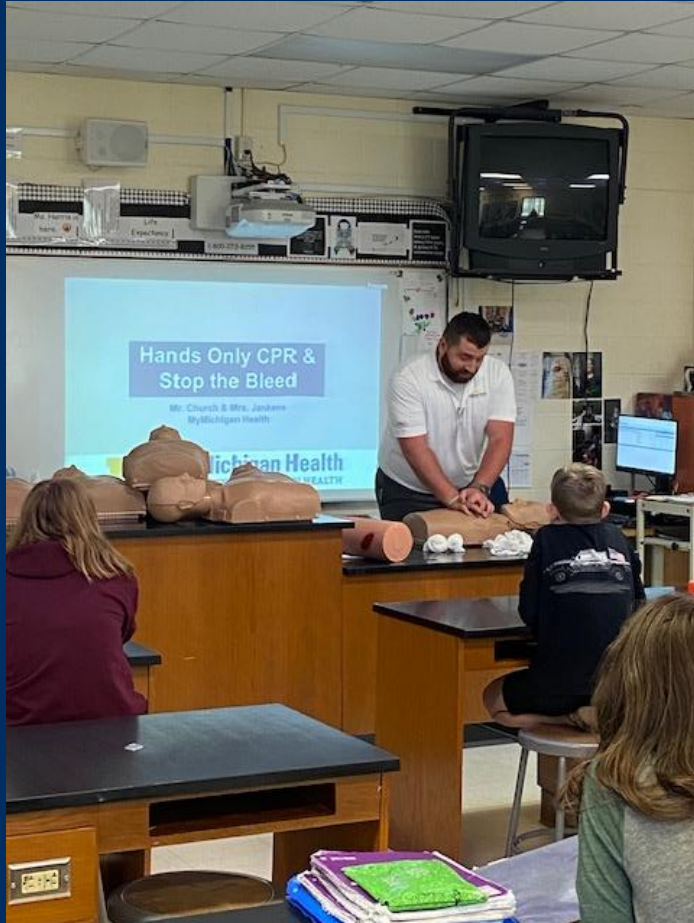


Legislators learning how to stop a bleed.



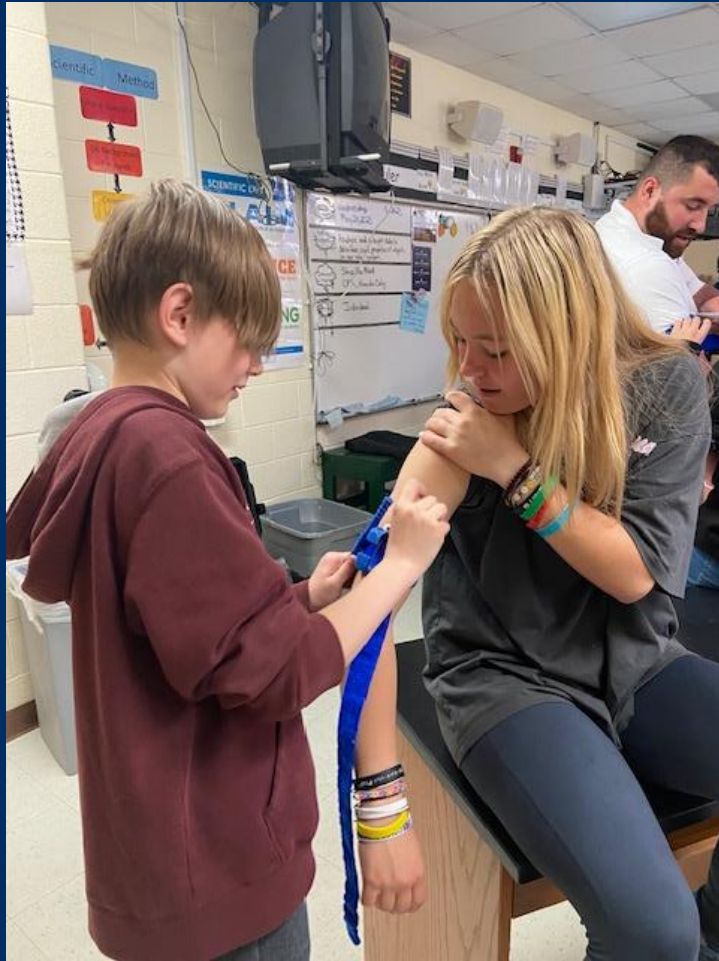
Stop the Bleed and Hands Only CPR

Surline Middle School, West Branch, May 24, 2023



Stop the Bleed and Hands Only CPR

Surline Middle School, West Branch, May 24, 2023



Stop the Bleed for medical students Central Michigan University. Mt. Pleasant April 6, 2023



This was a regional trauma partnership between Covenant Medical Center in Saginaw and MyMichigan Health Midland



Stop the Bleed for medical students Central Michigan University. Mt. Pleasant April 6, 2023



Medical students practice using a tourniquet and packing a wound.



Each year we support **The ARC's iCan Bike Camp**. We provide **free bike helmets**, training, and fittings.

Midland Roll Arena
May 15-19, 2023

This is a week long camp for kids in and teens with disabilities. They are issued a specialized bike and team of helpers. By the end of camp they have learned how to ride a bike independently.

The Arc Midland **Midland's iCanBike** **iCan Shine**

Bike Camp

May 15-19th
Midland Roll Arena
2909 Bay City Rd, Midland, MI 48642

Volunteer

iCan Bike - Midland lasts for 5 days with sessions lasting for 1 hour and 15 minutes each day. iCan Bike roller equipment is designed to teach kids with disabilities how to ride a bike where traditional training wheels have failed. Riders will be encouraged every step of the way by supportive staff.

Session 1: 8:15 AM - 9:30 AM
Session 2: 10:00 AM - 11:15 AM
Session 3: 11:45 AM - 1:00 PM
Session 4: 2:00 PM - 3:15 PM
Session 5: 3:45 PM - 5:00 PM

Camp Cost: \$350
Register to be a Volunteer. Need-Based Scholarships available

Learn to Ride

Register to be a Rider

Be the support to help a rider go from "I Can't" to "I Can"! We need YOU to believe in them along the way. YOU will be 'spotting' riders as the roller equipment is gradually taken away. Choose one or more sessions to help with, Monday - Friday. Individuals & Group volunteers welcome!

To register or for more information visit www.thearcofmidland.org or contact Rebecca Rekeweg at rekeweg@thearcofmidland.org or 989-631-4439

The Arc Midland My Michigan Health UNIVERSITY OF MICHIGAN HEALTH DUPONT Youth Action Council SSA

The ARC iCan Bike Camp, Midland May 15, 2023

Volunteers checking and prepping the bikes



The ARC iCan Bike Camp, Midland May 15, 2023

Student volunteers fitting helmets.



The ARC Ican Bike Camp, May 15



Students wearing their helmets and learning to ride with help from the volunteers guiding and coaching them.

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



4 volunteer car seat techs pose before the event gets started



Cars lined up for seat checks

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



Midland City Police officers on bike patrol stopped by for a visit. They are also the school resource officers.



A library volunteer helps steer traffic

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



Firefighter Jim and Officer Brendan keeping cool in the shade, along with a volunteer keeping the kids cool and entertained.

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



Car seat tech and doula Kathy Breternitz documents the data about the seat and its installation after crawling in the vehicle to check all the straps and harnesses.

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



Maternal and infant care nurse for Midland County Health Department Deanna Seeman smiles as she climbs inside a car while kids are entertained under the tent with our coloring books.

Car Seat Checks, Grace A Dow Library Midland, June 7, 2023



Officer Brendon issues this mom a new seat from our stash on the right. We replaced the seat that she came with because it was used and had an unknown history

June 9, 2023 Alma Health & Safety Fair



Our registration table ready to go on the left and pediatric nurse Lynda Bear manning the infant safe sleep station on the right

June 9, 2023 Alma Health & Safety Fair



Kids of all ages getting fitted for bike helmets and decorating their helmets this year too at our new sticker station.

June 9, 2023 Alma Health & Safety Fair



Alma TPM Tonya Baker fitting life jackets on kids along with water safety educational materials

Car Seat Education, Wellspring Family Services Bay City, June 22, 2023



Lindsay Walker of Midland poses with the newly trained social workers with the car seats her foundation donated.



Car Seat Education, Wellspring Family Services Bay City, June 22, 2023



Lindsay explains proper harness use while our IP manager talks through the slides in the background.



Car Seat Check Event, Bay City June 23, 2023



CAR SEAT SAFETY CHECK

JUNE 3RD | 9AM-NOON

@ CONSUMERS ENERGY BAY CITY
4141 Wilder Rd. Bay City, MI 48706



Hard Facts about Safety in Cars

- Road injuries are the leading cause of preventable deaths and injuries to children in the United States.
- Correctly used child safety seats can reduce the risk of death by as much as 71 percent.
- More than half of car seats are not used or installed correctly.



CERTIFIED CAR SEAT TECHNICIANS ON-SITE PROVIDING:

- Car seat safety checks
- Help installing car seats for families – FREE!
- Replacement seats may be available for those who qualify.



Onsite safety checks available the day of the event. If you have questions or want to schedule an appointment time please contact Samantha 989-460-3625.



WARNING

SATURDAY, JUNE 3 2023

RAISING CROSSROAD



KID'S CLUB SAFETY DAY

9:00AM - NOON



4265 Wilder Road
Bay City, MI 48706



FREE FAMILY EVENT

Event Parking
Consumers Energy
4141 Wilder Rd. Bay City, MI 48706





This event was a partnership with Copoco Credit Union, Bangor Fire Department, Consumers Energy and MyMichigan Midland



We checked 12 cars, 17 seats and replaced 5 old seats



August 1 at Emerson Park in Midland 4-8pm



MIDLAND POLICE

MIDLAND COUNTY SHERIFF SINCE 1855 MICHIGAN

FLIGHT CARE

MIDLAND FIRE DEPARTMENT FIRE RESCUE MI

M
My Michigan Health
UNIVERSITY OF MICHIGAN HEALTH

MICHIGAN STATE POLICE

MIDLAND COUNTY, MICHIGAN
911
POLICE • FIRE • EMS

Setting up at our MyMichigan pavilion for National Night Out!





Fitting Life Jackets

We fitted 100 free
life jackets in 2
hours at National
Night Out

Shari Meredith, Trauma Program Manager for Midland fitting a small child with help the child's mother (left) and our Alma TPM Tonya Baker (right)



Left: Michelle Abedrabo, PI Data Specialist fitting a toddler for a life jacket
Right: Nick Cramer manning our helmet fitting station – we fitted 100 free helmets at NNO

DECA Student Volunteers from Dow High in Midland helped us at National Night Out



Play It Safe is an annual summer safety fair we sponsor in partnership with Isabella Community Credit Union. It's held at Island Park in Mt. Pleasant and is very well organized and attended.



Play It Safe!
Kid's Health & Safety Day

Join us in the park for:

- Free Fitted Bike Helmets *(while supplies last)*
- Vision Testing
- K-9 Demonstration
- Anderson & Girls Petting Zoo
- Arts & Crafts
- Kid's Yoga
- In A Snap Photo Booth
- Food, Games, and Prizes!

A Special THANK YOU to our Event Contributors:

My104.3, Buck 92.3 & WMMI
Kiwanis • Konwinski Construction
 Black Tie Tuxedo & Costume Shop • Central Michigan District Health Department Coyne Oil & Propane Department of Public Works • Explore Chiropractic iRide • Isabella County Sheriff
 Isabella Community Child Advocacy Center
 Mid Michigan Radiology • Mitchells Gourmet Deli
 Moms Demand Action for Gun Sense in America
 Mt. Pleasant Police & Fire
 Mt. Pleasant Parks & Recreation • Morey Courts
 Redbloom Yoga • Saginaw Chippewa Tribal K-9 Unit
 United Way of Isabella & Gratiot Counties

Island Park, Mt. Pleasant
 Friday, August 5, 2022
 Noon - 4pm

ICC
 Isabella Community Credit Union

M
 My Michigan Health
 UNIVERSITY OF MICHIGAN HEALTH

Free Community Event!
 ICCUonline.com • 989.773.5927

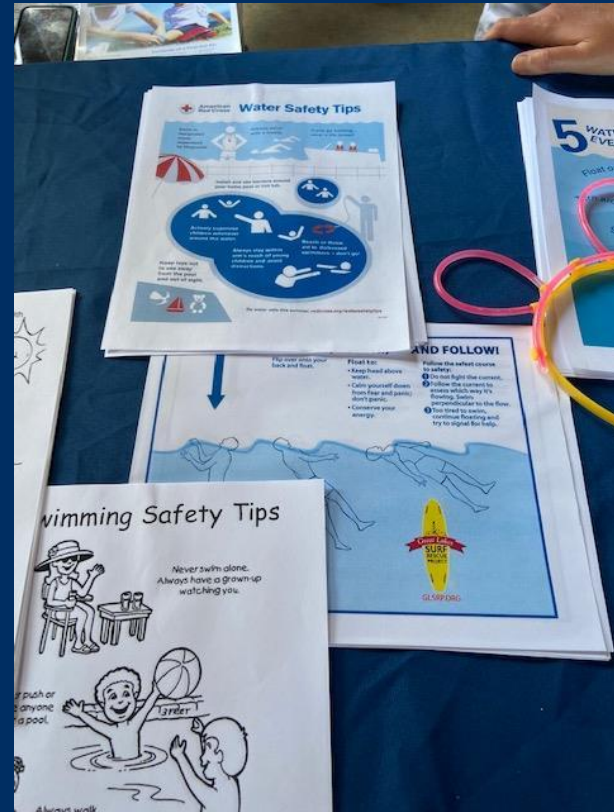
LIKE US ON
 facebook

Play It Safe August 4th Island Park, Mt. Pleasant



Life jacket station on left and helmet fitting on the right.

Play It Safe August 4th Island Park, Mt. Pleasant



Camping/camp fire safety and water safety activities

ARC of Midland iCan Swim Camp



ARC of Midland iCan Swim Camp



ARC of Midland iCan Swim Camp



Life Jackets at River Races

MAY 23-24
GLADWIN COUNTY RIVER RACE OF TWO CITIES
CANOE/KAYAK MARATHON
SPECTATOR LOCATIONS

GLADWIN CITY PARK
SATURDAY STARTING AT 9:30AM
CONCESSIONS, VENDORS & ACTIVITES, RACE START
240 CITY PARK ST, GLADWIN, MI 48624

BUCKEYE TRAILHEAD
SATURDAY FROM 11AM - 2PM
YARD GAMES, INFORMATION, GREAT RIVER VIEW
2242 S RIVER RD, BEAVERTON, MI 48612

CEDAR RIVER CHAPEL
SATURDAY FROM 12 - 3PM
YARD GAMES, INFORMATION, GREAT RIVER VIEW
2766 S RIVER RD, BEAVERTON, MI 48612

ROSS LAKE PARK
ACTIVITIES BEGIN AT 11AM
KAYAK SPRINT RACES, VENDORS & ACTIVITES, MARATHON END
358 ROSS ST, BEAVERTON, MI 48612

FIND MORE INFO AT GLADWINCD.ORG &
SIGN UP FOR EVENTS AT
RUNSIGNUP.COM/RIVERRACEOFTWOCITIES

FRIENDS OF THE GLADWIN CONSERVATION DISTRICT



River Races



Annual Brown Trout Festival



Free bike helmet station

Annual Brown Trout Festival



Fitting 300+ bike helmets on kids each year

Annual Brown Trout Festival



Fitting over 100 free life jackets on
kids, teens and adults

Tanya and Crew,
Thank you for choosing Brown
Trout Family Day as a venue to
distribute free life vests. What
an awesome opportunity for all
400+ children who attended. As a
community surrounded by water,
what a valuable gift!
Without the generosity of businesses
like My Michigan and individuals
like all of you, events like Family
Day wouldn't be possible. Thank
you for your continued
commitment to making our
community such a great place
to raise a family!

Michelle Miller
BT Family Day Chair

Thank-you Letter

Trauma Services created 2 life jacket loaner stations at Starlite and Thomson Park beaches.



Courtesy Photo

The MyMichigan Alpena Trauma Team, in partnership with the City of Alpena, Alpena Fire Department IAFF Local 623, The Home Depot, and B&R Woodworks LLC, has established two life vest stations offering a range of life vest sizes for families to borrow while enjoying the water. At the end of the day, families simply return the vests to the station where they were borrowed. These life vest stations are located at Starlite and Thomson Park beaches. The life vests are intended as a supplementary safety measure. Swimmers swim at their own risk.

Partnering agencies:

Alpena Fire Dept
Home Depot
City of Alpena
B & R Woodworks



Alpena Farmers Market Kids Day and Save-A-Life Saturday



Alpena Farmers Market Save-A-Life Saturday



The Falls Quiz Prize Wheel

Seniors spin the wheel, read the question and answer it correctly to receive their choice of a falls safety kit or outdoor safety kit



Alpena Farmers Market Save-A-Life Saturday



Hands Free CPR Training

Alpena Farmers Market Save-A-Life Saturday



AED training

Alpena Farmers Market Kids Day



Ambulance and Fire truck tours with EMS & Fire staff

Alpena Farmers Market Kids Day



Kids learning how to Stop the Bleed the TPM Tanya Rouse

Farwell Annual Health Fair – Kids Gym

Save the Date

21st Annual

Paula Pirnstill Memorial Health & Safety Fair

presented by the Farwell Area Chamber of Commerce

SATURDAY

April 19, 2025

10:00am - 2:00pm ~ Farwell High School

"Hall of Health"

Public Safety Teams

"Smiles on Wheels"

Child Safety Seat Inspection



Eyeglass Donation

"Operation Lifesaver"

Prescription Drug drop-off

Children's Health Fair

Over 70 health & safety information booths!

Free Brown Bag Lunch 11:30am - 1pm

For more information, Call Tom: 989-387-7247 or email: paulapirnstillhealthsafetyfair@gmail.com



Farwell Annual Health Fair – Adult Gym



Safe Sleep Table



Fall Prevention and Home Care Table



Senior Resource Table

Farwell Annual Health Fair – Outside



We partner with the local State Farm agent to provide free car seat checks at this event. They sponsor replacement seats for families in need.

Instagram Water Safety



Instagram Safe Riding



Instagram Child Passenger Safety



Rear-facing
0-2 years



Forward-facing
2-5 years



Booster seat
5-8 years or until 4' 9"



Seat belt
4' 9" or taller

The Newest Child Passenger Safety Laws

According to updated laws as of April 2025, children must be secured in a car seat that is appropriate for their weight and height as indicated by the car seat's manufacturer.

Infant to two years: A child must be in a rear-facing car seat until they reach the maximum weight or height allowed by the car seat's manufacturer or the child is 2 years old.

Two to five years: The child can then move into a forward-facing car seat until they reach the maximum weight or height allowed by the car seat's manufacturer or the child is 5 years old.

Five to eight years: The child can then move to a belt-positioning booster seat using a lap and shoulder belt until they are 4' 9" or 8 years old.

All children under thirteen years: Children under the age of 13 must ride in the rear seat of a vehicle, if the vehicle has one available.

[Learn more about the updated laws at Michigan.gov/CarSeats](https://Michigan.gov/CarSeats)





Instagram Firearm Safety

MDHHS | What is the secure storage law in Michigan?

Michigan's secure storage law went into effect Feb. 13, 2024 to help protect Michigan's youth and reduce firearm injuries. The law requires firearm owners to securely store firearms whenever minors are present or likely to be present. It also requires schools to share this information with all parents and guardians, which is intended to help parents, guardians and firearm owners understand and comply with Michigan's secure storage law.

Summary of the Law (MCL 28.429)


Secure Storage Requirements
If a firearm is unattended where a minor (under 18) is or is likely to be present, it must be:

- Secured in a locked box or container, and/or
- Unloaded and secured with a locking device, like a trigger or cable lock, that would prevent anyone from using it.

This law applies whether firearms are in your own home or brought to another location.


Firearms in Vehicles
While traveling with a firearm in a vehicle, the vehicle must be locked when not in use, and the firearm must be secured and either locked in a container or unloaded and disabled with a trigger or cable lock if a child is present or likely to be present in the vehicle or destination.

Importance and Benefits of Secure Storage to Help Keep Children Safe
Legal ownership of firearms is a Constitutional right. This comes with important safety responsibilities to prevent thefts, firearm homicide, firearm suicide, and unintentional firearm injuries, including among children. **Simply hiding unlocked firearms or keeping them on a shelf out of reach does not guarantee or equal secure storage under Michigan law.** Secure storage reduces the risk of unintentional injuries among children and theft of guns. When access to guns is reduced, the overall suicide rate drops.




Unintentional firearm injuries among children 17 years and younger happen most often:

- With guns that are loaded and unlocked.
- When a child is playing with a gun or showing it to someone else.



In these situations, the most common victim of an unintentional firearm injury is a friend or a sibling of the child.



Closets and nightstands are common locations of guns used in these fatal unintended shootings.

Source: U.S. Centers for Disease Control and Prevention


For more information and a full list of other resources, including Project ChildSafe, visit the MDHHS firearm secure storage page at [MDHHS Secure Storage](#).

Project ChildSafe

National Suicide Prevention Lifeline (Call or text 988)

University of Michigan Family Guide to Firearm Home Safety

Or scan the QR code below:



Over 1,500 free gun locks were distributed to employees and family practice offices system wide.



Instagram Fireworks Safety



mymichiganhealth

July 4



Fireworks Safety

FIREWORKS are often used to mark special events and holidays. The only safe way to view fireworks is to attend a professional show. It is important to know that **fireworks are not safe in the hands of consumers**. Fireworks cause thousands of injuries each year.

A few ideas to get into the patriotic spirit, without fireworks:

1. Use glow sticks, they glow in the dark and are a safe alternative to a sparkler. Fun for all ages.
2. Loud and proud. Noise makers are sure to make a statement. They can be found at local party supply stores or make your own.
3. Outdoor movie night. Set up a screen and projector. Don't forget the bugspray!
4. Red, white and blue silly string...fun for all ages.
5. Make a patriotic craft with the family.
6. Throw a birthday party for the USA, and don't forget the cake.



FACTS

- More than 31,000 reported fires are started by fireworks annually.
- Burns account for 38% of the 7,400 injuries treated in emergency rooms in the month around July 4.
- Half of the fireworks injuries at emergency rooms were extremities: hand, finger, or leg. One-third were to the eye or other parts of the head.
- Children younger than 15 years old accounted for 28% of the estimated fireworks injuries.
- Sparklers account for 29% of fireworks injuries for children under the age of 5 treated in emergency rooms in the month around July 4.

Source: U.S. Consumer Product Safety Commission (CPSC) 2022 Fireworks Annual Report



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

nfpa.org/fireworks ©NFPA 2024



NEW BLOG POST

Firework Safety Tips for a Spectacular Fourth of July

Read more on our website
www.mymichigan.org



mymichiganhealth Happy Fourth of July, friends! As you celebrate Independence Day, make sure you review firework safety tips in our latest [#HealthDose](#) blog. Read more by visiting

Instagram Winter Safety

How to WALK SAFELY ON ICE

✓ Do The Penguin Walk

Extend arms outward to maintain balance

Bend legs slightly and walk flat-footed

Take short steps or shuffle to keep your center of balance under you

Keep your center of gravity over your front leg.

Point the feet out slightly

✗ Wrong Way

When we walk normally, our legs' ability to support our weight is split mid-stride. Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

oblique angle = fall

If you fall, try to relax your muscles. If you fall backwards, make an effort to tuck your chin so your head won't hit the ground.

Tips for avoiding slips and falls in icy conditions

- Don't take long strides or run
- Avoid taking shortcuts over areas where ice removal is incomplete.
- Select appropriate footwear - flat footwear with rubber soles provides better traction on ice and snow than leather-soled or high-heeled shoes
- Be particularly careful getting into and out of vehicles - and hold on to the vehicle for support.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails where you can.
- Be sure to use floor mats when entering a building to remove moisture from the soles of your shoes - this will help protect you, as well as others who follow, from having to walk on wet or slippery surfaces.

4:31 5G 65

MYMICHIGANHEALTH
Posts

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...

NEW BLOG POST

6 Ways to Stay Safe in Slippery Conditions

Read more on our website
www.mymichigan.org

My Michigan Health
UNIVERSITY OF MICHIGAN HEALTH

❤️ 3
💬
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mymichiganhealth Can physical therapy help prevent falls? The answer is a resounding yes! In our latest [#HealthDose](#) blog post, Jaclyn Cook, D.P.T., shares six effective strategies to keep you safe during the slippery winter months.

🏠
🔍
+
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👤

Thank you. Questions?



SAVE THE DATE

Michigan Trauma Coalition
Injury Prevention Symposium
October 29th 2026



Join injury prevention professionals, advocates, and partners from across Michigan for a full day of learning, collaboration, and innovation focused on preventing injury and saving lives.

American 1 Event Center
Jackson, Michigan

Scan text