Let’s Get Smart About Staying Safe

Injury Prevention Education
Injury Prevention Education Programs

Bicycle Safety
1 Hour • All Ages
Our bike safety programs promote helmet use and safe biking practices. Participants use fun, hands-on exercises to learn road rules and the importance of a properly-fitted helmet, as well as how to prevent brain and spinal cord injuries.

Sexual Assault
1 Hour • Teens and/or Adults
Jackson Health System serves children, adolescent and adult victims of sexual assault. Our program focuses on sexual assault prevention and education. Participants learn what to do in the event of an assault, how to help someone else if they are a victim, consequences of a sexual assault are discussed and information about the services provided at the Roxcy Bolton Rape Treatment Center.

Pedestrian Safety
1 Hour • All Ages
This program provides education and hands-on demonstrations regarding safe walking habits and assists schools, parks and other organizations in promoting walking as a healthy, safe means of transportation.

Seat Belt/Car Seat Safety
30-45 Minutes • All Ages
The most important thing you can do to increase your chance of surviving a car crash is to wear a seat belt. During this program, our educators discuss seat belt, car seat, and airbag safety, as well as provide seat belt surveillance for schools and businesses.

Ride Safe. Drive Safe.
1 Hour • Teens and/or Parents
This interactive hands-on program provides information on safe driving behaviors and addresses seat belt use, the impact of inexperience, passenger safety, and distracted driving. Participants can visualize alcohol impairment using special goggles.

Drinking And Driving Dangers
30 Minutes - 1 Hour • Adults
Participants learn how quickly alcohol affects their balance, vision, and reaction time and, therefore, driving ability. Utilizing special goggles, this program allows you to see the effects of “impairment” without actually being impaired.

Drug Use/Abuse/Addiction
45 Minutes • All Ages
Learn what drugs really do to your body in this presentation. The program includes information about tobacco, cocaine, methamphetamines, heroine, steroids, and more.

Fall Preventions
1 Hour • Older Adults and Family Members
Falls are the leading cause of injury-related deaths among older adults. In fact, each year more than one-third of older adults in the United States experience a fall. This program covers indoor and outdoor fall prevention, tips to stay active, effects of medication, and what to discuss with your healthcare provider.

Burn Safety
45 Minutes • All Ages
Our burn safety class provides information on the importance of smoke alarms, safe cooking practices, “stop, drop and roll,” who to call for help, escape routes, and more.

Health And Safety Fairs
All Ages
Jackson Health System participates in many health and safety fairs at schools, clinics, churches, businesses and community centers throughout Miami-Dade County, providing information and demonstrations on a variety of injury prevention topics.

Water Safety
1 Hour • All Ages
In South Florida, where water surrounds us, water safety is essential. This program addresses the risks of lake and canal swimming, how to escape a rip current, as well as general water, pool, and beach safety. Instructors will also present information about safe boating practices.

Power of Parents, It’s Your Influence
45 minutes • Adults
This evidenced based program empowers and encourages parents, guardians, families, and friends to talk to their kids in your life about alcohol. Youths whose parents discuss alcohol with them freely and regularly are less likely to make bad choices such as underage drinking, driving impaired and binge drinking. Three out of four kids say their parents are the #1 influence on their decisions about drinking, so start talking!
If you would like our team to present our free programs to your group, please contact us at least 30 days ahead of time to facilitate scheduling.