



## OUR MISSION

To provide superior quality health care to Riverside County residents with a special focus on individuals and populations in need.

## OUR VISION

To benefit all residents of Riverside County by serving as an academically affiliated primary, secondary, and tertiary level health care center, with a tradition of superior quality and service.

## OUR VALUES

|                               |  |
|-------------------------------|--|
| <b>Commitment:</b>            | superior service to all  |
| <b>Compassion:</b>            | service with respect, dignity and sensitivity                                    |
| <b>Integrity:</b>             | the highest level of ethical and professional conduct                            |
| <b>Fiscal Responsibility:</b> | careful use of scarce resources  |
| <b>Quality:</b>               | achieve the best outcomes  |
| <b>Safety:</b>                | make patient safety the utmost concern   |
| <b>Innovation:</b>            | encourage creativity and a willingness to accept new ideas                       |
| <b>Collaboration:</b>         | value and cultivate teamwork among all staff and outside organizations or groups |
| <b>Community:</b>             | reflect community needs in planning for services                                 |
| <b>Diversity:</b>             | recognize the values and diversity of staff, patients and community              |



MORONGO  
BAND OF  
MISSION  
INDIANS



### RIVERSIDE COUNTY REGIONAL MEDICAL CENTER

MORENO VALLEY CAMPUS—MEDICAL CENTER  
26520 CACTUS AVENUE  
MORENO VALLEY, CA 92555  
951.486.4000

ARLINGTON CAMPUS—PSYCHIATRIC CARE FACILITY  
9990 COUNTY FARM ROAD, SUITE 2  
RIVERSIDE, CA 92503  
951.358.4700

[www.rcrmc.org](http://www.rcrmc.org)

### TRAUMA INJURY PREVENTION PROGRAM Supported by the Morongo Special Distribution Grant



## Skate and Bicycle Safety Tips

*Working with Our Community  
In Keeping Everyone Safe.*





## SKATEBOARD SAFETY

Accidents are Preventable!

- Always wear protective safety gear. Safety gear should fit comfortably and not impede movement.
- Never ride on a bumpy surface. A majority of skateboarding accidents and injuries occur as a result of people simply falling off of their skateboards when they hit a bump or pothole in the road.
- Learn how to fall. When you feel yourself beginning to lose your balance, try to crouch down on the skateboard. This will shorten the distance of the fall which will potentially reduce the severity of the fall. Additionally, try to roll with the fall, rather than trying to suddenly stop.
- Perform a safety inspection. Closely look at the moving parts of the skateboard to make certain that everything is safe and secure. Also, make sure the grip tape on top of the skateboard is smooth and not fraying.
- Do not skate above your skill level. Take the time to build your skills.
- Understanding the fundamentals of the sport will decrease the likelihood of serious injury.

Approximately, 800 people die in the U.S. from bicycle crashes each year.

## BICYCLE SAFETY

- Wear a helmet.
- Never ride out into a street without stopping and looking first left, then right, then left again.
- Obey stop signs.
- Check behind before turning, swerving, or changing lanes.
- Always ride on the right hand side of the road.
- Never follow another rider without applying the rules.



Approximately, 800 people die in the U.S. from bicycle crashes each year. Most deaths are the result of head injuries. Many victims of bicycle accidents that result in head injuries suffer varying levels of brain trauma that may negatively affect the quality of life. Brain damage can cause many problems including learning disabilities or personality changes. Hospital emergency room studies show that about 85% of head injuries can be prevented by wearing a helmet.

## SCOOTER SAFETY

- Wear protective gear. When selecting a helmet make sure it is designed for the intended activity. Elbow and knee pads are recommended for additional protection.
- Make sure the scooter fits the size of the rider.
- If the rider is inexperienced, have someone supervise while they are riding their scooter.
- Wear sturdy shoes when riding the scooter.
- Ride the scooter in safe areas away from cars and pedestrians.
- Review safety rules with the rider and make sure the rider understand the safety rules.



In the US over the last year, over 40,000 people were taken to hospital emergency rooms after suffering injuries from riding scooters. Most of the injuries were to kids under 15!