

Richmond University Medical Center



Free Injury Prevention Programs

*Dedicated to the Safety
of Our Community*

TRAUMA



Promoting Safety and Injury Prevention

Richmond University Medical Center's Trauma Team is committed to educating our community on safety and injury prevention issues. Our dedicated team is available to participate in community events.



PEDIATRICS

► **Teddy Bear Clinic:**

In an effort to reduce their anxiety, children are given the opportunity to learn about healthcare equipment and procedures while caring for their very own teddy bear.

► **Baby B-Con:**

Helps children/kids differentiate small bleeds from big bleeds and gives the basic A-B-Cs on how to stop a bleed.

► **Pedestrian Safety:**

Discusses street safety information for kids, including the basics of crossing the street and street rules every kid should know.

► **Stranger Danger:**

Gives safety tips and helpful facts to aid in recognition of strangers, including important steps to create a safe play environment.

► **Helmet and Bicycle Safety:**

Teaches children safety tips, hand signals, and road rules, and reviews the proper fit for helmets.

► **Water Safety:**

Reviews safety measures related to children and water. From baths to swimming, this course covers a variety of water safety information.

YOUNG ADULTS

► **The 4 D's of Dangerous Driving: Drunk, Drugged, Distracted, and Drowsy:**

Discusses safe driving measures including the 4 D's of driving: Drunk, Drugged, Distracted, and Drowsy.

► **Teen-B:**

Helps young adults differentiate small bleeds from big bleeds and gives the basic A-B-Cs of how to stop a bleed.

► **Communication and Conflict Resolution:**

Examines effective communication and de-escalation techniques to prevent physical aggression.

► **Cyber Bullying and Social Media Safety:**

Discusses how to recognize cyberbullying and analyzes techniques on how to stop cyberbullying.

► **Faces of Peer Pressure:**

Peer pressure is a major factor in young adult substance abuse. This program discusses recognition and efforts to not give in to peer pressure.

All programs are approximately 2 hours long depending on group size.



ADULTS

► **Matter of Balance: Fall Prevention Training for the Elderly:**

We offer a Department for Healthy Aging recognized falls prevention program, designed to reduce the fear of falling and increase activity levels among older adults.



► **Tai Chi for Arthritis:**

A CDC approved falls prevention program composed of 12 fundamental tai chi movements, a warm-up, and wind-down.

► **Medication Education:**

A safety program to reduce the harm caused to patients due to misuse of medication.

► **Home/Recreational Safety:**

Help identify actual and potential safety risks both inside and outside the home for elderly patients.

► **BCon:**

Tells how to respond to bleeding and recognize life-threatening bleeding, and teaches appropriate ways to stop the bleed.

► **Car Seat Passenger Safety Checks:**

Have your car seat checked by a certified passenger safety technician. Parents also learn the proper way to install their car seats to ensure the safety of their child.



SAVE A LIFE



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