



Summer Safety: Bush Bashes

After a long, cold winter, summer has finally arrived.

With summer come many summer outings and activities. One of which is "Bush bashes" or "Bush parties". While these may be fun, they can also be extremely dangerous.

What is a "Bush bash" or "Bush party"?

- A party held in the bush.
- A party held in a wooded area.
- A party held in an urban area that has been overgrown with vegetation (i.e. an empty lot - areas near train tracks etc.).
- A party held on the outskirts of a sub-urban area, where empty farmer's fields have yet to be developed.

How to keep yourself safe if attending a "Bush bash" and why:

- Always let someone know where you are going and the exact location in case of emergency. **Why?** If someone gets injured or there is an emergency, you may be located faster if someone knows where you are. It is much easier for paramedics, police or the fire department to locate you if someone knows your whereabouts.
- The **ICE** concept is simple- simply program your cellular phone memory with the acronym **ICE** ("in case of emergency") followed by the names and phone numbers of those you wish to be notified in an emergency. For example, "**ICE-1** John Smith" as a saved contact entry in your phone would alert emergency response personnel to contact Mr. Smith at the number listed. You can program as many numbers as you like using **ICE-2, ICE-3**, etc. **Why?** If you are unconscious the paramedics, police or fire department know who to contact.
- Always carry your health card with you. **Why?** If you have a fake ID with you, and don't have any other identification and are injured and end up in the emergency department or trauma unit the doctors and nurses will treat you as that "person" on the identification that is not yours. You could be given the wrong medication, or not given the medication needed to help you. The family of that person on the Id will be contacted, as well instead of yours. If you carry proper ID with you it can save your life.
- Be responsible if drinking at a bush bash. Always use the buddy system. **Why?** If you have been drinking and wander into a field or the woods and you are alone and injure yourself or become unconscious you could be in serious danger.
- Think before attempting stunts. **Why?** Burns are a main injury at a bush party.



Summer tips:

- Drink plenty of water to prevent dehydration. Make sure infants and toddlers have enough water as well, as they become dehydrated faster than adults
- If you have asthma or other respiratory problems, keep careful watch on daily air quality reports
- Take rests or naps. Don't push yourself beyond your limits
- Wear sunglasses. They protect your eyes from the sun's UV rays
- Stay cool. Wear light, loose fitting clothing to help you stay cooler

Presentations and Webinars

May:

- "Understanding the Teenage Brain" By: Garfield Gini-Newman (U of T professor)
- *Helmet Safety presentation*, Mountsfield school presented by: Terri-Lynn Ptasznik, RN, Injury prevention counselor

June:

- *Helmets on Kids Launch and Bike Rodeo* at Lord Elgin Public School presented by Siskinds, The Brain Injury Association, MLHU and Jane Harrington, Injury Prevention Educator.

Understanding the Teenage brain presentation

Guest Speaker: Garfield Gini-Newman

Garfield Gini Newman explained how the brain of a teenager works by showing the different parts of the brain and what each part represented. With his witty humor and excellent presentation style it was a very interesting and fun presentation.

Books that were recommended were:

- *The Primal Teen*, Barbara Strauch
- *The Female Brain*, Louanne Breasendine, MD
- *The Walrus, Your teenagers mind*
- *Mindset*
- *Growing up digital*
- *Endangered Minds*, Jane Healy

Informative, humorous and enjoyable Conference put on by Lambton Safe Roads Committee, MADD, Lambton County and the Government of Ontario. If you would like to know more about this topic or about Garfield Gini Newman please send him an **email at** ggininewman@oise.utoronto.ca

IMPACT cont'd...

Students (external). 10 Schools came to the LHSC where we toured them around, showed them the Emergency Department, introduced them to CCTC as well as the teens having a chance to ask paramedics questions and take a tour of an ambulance. We ventured over to Parkwood hospital to show them what can happen to you if you make a poor choice and end up in rehabilitation. There was pizza for the students as well which they thoroughly enjoyed!!!

Jane is an excellent source of information. I have learned so much thus far and plan on continuing as well as volunteering for future IMPACTS to come.

If you or someone you know is interested in IMPACT or becoming a volunteer please contact Jane at 519-685-8500 ext. 56041 or by email at jane.harrington@lhsc.on.ca.

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IMPACT™

(Impaired Minds Produce Actions Causing Trauma)

I met Jane Harrington at a college I was attending and her presentation on the IMPACT program interested me from the time she started to speak and is ongoing. I am now an Addictions Counselor and Community Service Worker and decided I wanted to do my placement with Ms. Harrington and learn more about the program. I am extremely passionate about trying to educate about drinking and driving, driving while under the influence of any substance as well as making poor decisions. Being involved in this program and working with teens has been extremely rewarding. This year we saw **3,445**

More Summer Tips for Safety:

- Don't text and drive - up to a \$ 500.00 fine
- If you go out in the nice weather to have a few alcoholic beverages, do not drive. Always have a backup plan; call a friend, have a Designated Driver, Call a cab, Keys Please, a family member or friend. Don't be embarrassed or worried as they would rather get up at 3am to get you home safe, than see you hurt.
- Nice weather brings out bicycles, rollerblading and skateboarding among other summer activities. Be aware of your surroundings. Make sure to wear a helmet. Make sure that it is the proper helmet for the proper activity as the helmets are all suited differently.
- Always bring a buddy with you if you are swimming in a pool or a lake.

Have a SAFE AND HAPPY SUMMER from the LHSC Trauma Program!!!