



MANIILAQ  
ASSOCIATION

# Injury Prevention Store Catalog

Winter 2023 - 2024

Contact the Injury Prevention Program at (907) 442-7172 to make a purchase.

We accept cash, check, and credit cards as payment options, or payroll deduction for Maniilaq employees.  
Our injury prevention items are only available for purchase by residents of the Maniilaq Service Area.

# PEDESTRIAN SAFETY

Fall injuries are the leading cause of injury-related hospitalizations in the NW Arctic. Elders are particularly at risk of falling in the home and on the ice. However, fall injuries are preventable. Learn how you can reduce your risk this winter!

## Fall Prevention

*Some people are more likely to fall than others.*

*The following factors increase fall risk:*

- Individuals with poor strength or balance
- Clutter and other hazards at home
- Some medications with side effects that disrupt balance
- Fear of falling

*Reduce your risk of falling by...*

- Wearing ice cleats when outdoors in the winter.
- Exercising regularly to increase strength and balance.
- Removing fall hazards from your home such as objects on the floor, slippery tub or shower floors, unsecured rugs, and storing items in hard to reach places.
- Speaking with a provider to discuss other ways that you can reduce your fall risk.

## Reflective Gear

*Stay bright and visible in the dark, winter months to prevent pedestrian crashes!*

Ask for your **FREE** iron-on and stick-on reflective strips



**STABILicer™**  
**Walks**  
**\$20**

**FREE** for Elders and pregnant women!



**STABILicer™**  
**Overshoe**  
**\$30**



**Cateye Wearable**  
**Light**  
**\$30**



**Reflective**  
**Armband**  
**\$2**



**Reflector Tape**  
**FREE**

# ATV & SNOW MACHINE SAFETY

Our favorite way of travelling can also be the most dangerous; Alaska has one of the highest number of people who experience a traumatic brain injury in the nation. Wearing a helmet is the best way to prevent your brain from lifelong injury.

## **Brain Injury Prevention**

### *What is a Traumatic Brain Injury (TBI)?*

- A TBI is a head injury that causes severe damage to the brain.
- TBIs can impact a person's whole life and stop them from doing the activities that they love.
- The trauma of TBIs can affect friends, family, and other community members.

### *Does my helmet fit correctly?*

- A properly fit helmet is the best way to prevent a TBI.
- Use a measuring tape to measure around your head.
- Then use the sizing chart for your helmet's brand to determine what size is appropriate for you.
- Shake your head up-and-down, then side-to-side. If you feel the helmet moving along your head, the helmet is too big.

*Register for an  
online ATV Safety  
Course Here!*



**Adult ATV/Snow  
Machine Helmets**  
(Sizes XS-2XL)

**\$120**

Brands include: 509, Answer  
Racing, Klim, V1, and others.



**Youth ATV/Snow  
Machine Helmets**  
(Sizes YS-YM)

**\$60**



**Snow Machine  
Goggles**  
**\$80**



**Bike Helmets**  
**\$35**

**FREE for Kids!**

# HUNTING SAFETY

Firearms help us maintain our traditional, subsistence lifestyles. However, to protect our ways, we also have to protect our community from injuries. There are many steps that you can take to ensure your friends and family are safe when hunting.

## Personal Location Devices

*Give you and your loved ones peace of mind and safety with a Personal Location Device.*

*Garmin inReach includes...*

- Send text messages to cellphones
- Get help when you need it with SOS calls to the search and rescue team
- Find shelter before the storm with weather forecasts
- Keep track of your location and share it with others at home
- *Note:* this device requires a Garmin subscription



*Read a Garmin Rescue Story!*



Garmin ® inReach Explorer +  
**\$430**



ACR ® Personal Locator Beacon  
~~\$235~~ **\$130\***  
*Reduced price, see note below!*

## Firearm Safety

*Gun Storage Checklist:*

- ☐ Unload the firearm of all ammo.
- ☐ Lock the trigger or chamber mechanism with a trigger lock or cable lock to prevent unauthorized use.
- ☐ Store firearms in a locked cabinet.
- ☐ Store ammo in a locked container, separate from the firearms.
- ☐ Keep the keys away from children.



Steel 8-Gun Security Cabinet  
**\$99**

*\*The battery life of our stock is expiring in March 2024 and October 2024, and we will be replacing these batteries. The reduced price is equal to the cost of battery replacement. The new battery is good for 5 years. Supply is limited.*

*Why is firearm safety important?*

- Children are at-risk from accidental shooting deaths.
- Making it harder for someone to find a loaded gun, even by 10 mins, can prevent suicide.

*Save \$10 on a Gun Safety Kit.*

*The Kit includes...*

- An Ammo Box,
- A Pad Lock,
- A Trigger Lock, and
- A Cable Lock



*Watch Trigger Lock  
Demonstration Videos!*



**Ammo Box & Lock**  
**\$19**



**Trigger Lock**  
**\$9**



**Gun Safety Kit**  
**\$25**



**Cable Lock**  
**\$7**

**Safety Essential**

*Be prepared for emergencies and injuries with safety essentials!*

*First aid kit includes...*

- Wound care: bandages, gauze, antiseptic wipes, tweezers, and antibiotic ointment
- Medication: ibuprofen, aspirin, benadryl, and tylenol
- Blister care: moleskin and alcohol swabs



**Reusable Earplugs**  
**FREE**



**First Aid Kit**  
**\$25**



# BOATING SAFETY

Boating is an essential part of our life in the Northwest Arctic. However, the state of Alaska has one of the highest non-commercial boating fatality rates in the nation. Fatalities and injuries can be easily prevented with personal flotation devices.

## Life Jackets

*Did you know...*

- Boaters are required by law to have life jackets on board for each person on the boat.
- Children younger than 14 years are required by law to wear a life jacket while on board.

*Does my life jacket fit correctly?*

- The inside of your life jacket will indicate the size and weight limits.
- Buckle all the straps and tighten them until the jacket is snug around you. If the buckles don't close, it is too small.
- Once buckled and tightened, have a friend pull upwards gently from the shoulder straps. If the vest touches your ears, it is too big.



Onyx ® Life Jacket  
**\$20**



Mustang ® Survival  
Mesh Life Vest  
**\$65**



Onyx ® Max5  
Float Coats  
(also in navy blue)  
**\$115**

## Float Coats

Float coats are perfect for early and later season boating. They keep you both warm and safe!

*Does my float coat fit correctly?*

- Unlike life jackets, the fit of your coat depends on your own comfort preferences and height.
- Most float coats are made to hold a weight of 90 lbs. and over.



Stearns ® White  
Float Coat  
(down from \$350!)  
**\$250**

## Inflatable Personal Flotation Device

*Did you know that Inflatable PFDs...*

- Are not approved for use by children under 16 years old.
- Are only recommended for swimmers.
- Automatically inflate once the person wearing it falls into the water.
- Must be rearmed after inflation with a rearming kit.



**Onyx ®  
Inflatable PFD**  
(comes in blue,  
pink, or camo)  
**\$110**

## Emergency Preparedness

*The United States Coast Guard requires all commercial fishing vessels to have distress signals (flares) onboard.*

*Additionally, the U.S. Coast Guard requires each person onboard a commercial fishing vessel to wear a personal flotation device with a marker light; a strobe light is preferable.*

*The products sold here are Coast Guard approved.*



**Electronic Flare**  
**\$90**



**Strobe Light**  
**\$19**

# HOUSEHOLD SAFETY

Some of the most serious health problems can start at home. Creating healthier homes promotes the growth and development of your family and especially of children. Follow the eight healthy homes principles below to make your home a healthier place to live.

## Eight Healthy Homes Principles

1. Keep it Dry
2. Keep it Clean
3. Keep it Hazard-free
4. Keep it Ventilated
5. Keep it Pest-free
6. Keep it Contaminant-free
7. Keep it Maintained
8. Keep it Thermally Controlled



**First Alert  
Smoke/CO  
Alarm**  
**\$20**

Learn more about keeping  
your home healthy here!



## Poisoning Prevention Kit

**FREE** for families  
with children younger  
than 6 years old

### Poisoning Prevention

*Poison injuries occur when someone ingests, inhales, or comes into contact with drugs, chemicals, or gases that hurt their body. These injuries can have serious and sometimes fatal consequences. Did you know that poison injuries are the third leading cause of injury-related deaths in the Northwest Arctic? Additionally, the majority of poison injuries occur in the home.*

*Young children are especially at risk for experiencing a poison injury. It's natural for them to explore their home by touching, tasting, and smelling. Keeping poisons such as medicines, cleaning products, cosmetics, and alcohol out of a child's reach can reduce the risk of a poison injury occurring.*

*In partnership with ANTHC, **Maniilaq is giving away free home poisoning prevention toolkits to families with young children.** The toolkit valued at \$90 includes a carbon monoxide (CO) detector, a medicine box, medicine deactivation bags, cabinet latches, and other poison prevention materials.*



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