

Dear Sir,

Through this letter, I want to bring to your notice **World Trauma Day**. Every year, **17th October** is celebrated as World Trauma Day as a reminder of the importance of saving and protecting lives during emergencies. This day highlights the increasing rate of accidents and injuries causing death and disability across the world and the need to prevent them.

Trauma means any injury caused to the body, which may be caused due to multiple reasons like road traffic accidents, fall from height, fires, burns, violence and crimes. Road Traffic Accident (RTA) is a leading cause of trauma across the world. Every year, about 5 million people die from injuries across the world. In India, it is estimated that approximately one million people die and 20 million are hospitalized every year due to injuries.

The burden of disability due to trauma is increasing tremendously at an alarming rate. It increases the morbidity and mortality rate, and also affects the national productivity on account of the younger population being mainly involved in road accidents.

It is the duty of all of us to act responsibly and remember, “prevention is always better than cure”. Trauma due to Road Traffic Accident can be easily prevented by staying alert. So, we must help ourselves as well as others by acting responsibly.

Safety Points to Remember

Follow the road safety rules carefully and pay attention to the warning signs and traffic signals while driving. We should always wear a helmet while riding a two-wheeler. We must avoid distractions like mobile phones while on road. We should always keep a first aid safety kit in our vehicle.

Do not move the person from the place of an accident without any professional's help. In case of a head or spinal injury. Moving the injured person may cause serious back or neck injuries. We should all the emergency helpline number and get adequate help at the earliest possible. Remember that every second is crucial for the injured person. It is important that the injured receives medical care in the golden hour (Emergency Phone Numbers). Call the police to report the details of the accident.

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