

DAY 4 – THURSDAY, 6TH AUGUST 2026

INJURY FREE INDIA

"Prevent Injuries • Save Lives"

Theme

Safety is the Best Treatment



IOA BONE & JOINT WEEK 2026
DAY 4 – THURSDAY, 6TH AUGUST 2026
INJURY FREE INDIA
"Prevent Injuries • Save Lives"
THEME: SAFETY IS THE BEST TREATMENT



DURATION: 1 HOUR

This program is designed to be simple, practical, and easy to conduct in industries, factories, schools, transport companies, hospitals, colleges, housing societies, and community organizations.

1 WELCOME & INTRODUCTION (5 MINUTES)


Briefly explain that most orthopaedic injuries are preventable through awareness, safe practices, and early action.

FOCUS AREAS:

- Road Safety
- Workplace Safety
- Sports Safety
- Home Safety
- Occupational Hand Injury Prevention

2 INJURY PREVENTION AWARENESS TALK (15 MINUTES)

Discuss the Five Major Causes of Preventable Injuries:

ROAD SAFETY

- Helmet use for two-wheelers
- Seat belts for all occupants
- Avoid speeding and mobile phone use while driving

INDUSTRIAL SAFETY

- Personal Protective Equipment (PPE)
- Machine guarding
- Safe lifting techniques

SAFE HANDS PROGRAM

- Prevent occupational hand injuries
- Proper use of gloves
- Safe handling of machinery
- Emergency response after hand injuries

SPORTS SAFETY

- Warm-up before sports
- Protective gear • Hydration
- Avoid overtraining

HOME SAFETY

- Prevent slips and falls
- Safe stair usage
- Childproofing and elderly safety

3 PRACTICAL SAFETY DEMONSTRATION (20 MINUTES)

Demonstrate:

- ✓ Correct helmet fitting
- ✓ Correct seat belt positioning
- ✓ Proper lifting posture
- ✓ Safe handling of industrial tools
- ✓ First aid for fractures and sprains
- ✓ Emergency response during accidents



If conducted in an industry, demonstrate workplace-specific safety practices.

4 "SAFETY SAVES LIVES" PLEDGE (10 MINUTES)


INJURY PREVENTION PLEDGE

"I pledge to follow safe practices at home, on the road, at work, and during sports. I will use protective equipment, promote injury prevention, and encourage others to adopt a culture of safety."

5 QUESTION & ANSWER + GROUP PHOTOGRAPH (10 MINUTES)


- Answer participant questions.
- Distribute injury prevention leaflets.
- Take a group photograph with the Injury Free India banner.



FIVE GOLDEN RULES OF INJURY PREVENTION

- 1 Wear a helmet and seat belt every time.
- 2 Use protective equipment at work.
- 3 Follow safe lifting techniques.
- 4 Warm up before sports and physical activity.
- 5 Prevent hand injuries—Protect your most valuable tools.

WHAT EVERY ORTHOPAEDIC SURGEON NEEDS

- One industry, school, office, or community venue
- Injury Free India awareness poster
- Safety demonstration materials (helmet, gloves, PPE if available)
- One-hour session
- Mobile phone for documentation

No elaborate setup is required.

IDEAL VENUES

- Industries & Factories
- Transport Companies
- Schools & Colleges
- Police Departments
- Construction Sites
- Corporate Offices
- Sports Academies
- Housing Societies
- Hospitals

DOCUMENTATION

Each organizing chapter should submit:

- ✓ 5-10 photographs
- ✓ One group photograph
- ✓ Number of participants
- ✓ Venue details
- ✓ One-page activity report

Share photographs and videos on the IOA CSRC WhatsApp Group.

SUBMIT REPORT

Email the report to:

chairman.csrcioa@gmail.com

NATIONAL MISSION

One Industry • One Institution
One Hour • One Safer Community

If every orthopaedic surgeon conducts just one one-hour Injury Free India program, thousands of preventable fractures, road traffic injuries, occupational hand injuries, and sports injuries can be reduced through simple awareness and safe practices.



CAMPAIGN SLOGAN
PREVENTION IS PROTECTION.
SAFETY IS THE BEST TREATMENT.

INDIAN ORTHOPAEDIC ASSOCIATION
Bone and Joints in Safe Hands

PRESENTATION YOUTUBE

https://youtu.be/mbqt_THBqnk

MOBILE PRESENTATION

<https://youtu.be/9g0SyyxQudc>

Duration: 1 Hour

This program is designed to be **simple, practical, and easy to conduct** in industries, factories, schools, transport companies, hospitals, colleges, housing societies, and community organizations.

1. Welcome & Introduction (5 Minutes)

Briefly explain that **most orthopaedic injuries are preventable** through awareness, safe practices, and early action.

Focus Areas:

- Road Safety
- Workplace Safety
- Sports Safety
- Home Safety
- Occupational Hand Injury Prevention

2. Injury Prevention Awareness Talk (15 Minutes) MAKE PPT, ADD SONG IN PPT

Discuss the **Five Major Causes of Preventable Injuries**:

Road Safety

- Helmet use for two-wheelers
- Seat belts for all occupants
- Avoid speeding and mobile phone use while driving

Industrial Safety

- Personal Protective Equipment (PPE)
- Machine guarding
- Safe lifting techniques

Safe Hands Program

- Prevent occupational hand injuries
- Proper use of gloves
- Safe handling of machinery
- Emergency response after hand injuries

Sports Safety

- Warm-up before sports

- Protective gear
- Hydration
- Avoid overtraining

Home Safety

- Prevent slips and falls
- Safe stair usage
- Childproofing and elderly safety

3. Practical Safety Demonstration (20 Minutes)

Demonstrate:

- ☒ Correct helmet fitting
- ☒ Correct seat belt positioning
- ☒ Proper lifting posture
- ☒ Safe handling of industrial tools
- ☒ First aid for fractures and sprains
- ☒ Emergency response during accidents

If conducted in an industry, demonstrate workplace-specific safety practices.

4. "Safety Saves Lives" Pledge (10 Minutes)

Injury Prevention Pledge

"I pledge to follow safe practices at home, on the road, at work, and during sports. I will use protective equipment, promote injury prevention, and encourage others to adopt a culture of safety."

5. Question & Answer + Group Photograph (10 Minutes)

- Answer participant questions.
- Distribute injury prevention leaflets.
- Take a group photograph with the **Injury Free India** banner.

IDEAL VENUES

- Industries & Factories
- Transport Companies

- Schools & Colleges
- Police Departments
- Construction Sites
- Corporate Offices
- Sports Academies
- Housing Societies
- Hospitals

FIVE GOLDEN RULES OF INJURY PREVENTION

1. **Wear a helmet and seat belt every time.**
2. **Use protective equipment at work.**
3. **Follow safe lifting techniques.**
4. **Warm up before sports and physical activity.**
5. **Prevent hand injuries—Protect your most valuable tools.**

WHAT EVERY ORTHOPAEDIC SURGEON NEEDS

- One industry, school, office, or community venue
- Injury Free India awareness poster
- Safety demonstration materials (helmet, gloves, PPE if available)
- One-hour session
- Mobile phone for documentation

No elaborate setup is required.

DOCUMENTATION

Each organizing chapter should submit:

- 5–10 photographs
- One group photograph
- Number of participants
- Venue details
- One-page activity report

Share photographs and videos on the **IOA CSRC WhatsApp Group**.

Email the report to:

chairman.csrcioa@gmail.com

NATIONAL MISSION

One Industry • One Institution • One Hour • One Safer Community

If every orthopaedic surgeon conducts just **one one-hour Injury Free India program**, thousands of preventable fractures, road traffic injuries, occupational hand injuries, and sports injuries can be reduced through simple awareness and safe practices.

Campaign Slogan

"Prevention is Protection. Safety is the Best Treatment."

INJURY FREE INDIA ANTHEM

"Prevent Injuries • Save Lives"

Indian Orthopaedic Association

Duration: ~90 Seconds

Every road we travel,
Every step we take,
Safety is a promise,
Every choice we make.

Helmet on your head,
Seat belt every ride,
Strong today, safe tomorrow,
Let safety be our guide.

Care at home...
Care at work...
Care in every game we play.
One small habit,
One wise choice,
Keeps injuries away!

Injury Free India... Together we stand!

Building a safer, stronger land.

Indian Orthopaedic Association

Leading hearts and healing hands.

Orthopaedic Surgeons lead the way,

Protecting lives every day.

Prevent Injuries... Save Lives...

Together we'll make India rise!

At the factory,
On the field,
Safety is our greatest shield.

Lift with care,
Use protective gear,
Keep your family safe and near.

Children playing,
Workers strong,
Safe practices all day long.

Every workplace,
Every street,
Let's make safety our heartbeat.

Safe hands...
Safe roads...
Safe sports...
Safe homes...

Awareness today,
Protection tomorrow,
Together we end needless sorrow.

Injury Free India... One Nation Strong!
Safety is where we all belong.

Indian Orthopaedic Association
Working together across our nation.

Orthopaedic Surgeons care for all,
Helping every Indian stand tall.

Wear your helmet... Buckle your belt...
Protect your hands...
Protect your health...

Prevent Injuries... Save Lives!
Safety is the Best Treatment!

 **Injury Free India... Together We Rise!** 

100-Word Suno AI Prompt

Create an uplifting motivational anthem with clear, slow English pronunciation and highly intelligible vocals. Use inspiring Indian contemporary orchestral pop-rock music with acoustic guitar, piano, strings, uplifting percussion, steady rhythm, and children's choir harmonies. Maintain crisp diction so every lyric is easily understood in schools, offices, hospitals, and community events. Theme: Injury Free India. Include Indian Orthopaedic Association, Orthopaedic Surgeons, road safety, workplace

safety, sports safety, home safety, Safe Hands, helmets, seat belts, prevention, responsibility, teamwork, hope, courage, stronger communities, safer futures, empowering chorus, memorable hook, emotional build, energetic finale, ending with **“Prevent Injuries Save Lives”** repeated proudly together always.