

SAFETY ASPECTS OF PHYSICAL EDUCATION



A PE lesson will often start with the teacher explaining the safety rules for an activity.

PREVENTION OF INJURY

There are a number of things sportspeople can do to prevent injuries from occurring:

WRITE A LIST OF ALL THE REASONS YOU CAN THINK OF!!



SPORTS SAFETY

HOW CAN YOU AVOID GETTING INJURED

1. Abide by the rules of the activity. These are designed with the safety of the competitors in mind.

Can you give specific examples of rules which are designed to try and prevent injury to a sportsperson?

Think

Football, Soccer, Hockey, Baseball as a start



A yellow card
First warning in football (soccer) for a foul.



A red card

A second yellow card,
or a violent act earns
a red card.



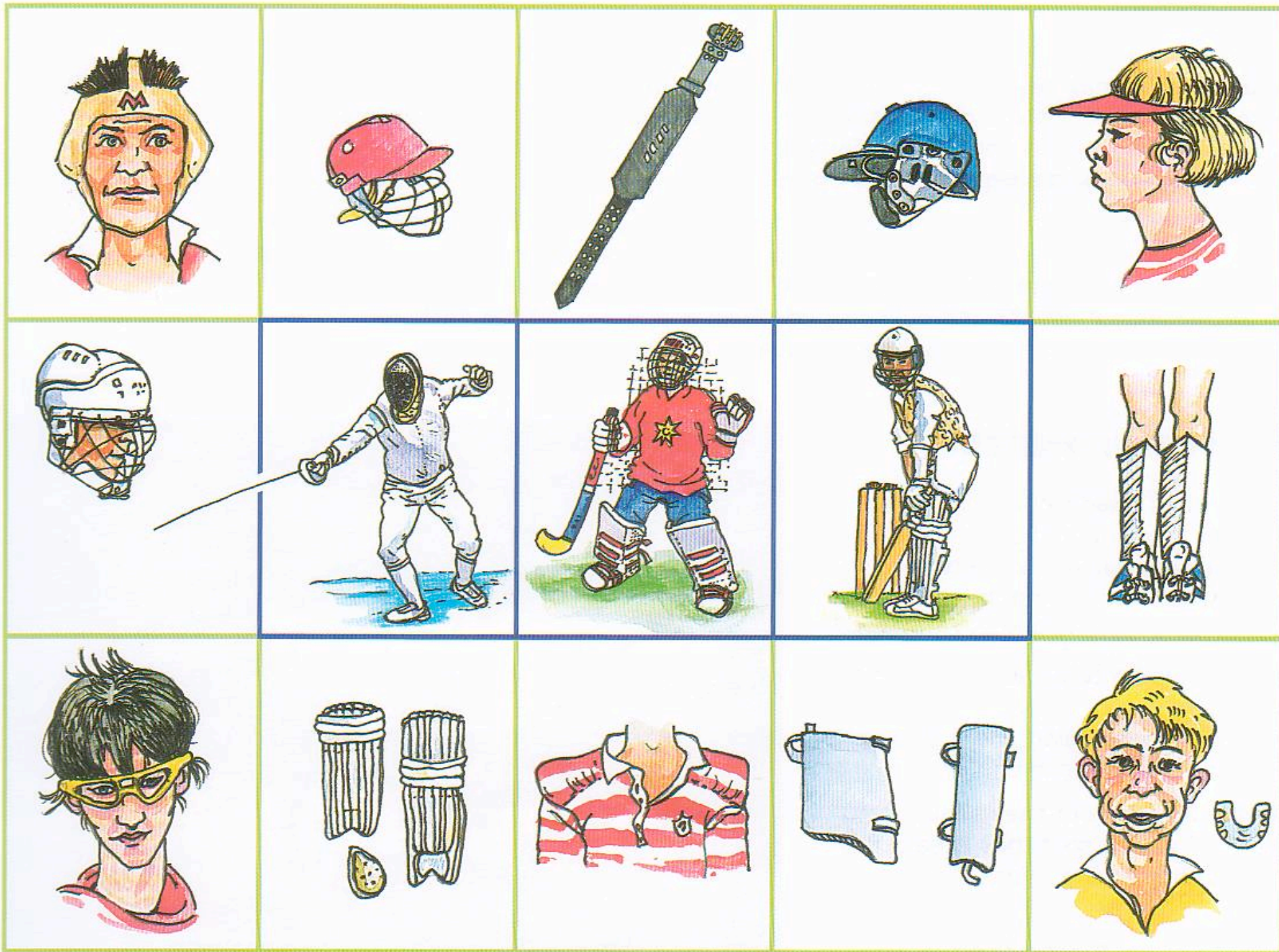
In Ice Hockey players are sent by the referee to the penalty box for an infraction of the rules.

Referees and umpires should be obeyed. Their decisions help protect players from injury.



2. Wear protective clothing- Don't wear anything that might injury an opponent or team mate.

Make a list of 10 sports and indicate the protective clothing or equipment used by that activity.





Fencing requires face and body protection



Hockey goalkeeper wears protective
Sportswear.

Wearing the correct safety equipment will help prevent injuries.



2. Wear appropriate footwear.

Can you give any examples and explain the importance of each type of footwear.

Soccer Footwear



Gymnastics Footwear



Track Footwear



Climbing Footwear





Shoe with heel cup to absorb the shock as
The heel lands.

4. Play in balanced competition

Can you give any examples of where sports are differentiated to try and make things equal.

- a. Weight category
- b. Gender
- c. Age group

Boxing



Weight categories ensure a fair competition

Boxing



**Women compete against women and men compete
Against men**



Sometime competitors in the same age band are
Clearly mismatched

SUMMARY

Match It

Hazard

Prevention

Pulled muscles

Make sure posts are padded

Broken glass on field

Wear mouth guards

Damage to teeth/mouth

Check equipment for damage

Sharp edge to hockey stick

Check playing surface

**Injury from collision with
post**

**Check that no one is in the
throwing area**

**People being hit by thrown
objects**

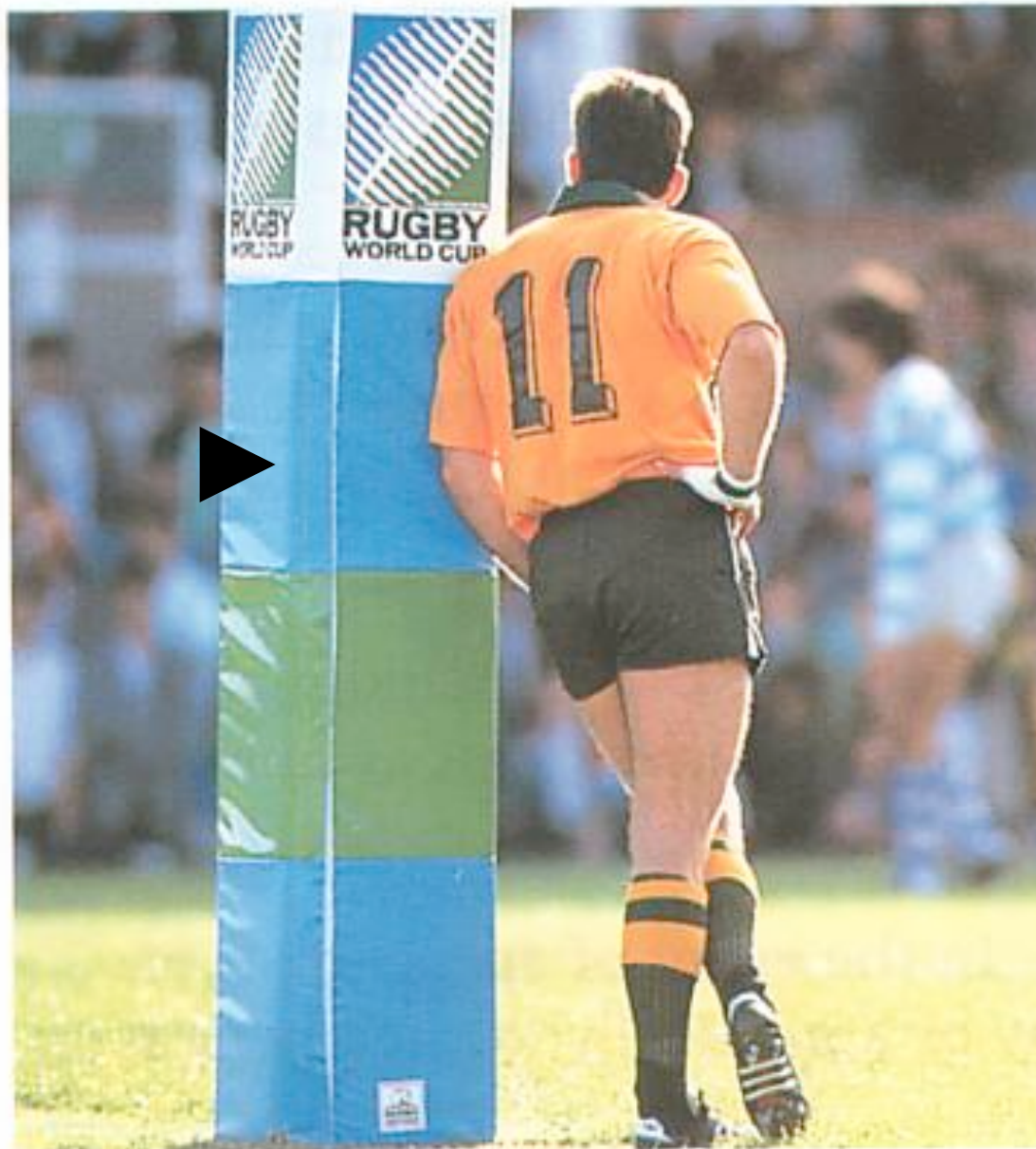
Always warm up

**SEE IF YOU CAN SPOT THE 12
HAZARDS SHOWN IN THE FOLLOWING
PICTURE.**



**CAN YOU GIVE OTHER EXAMPLES OF
HOW WE CAN PREVENT INJURIES IN
SPORT ?**

Padding on
post



Fencing



Ropes and tools



NO running.

NO fighting.

NO bomb-diving.

NO young children unsupervised.



Injuries in Sports



The dynamic nature of sports means that there is always a risk of injury

It is in the nature of sport that however well players and competitors are protected, however well prepared and however well the competition or game has been organized, at some time injuries will happen.

THESE ARE SOME OF THE MOST COMMON INJURIES







WHAT THEN ARE THE MOST COMMON INJURIES IN SPORTS

1

JOINT INJURIES

Sprain

A **sprain** occurs when a ligament at a joint gets stretched and torn. Twisting your foot when running can give you a sprained ankle. Some sprains are minor. But in a severe sprain the ligament is badly torn and the injury looks like a fracture.

If in doubt, treat it as a fracture

Sprain

Signs and symptoms

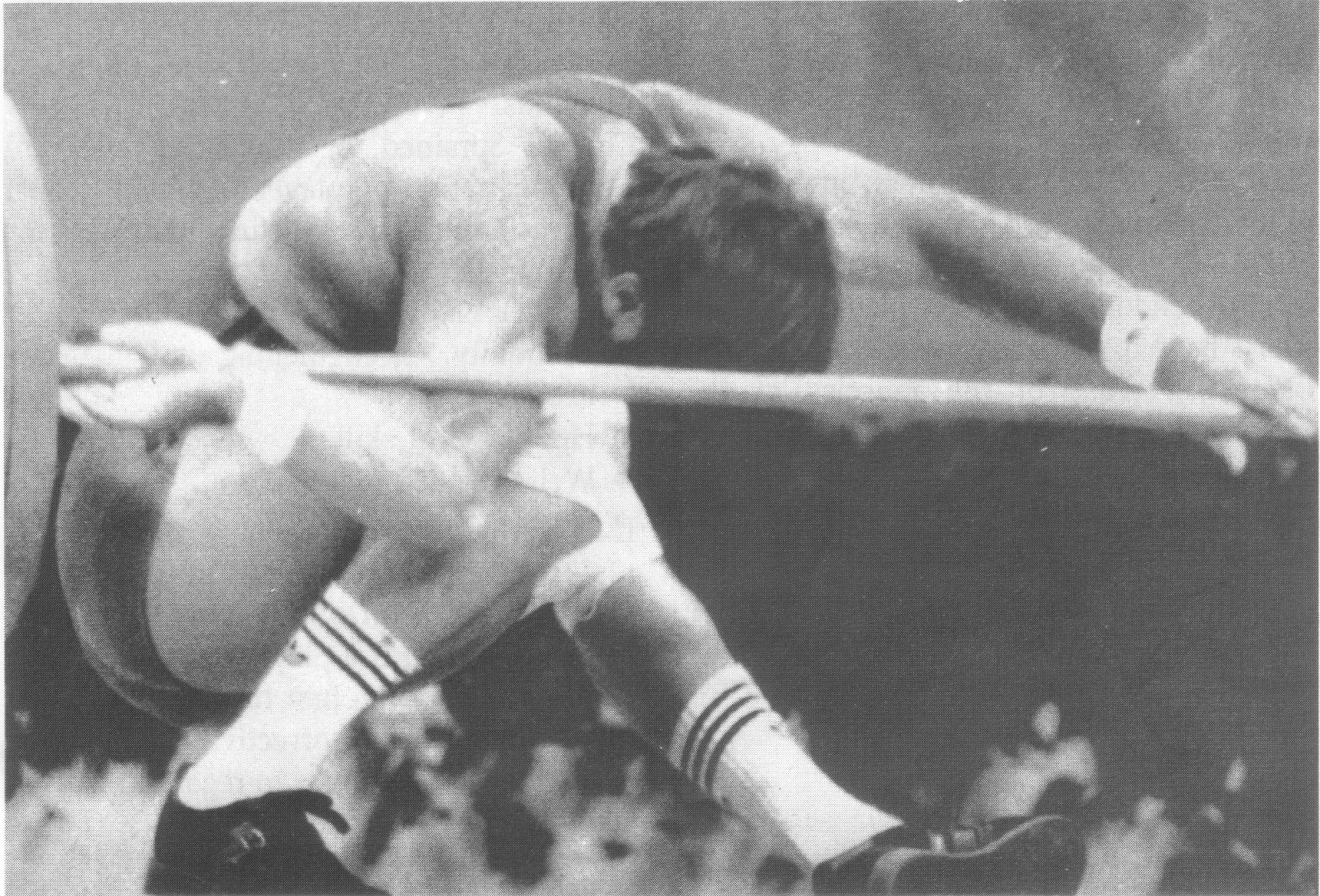
- There is pain and tenderness around the joint, and movement makes it worse.
- Swelling appears around the joint, followed later by bruising.

What can you do

- If in doubt, follow the instructions for a fracture
- For minor sprains follow the **RICE** routine

2

Dislocations



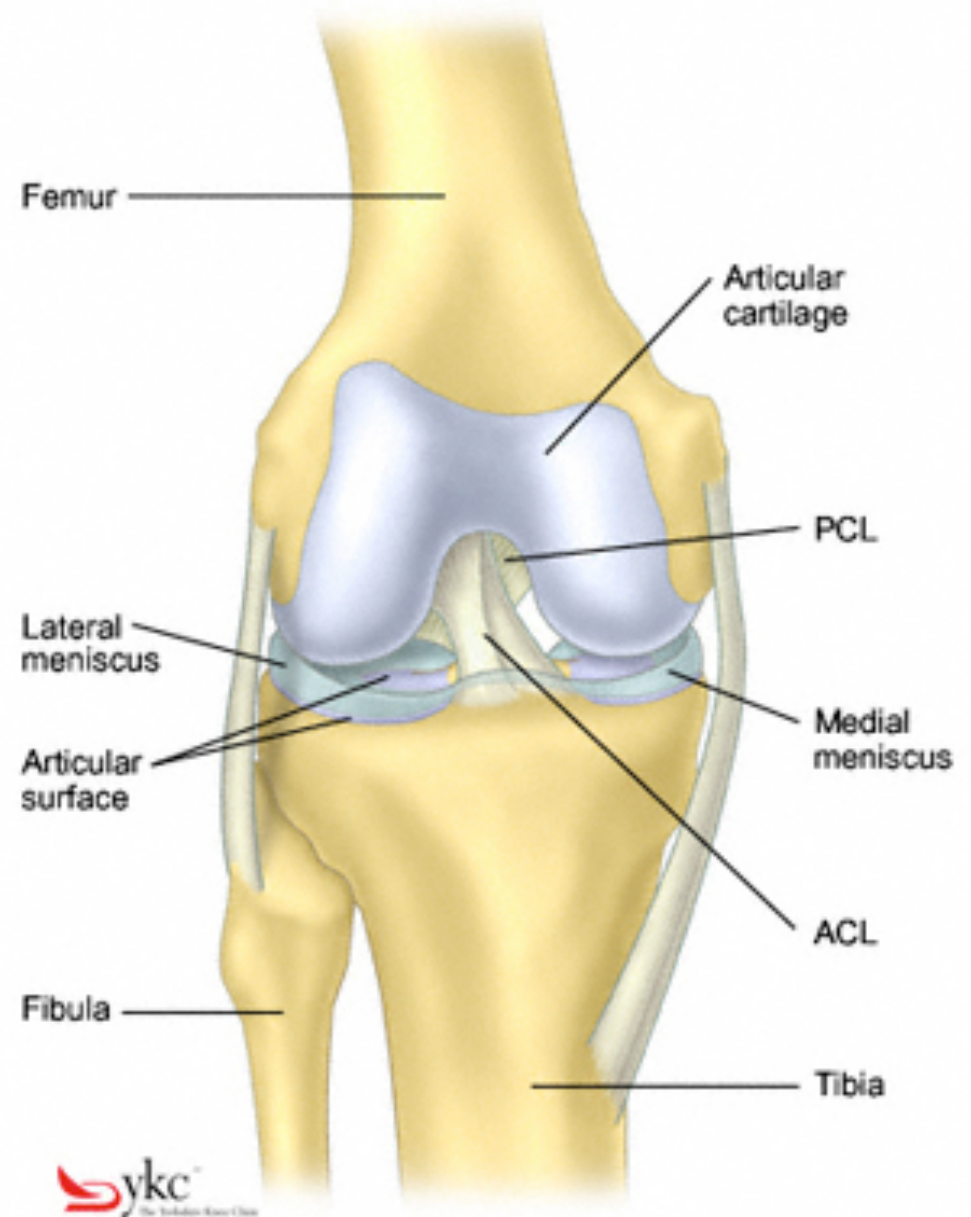
The falling bar hits weightlifter in the head and caused him to dislocate his right elbow and strain his right knee

3

Torn Cartilage

Torn Knee Cartilage

Your knee joint has two special curved pads of cartilage. These may tear when the knee is twisted violently. This is called **torn cartilage**.



Torn Knee Cartilage

Signs and symptoms

- There is pain on one side of the knee
- The joint may 'lock' and not straighten fully for a time
- It may swell later that day or next morning

What can you do

- Use an icepack to reduce the swelling
- Get the athlete to the doctory

Torn Knee Cartilage

Torn cartilage cannot be properly repaired. The athlete must drop out of sport, or have surgery to replace the cartilage with artificial material. Surgery cannot make the joint as good as it was before the injury.

4

Tennis and Golf Elbow

Overuse of the arm
can lead to a
condition know as
tennis elbow



5

Muscle/Soft Tissue Injuries



6

Hypothermia

Hypothermia



Starts as shivering



Sufferer may become abusive



As more heat is lost, the casualty loses consciousness



Long-distance swimmers use grease to keep out the cold

7

Dehydration

In hot weather, athletes need plenty of liquid to avoid dehydration



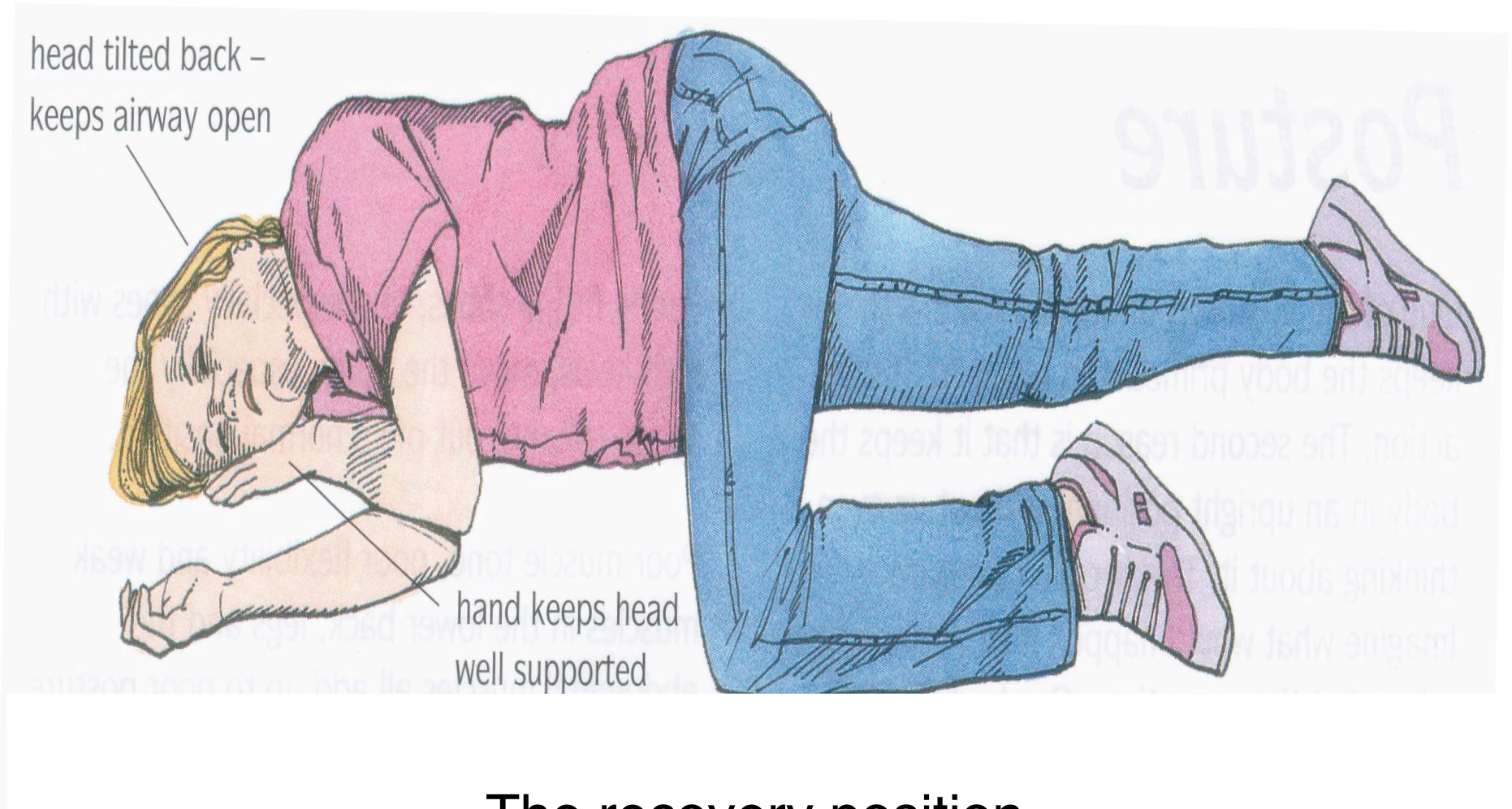


A victim of Heat Exhaustion

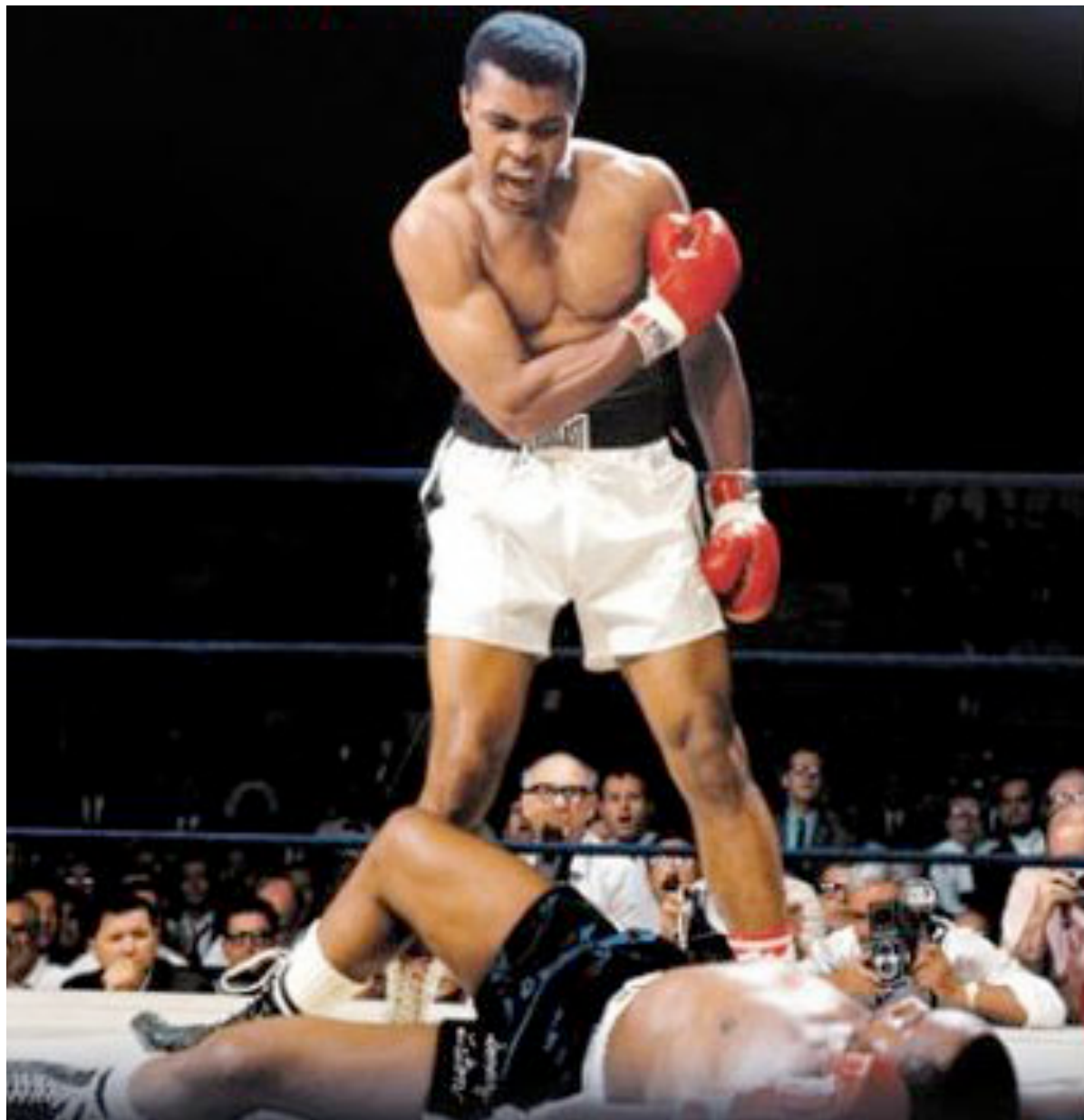
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Unconsciousness

Unconsciousness



The recovery position



Unconsciousness

9

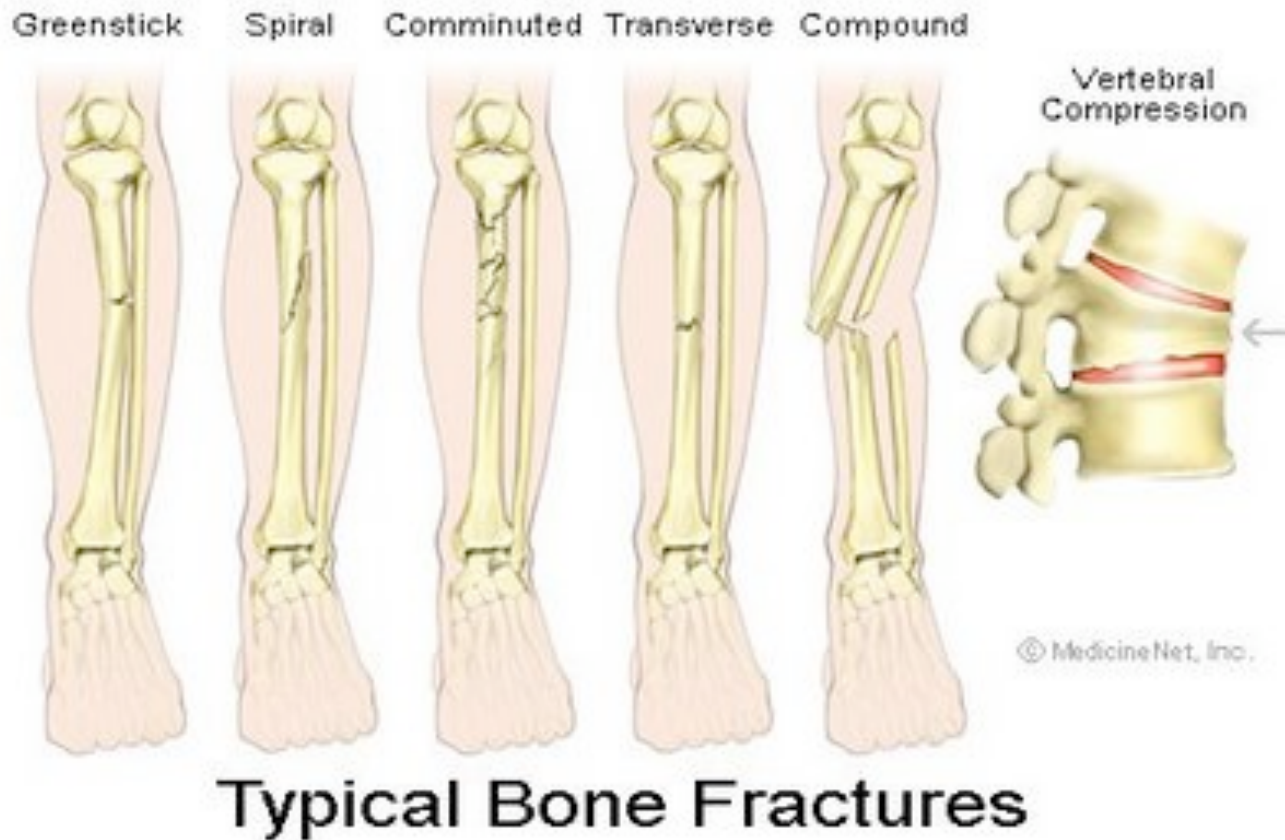
Fractures



A vigorous tackle can result in a fracture

Fractures

A **fracture** is a break or crack in a bone.



Fractures

A **fracture** is a break or crack in a bone.

Since bones contain nerves and blood vessels, a fracture brings pain and bleeding. Bleeding in turn leads to swelling and bruising when the blood leaks into the surrounding tissue.

Fracture

Signs and symptoms

- The casualty may have heard or felt a snap
- There is pain and tenderness around the injury
- The casualty will not be able to move the part normally
- The bleeding leads to swelling - bruising develops later
- The limb may look deformed. For example a foot may be twisted backwards. To check compare the two limbs
- There may be a grating noise when the parts of the cracked bone rub against each other. But don't try to test for this

10

Skin Damage

Cuts

Grazes

Blisters

Bruises



Boxing has seconds to deal with skin injuries



For severe cuts, it may be necessary for stitches to be used to repair the skin.

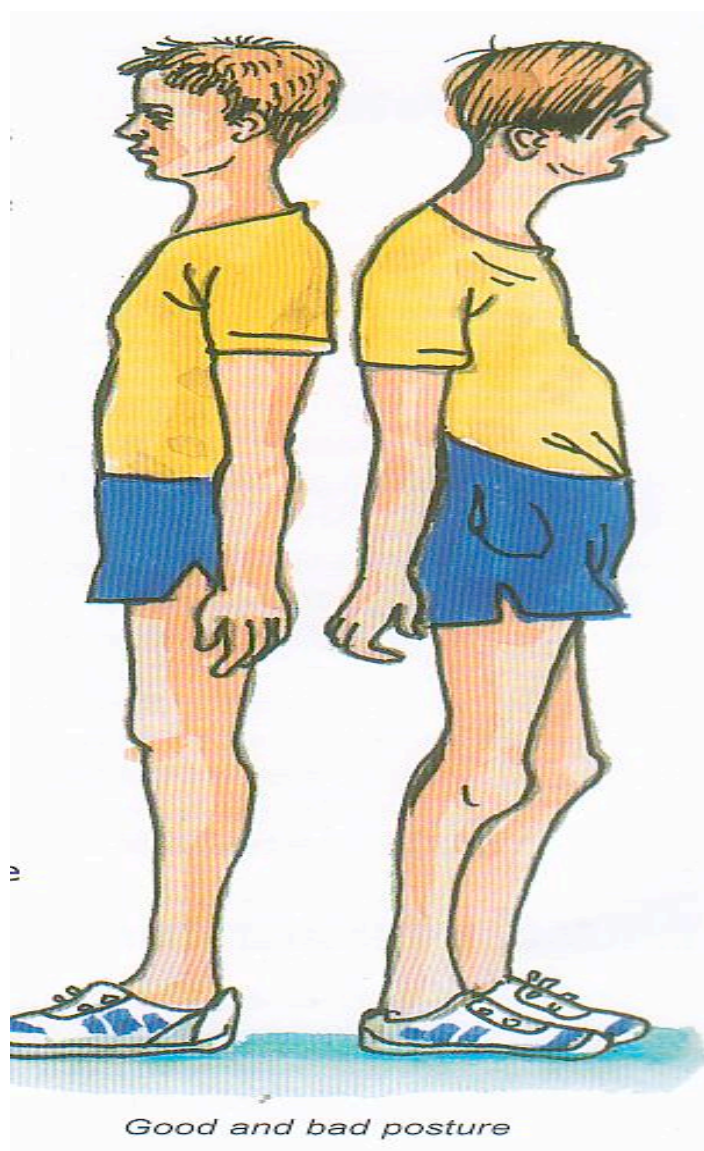


Bruising can result from a heavy fall



Treating blistered feet

POSTURE



It is important to keep our bodies balanced, but we often allow our bodies to stoop or sag.

When this happens our weight becomes unevenly distributed and some muscles are required to carry extra weight, and if they are weak they become tired.

Many people suffer from lower back pain at some time in their life, and continual bad posture is one cause of this.

Working long hours slouched over a desk or sitting in front of a computer can add to the problem.

Poorly fitting shoes, especially high heels, move the body, especially the spinal column, out of its normal position.

Poor MUSCLE TONE, Poor FLEXIBILITY and WEAK MUSCLES in the lower back, legs and the Abdominal muscles all add up to Poor Posture.

On top of this many people are
OVERWEIGHT.



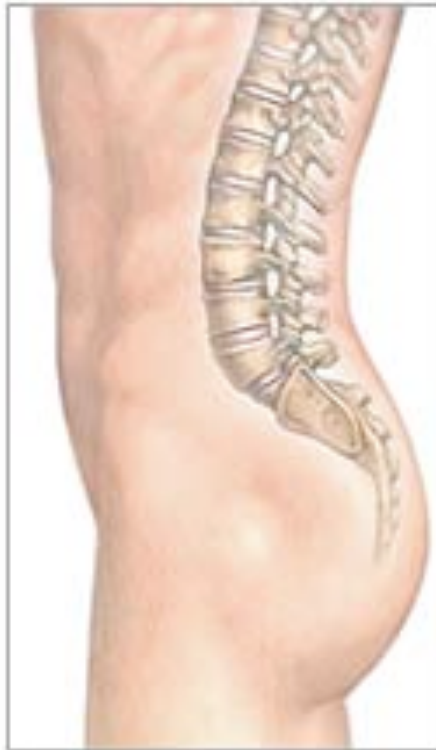
Classic case
of bad
POSTURE

All these are contributory factors to **POOR POSTURE**. The result of which can lead to many different types of injury:

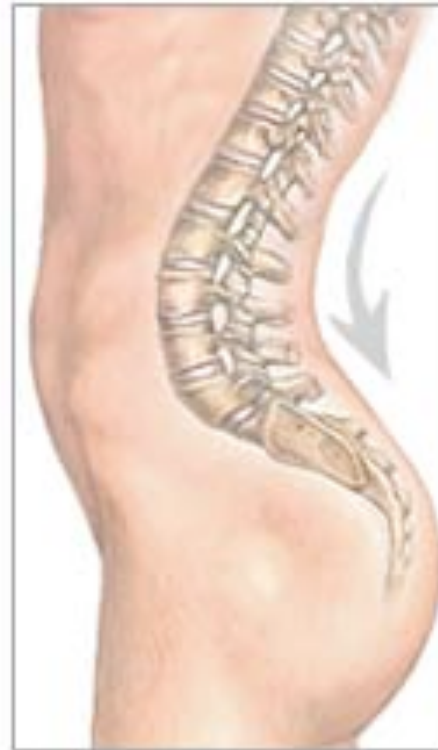
1. **LORDOSIS**
2. **SCOLIOSIS**

Lordosis

Normal spine



Lordosis of the spine



Exaggerated
lumbar
curve



Scoliosis

Scoliotic spine



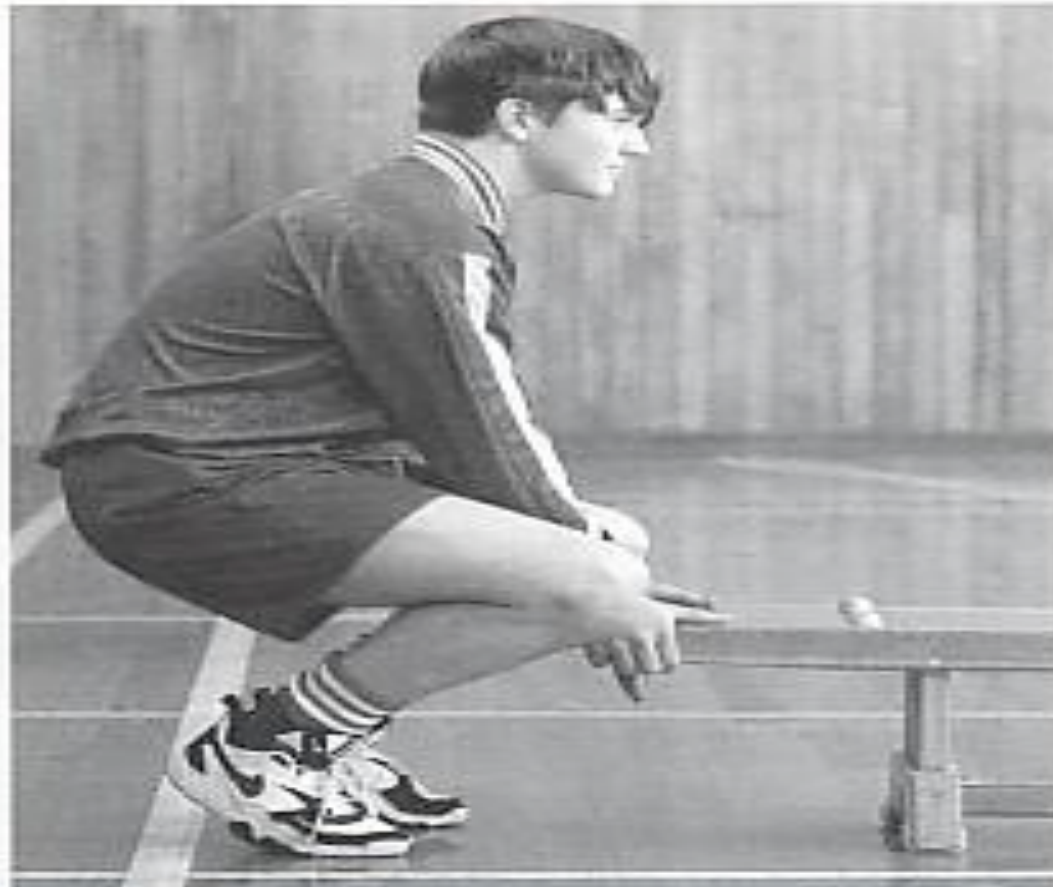
Normal spine





Supermodels
always have
good
posture

It is important to adopt a safe posture when lifting. Lift with the legs, keep the back straight.

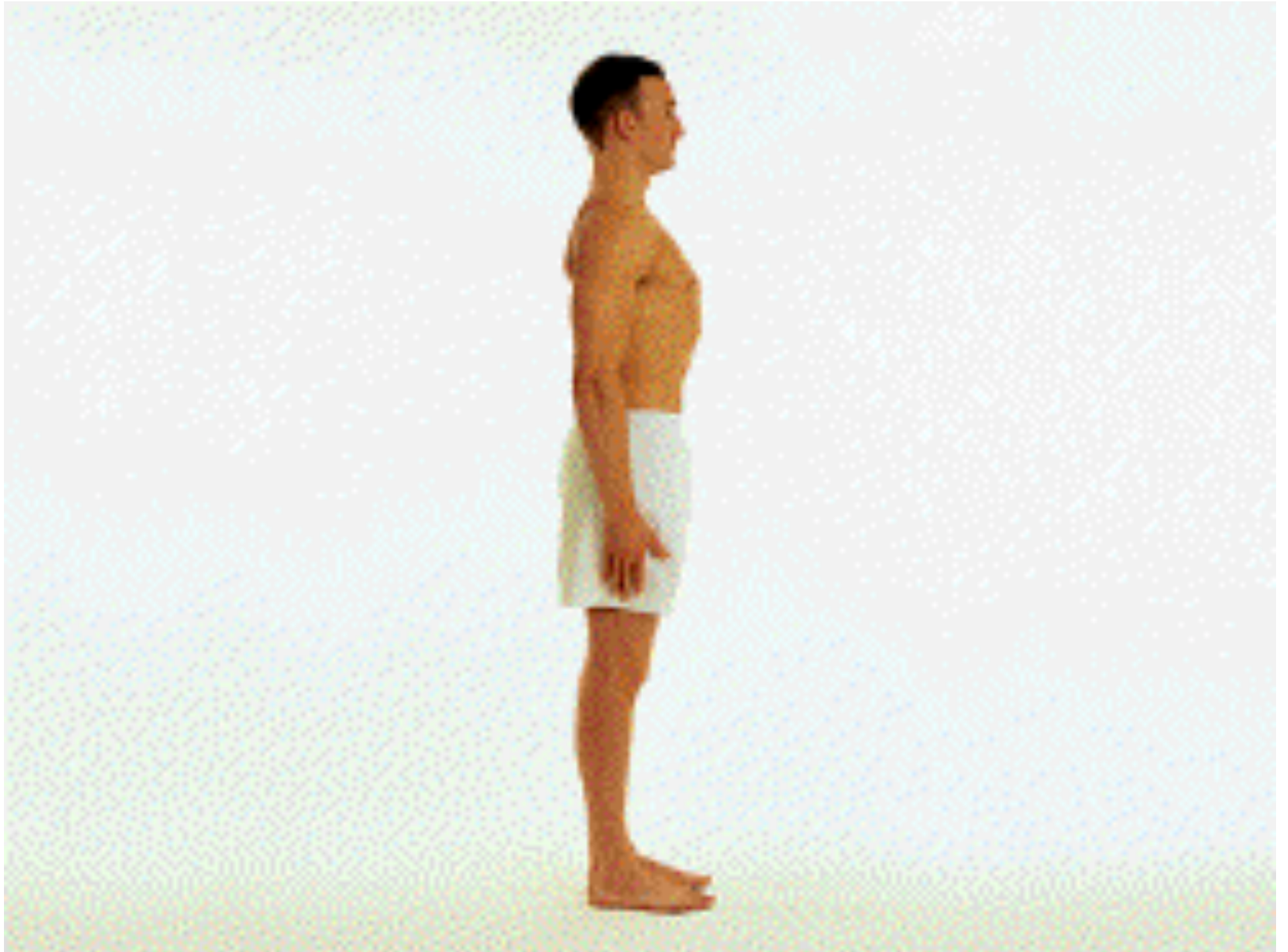




Adopt a good posture:

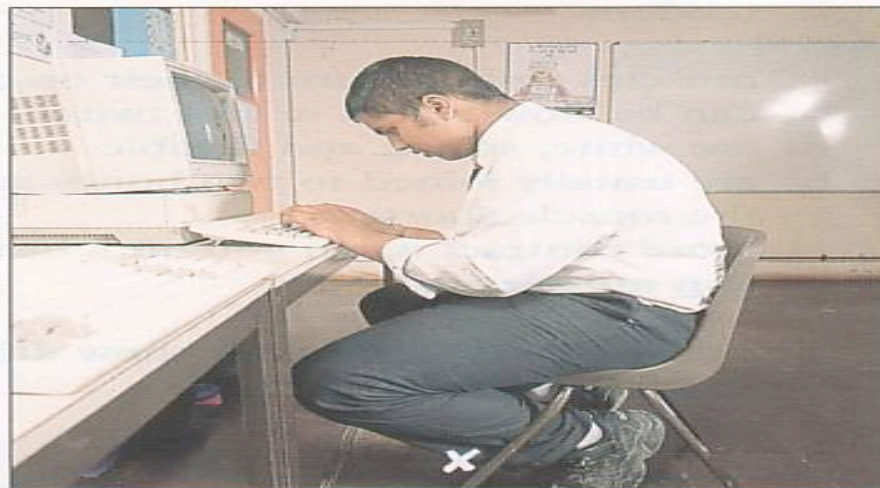
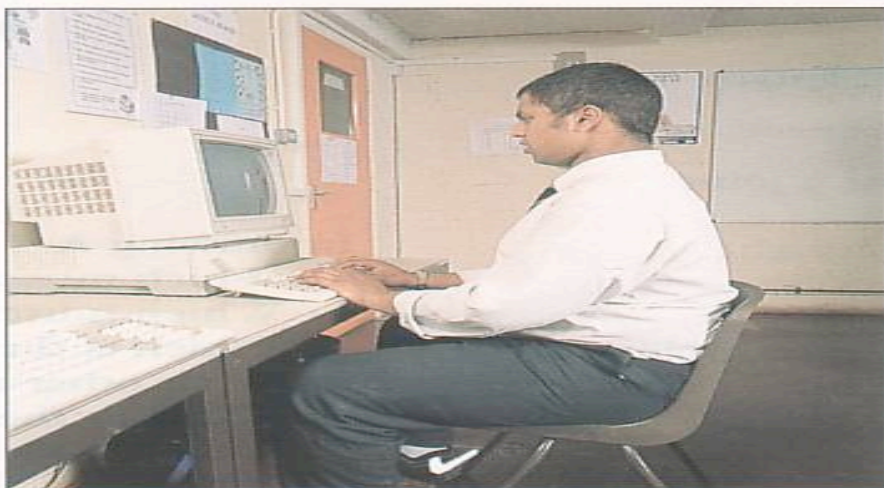
1. Stand upright
2. Head well balanced over the shoulders
3. Spinal column straight above the hips.
4. Knees straight
5. Feet square on the ground











SO HOW DO WE IMPROVE OR MAINTAIN A GOOD POSTURE ?

STRENGTH WORK, be it strength exercises or weight training, improves **MUSCULAR STRENGTH** and **MUSCLE TONE**.

This in turn improves posture, combined with **FLEXIBILITY** exercises.