



Prevent Spinal Cord Injury at YOUR School

The Hunter region has a high number of spinal cord injuries compared to any other regional area in NSW.

Statistics reveal that the most common age group to acquire a spinal cord injury is between **15 to 24 years of age** which is nearly 25% of all cases.

Each year in Australia there are approximately 300-400 new cases of spinal cord injury (SCI). **Approximately 52% of these accidents are transport-related in Australia with males dominating at 83%.**

To foster prevention amongst our youth, ParaQuad NSW with support of the NSW Mining Advisory Council, has developed the "Mind Your Back Pack" program which aims to provide education about Spinal Cord Injury and Spinal Cord Injury prevention. This program involves a visit to your school by one of our friendly ParaQuad staff members along with a ParaQuad guest speaker who has a spinal cord injury.

This presentation will:

- Educate students about Spinal Cord Injury and Spinal Cord Injury Prevention;
- Communicate risk, safety and prevention messages and tips to avoid a spinal cord injury;
- Educate students on disability awareness to promote social inclusion; and
- The opportunity to listen to a ParaQuad guest speaker who has a Spinal Cord Injury.

As part of this presentation, students will be provided will educational resources such as spinal cord injury fact sheets, prevention messages, links to the spinal cord injury prevention website which includes a range of online educational resources.



Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

www.mindyourback.com.au