

# INJURY PREVENTION ASSESSMENT: GLOSSARY OF TERMS



## NOTES

Terms defined in the glossary appear in the Injury Prevention Assessment. Definitions are specific to that assessment. They are broken up by the module in which they appear. Some terms appear in more than one module and are listed in the “Overall” section of the glossary to avoid duplication.

## OVERALL

- **Environment:** All of the things make a community what it is. There are many parts that make up the environment.
  - The **physical environment** includes things that you can see, touch, or interact with. This includes roads, parks, or signs. It can also include programs or services that people can use.
  - The **social environment** includes attitudes or feelings that people have and that may change how they act.
  - The **economic environment** includes things related to money that may encourage or discourage behaviors. This could include fines, rewards, or discounts.
- **Home visits:** Visits to residents’ homes made by Firefighters, EMS, public health or other governments employees or volunteers to check on the welfare of the reside and status of the home.
- **Policy:** Laws, regulations, rules, and procedures that tell how things should be done. They should be written down. They are usually designed to guide or change behavior. Policies often come from the government or an organization. They can lead to changes in the environment or in the way things are done. Putting changes into policy can make them last longer and be harder to undo.
- **Strategies:** How you plan to do something. For example, if the goal is for people to drink more water, the strategy might be to have water at all public events.

## FALLS

- **Age-friendly community:** Things related to the physical and social environment that are designed to help seniors “age actively.” This means that the community is set up to help seniors live safely, enjoy good health and stay involved in activities.
- **Home modification services or programs:** Programs that help seniors make changes to their homes that will make it safer for them to live there. They may help people pay for the modification, find people to do the work, and know what changes to make.

## FALLS

- **Interventions**: A combination of programs and strategies that are supposed to make people change their behavior. They can be targeted toward a single person or a whole group. They may include educational programs, new or stronger policies, changes to the environment, or a health promotion campaign. Interventions that include multiple strategies are typically the most effective in producing desired and lasting change.
- **Multidisciplinary falls prevention program**: Programs that bring together several different fields to help prevent falls. These might include things like exercise classes that also include education and medication review
- **Screening tools**: A checklist or series of questions and/or physical tasks used by professionals or volunteers to see how likely a senior adult is to fall or be injured in their home.
- **Strength and balance classes**: Classes that build strength and improve balance for seniors. This helps them become strong and flexible to avoid injuries from falls.

## VIOLENCE

- **Bullying**: Unwanted, aggressive behavior among people where one person is or is thought to be more powerful than the other. The behavior is repeated or could be repeated over time.
- **Citizens on patrol**: a program where regular people are screened, background checked and trained by their local law enforcement agency. They can then patrol their neighborhoods acting as “eyes and ears” for police and other law enforcement.
- **Domestic violence**: Violent or aggressive behavior within the home. The violence could be physical (hitting, cutting, smacking) or psychological (controlling, yelling, lying). It usually involves the abuse of a spouse or partner.
- **Gun-free policy**: A policy that does not allow guns or other firearms in a certain area.
- **Natural access control surveillance strategies**: Natural access control relies on doors, fences, shrubs and other physical things to keep people out of a certain place. In its most basic form, access control can be achieved in individual home or businesses with locks, doors and window barriers. It can be as simple as putting the office at the front of the warehouse.
- **Safe and secure gun storage**: Ways of storing guns that make it hard for people other than the owner to access them. This includes trigger locks, gun safes and lock boxes.
- **Sight lines**: The chosen line of vision from a location. When people can't see what is ahead along a path or road due to sharp corners, walls, hills, fences or bushes they may feel unsafe. Clearing brush, lowering fences, moving items back from the street are all ways to improve the sight lines along a path.

## VIOLENCE

- **Surveillance teams:** A group of trained people who monitor suspicious activity in a certain area. They are similar to Citizens on Patrol or Neighborhood Watch.

## PEDESTRIAN AND BICYCLE SAFETY

- **Americans with Disabilities Act:** Protects people living with disabilities. It also protects people no matter their race, color, sex, age, religion or where they come from. It makes sure people living with disabilities have the same access to public spaces, jobs, buses, sidewalks, and state and local government services as everyone else. Learn more at <http://www.ada.gov/>.
- **Bike facilities:** Changes made by the community that can make it easier for people to ride their bikes. They may also encourage people to use bikes more often. They may be things like bike racks, storage or parking areas, and shared roadways or paths.
- **Bike lanes:** A portion of the road that has been marked for bicycles. This might include signs, stripes, or other markings on the pavement that make it clear bicycles are allowed.
- **Complete streets:** Streets that allow everyone to use them, no matter how they move around. They work well for those who drive cars or motorcycles, ride public buses, walk, or ride bikes. They are also safe for all users including people living with disabilities. Learn more at: <http://www.completestreets.org/changing-policy/>
- **Mixed land use:** Having mixture of different types of places located close together. Think about a street where you have shops on the ground floor, with apartments above. There might be a school on the next block and a park next to that. There won't be large areas that are only shopping or only houses. Everything is mixed together. This type of community makes it easy for people to walk rather than drive to places because everything is close together.
- **Public recreation facilities:** Public spaces that have at least one thing that helps people be more active. This might include a trail or path for walking, biking, or hiking. It could also be an open play field, play area, or playground.
- **Reasonable walking distance:** One mile.
- **Safe Routes to School:** A program that tries to encourage more students to walk or bike safely to and from school. It includes education, encouragement, enforcement, engineering, and evaluation strategies.
- **Shared use paths or trails:** A path or trail for people who are walking, biking, skating, or using scooters. It is usually made of concrete. It can be used to get from one place to another, for exercise, or just for fun.

### MOTOR VEHICLE SAFETY

- **Child restraint**: A device used to control and protect a child in a motor vehicle such as a seatbelt or car seat.
- **Child safety car seats**: Car seats designed for children to prevent injury or death in the event of a car accident while driving.
- **Harm reduction**: Any positive step in a direction for improved health and wellness when driving.
- **Reckless drivers**: Drivers who may be distracted, speeding, displaying unsafe behavior and other traffic violations that could potentially harm themselves or others.
- **Traffic calming measures**: Physical changes to the road or area around the road that cause drivers to slow down or drive more carefully. They will improve the safety of people walking, biking or using the road in other ways. They may include central islands, roundabouts, speed bumps or humps, narrowing the road, or adding on road parking.

### CHILD SAFETY

- **Fire escape plan**: A plan that shows you what to do in the event of a fire. This may include how to get out of the house from different rooms, where to meet if you get separated and any potential fire hazards like oxygen tanks or flammable cleaners.
- **Playground safety checks**: Checking playgrounds for safety hazards and compliance with current standards. This makes sure that playgrounds are free from any hazards (e.g. work hangers, missing fasteners).
- **Prescription drug disposal**: Places where people can get rid of unwanted prescription drugs in a safe and responsible way. This includes drug drop boxes which are usually located at police departments or other secure locations. There are also two national Prescription Drug Take Back Days every year where communities can hold a single day event to collect unwanted prescription drugs. These strategies prevent children and others from abusing the drugs. It also keeps people from flushing drugs down the toilet which can allow them to get into local water ways.
- **Safe sleep**: Things that parents or other care givers can do to help reduce to risks of babies dying in their sleep. This includes putting the baby on his or her back on a firm flat surface like a crib or pack-n-play, without any blankets, toys or bumpers. This is known as the ABCs of safe sleep: **A**lone, on their **B**acks and in a **C**rib (that ABCs).
- **Supervisory blueprint**: Basic rules or procedures for adults supervising the playground to follow so that everyone is safe.

### CHILD SAFETY

- **Supervisory practices:** The ways that adults are watching kids on a playground.
- **Surfaces:** Things on the ground that make it safer for children to play without injury (e.g. rubber flooring, mulch).