



DEFENSE *and* VETERANS BRAIN INJURY CENTER



TBI Awareness

PRIMARY PREVENTION OF TBI

In many cases, TBI can be preventable. The following are tips for minimizing the risk of sustaining a TBI both on the battlefield and at home.

Prevention in a combat setting:

- Wear helmet or other appropriate head gear when on patrol or in other high risk areas
- Wear safety belts when traveling in vehicles
- Check for obstacles and loose debris before climbing/rappelling down buildings or other structures
- Inspect weapons prior to use
- Verify target and consider potential for ricochet prior to firing weapon
- Maintain clean and orderly work environments that are free of foreign object debris
- Be aware of what is on the ground around you at all times when aircraft rotors are turning
- Use care when walking on wet, oily or sandy surfaces
- Employ the buddy system when climbing ladders, working at heights

Prevention at home:

- Wear a seat belt every time you drive or ride in a motor vehicle
- Never drive while under the influence of alcohol or drugs
- Always buckle your child into a child safety seat, booster seat, or seat belt (depending on the child's height, weight, and age) in the car
- Wear a helmet and make sure your children wear helmets when:
 - Riding a bike, motorcycle, snow mobile, or all-terrain vehicle
 - Playing a contact sport, such as football, ice hockey, or boxing
 - Using in-line skates or riding a skateboard
 - Batting and running bases in baseball or softball
 - Riding a horse
 - Skiing or snowboarding
- Avoid falls in the home by:
 - Using a step stool with a grab bar to reach objects on high shelves
 - Installing handrails on stairways
 - Installing window guards to keep young children from falling out of open windows
 - Using safety gates at the top and bottom of stairs when young children are around
 - Maintaining a regular exercise program to improve strength, balance, and coordination
 - Removing tripping hazards, using non-slip mats in the bathtub and on shower floors, and putting grab bars next to the toilet and in the tub or shower
 - Make sure the surface on your child's playground is made of shock-absorbing material (e.g., hardwood mulch, sand)

Keep firearms stored unloaded in a locked cabinet or safe. Store bullets in a separate secure location

ADDITIONAL RESOURCES

[US Army Combat Readiness \(USACR\) Safety Center](#)

The USACR Safety Center supports our Army by collecting, analyzing and disseminating actionable information to assist Leaders, Soldiers, Families and Civilians in preserving/protecting our Army's combat resources