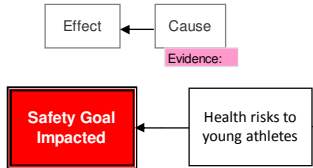


# Health Risks to Young Athletes

United States  
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Deaths and serious injuries of young athletes make headlines every year. So how do we ensure that participation in sports is as safe as possible? The first step is to determine what is causing the deaths and understanding the factors involved. According to experts, some of the serious health threats to young athletes are sudden cardiac arrest, heat stroke and concussions.

## High Level Cause Map



Concussions are also a risk for athletes of any age. Concussions can have long term health consequences and occur when brain cells are damaged. Concussions are mainly caused by impact to the head, but can also be caused by sudden jolts to the body that cause the brain to hit the inside of the skull.

Another significant risk to young athletes is heat stroke. Heat stroke is usually preventable, but is still a significant risk and can cause death in extreme causes. Heat stroke occurs when the internal temperature of the body rises above safe levels.

How quickly the treatment is administered can also dramatically change the outcomes if an athlete is injured. Quick action by trained personnel with the appropriate equipment can save lives.

For a free copy of our Root Cause Analysis Template in Microsoft Excel, used to create this page, visit our web site.



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