

ESPC 2016 - Montreal (Québec)



Kalynna Hucal

Where does the Head Rest Best?

Défi: Santé

Catégorie: Junior

Région: Bay Area

Ville: Stoney Creek, ON

École: Our Lady of Peace E.S.

Sommaire: Proper head restraint adjustment in vehicles can help to decrease the risk of whiplash and soft tissue injuries, however, studies show that drivers and passengers are not aware of optimal headrest placement to decrease their risk of these injuries. This study determines the prevalence of knowledge of correct headrest placement and seeks to determine how and where to best educate drivers of this preventative behaviour.

Biographie

Kalynna Hucal is 13 years old and lives in Stoney Creek, Ontario. She is an avid dancer and competes extensively across Ontario in Jazz, Tap and Musical Theatre genres of dance. She is most passionate about ballet as a dance discipline and studies the Checcetti method of ballet training. She obtained her Grade 5 Checcetti ballet certificate at Canada's National Ballet School in Toronto, and starred in the party scene of the Nutcracker produced by the Hamilton Academy of Performing Arts. During the summer of 2014, Kalynna represented Canada during a performance dance tour to Spain's Costa del Sol region. Kalynna is the Eco Rep in her school's student council and obtained a Director's Award for environmental excellence in 2015. Music lessons, making music videos, and interpreting music through dance are activities Kalynna is enthusiastic about. She currently plays the flute and has studied piano. Kalynna is considering nursing, dance therapy, physiotherapy or chiropractic as a possible future health profession. Kalynna believes that physical activity and injury prevention are important for people to be able to participate fully in daily living. She hopes her project will help all Canadians use their headrest correctly to prevent injuries such as whiplash.

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