

Soundbite Script – Shooting straight when it comes to hunting safety

John Bednar, MD, emergency room physician, OSF HealthCare

“Common hunting injuries include falls, whether that’s a fall while you’re hiking, carrying, hauling or a fall from the tree stand. Other injuries that we see in the emergency department are accidental shootings, whether it’s self-inflicted or somebody else in your party.” (:17)

John Bednar, MD, emergency room physician, OSF HealthCare

“The biggest rule when you’re hunting is no intoxication of any sort, whether it’s alcohol or drugs or any combination thereof. Those are the most frequent things we see, people who fall when they’re hunting because they’re intoxicated.” (:19)

John Bednar, MD, emergency room physician, OSF HealthCare

“They have to know what their fitness level is when they are out hunting. Whether you’re hauling gear or hauling deer, you have to know what your limits are.” (:08)

John Bednar, MD, emergency room physician, OSF HealthCare

“If you are in a tree stand, make sure you have your harness and tether appropriately working. If you don’t have a harness and you don’t have a short tether, you could be in trouble, because if you fall off, even with a harness, you might have too long of a harness lead. So, make sure you have a short tether. If you’re going to fall off, you don’t fall off very far, and you can get back on again.” (:17)

John Bednar, MD, emergency room physician, OSF HealthCare

“Take a course on basic first aid and tourniquet use. Because if you have an accidental gunshot wound or a fall with a compromised arm or leg extremity, tourniquets can be lifesaving in the field.” (:14)