

# Injury Aftermath

## *Navigating the Emotional Trauma of an Injury*

*Injury Aftermath* is an in-depth exploration of the emotional impact of an injury. The physical impacts are usually felt immediately, but often emotional trauma lives long beyond the physical wounds. *Injury Aftermath* dares to explore and expose the emotional journey embarked upon when a serious injury occurs.

My journey began on November 22, 2008. It seemed like another Saturday of renovating where I spent far too much time with far too little progress completely unaware my life was about to take a dramatic turn. It was the end of a long day when an effort to save time resulted in the unsafe use of a tool and placed me on the receiving end of a table saw kickback. The results were devastating! My right hand was crushed; my pointer and ring fingers were amputated and my middle finger and thumb were barely hanging on. Thankfully, a surgical team was able to reattach my thumb and middle finger and through hope, perseverance, rehabilitation and healing I have regained much of the functionality of a hand I once took for granted.

The Doctor described my thumb as being shattered and in many respects I felt that was true for my life as well. As time passed perspective grew and I began to realize my injury, though very painful, was minor compared to the suffering many people endure. Since I used to be an Industrial Arts teacher I felt compelled to find a way to share my experience with others which was accomplished through a safety message I developed entitled "*STOP Cutting Corners*". I found that sharing the story of my injury was a way to warn others not to be complacent regarding safety, but it also lessened the emotional pain I was suffering.



Realizing that the emotional fallout often outweighs physical limitations I developed a second presentation entitled "*Injury Aftermath*" which highlights the emotional journey and the impact an injury can have on your well-being and on your family. I uncover the range of emotions that needs to be worked through when dealing with a serious injury including: Frustration, Anger, Pain, Victimization, Loss, Fragility and Entrapment. I don't stop there; I also equip the audience with the tools I used to overcome these negative feelings including: Forgiveness, Perspective, Perseverance, Hope, Blessing, Encouragement, Love, Acceptance, Adaptation and Healing.

*Injury Aftermath* isn't intended to make attendees feel my pain, but to have empathy and understanding for injury survivors. My hope is that people, who may be held captive by emotional trauma, can use my presentation as a guide to overcome the adversities and obstacles they are facing.

*Injury Aftermath* is an hour long visual presentation. The presentation works well in both large and small settings. I am willing to adapt my presentation, as required, to fit the setting and to address the distinct needs of the audience. For more information regarding availability and pricing details contact me at [duane@stopcuttingcorners.ca](mailto:duane@stopcuttingcorners.ca).

I look forward to the opportunity of working with you and your organization to create an understanding of the emotional journey people embark upon after an injury has occurred.

## A Brief History

Growing up in rural Saskatchewan, Canada I worked on the family farm, but also for my Dad's construction company specializing in excavation and concrete. After High School I went to SIAST and earned a diploma in Civil Technology. This led to working on Road Construction and Municipal Engineering projects with Engineering firms in Regina, Saskatchewan and Whitby, Ontario.



With a yearning to do more public speaking I decided to pursue a degree in Education at the University of Regina and became an Industrial Arts and Computer Science Teacher in Balcarres SK. After 5 and a half years teaching I changed careers again, moved to Regina and have been in the Information Technology Industry ever since.

While renovating our house in November of 2008 I exercised poor judgement in placing a premium on "time" rather than "safety" which resulted in the amputation of three fingers and my thumb on my right hand. After enduring this very painful experience I found that telling others about my injury was also a source of healing for me. Now I am using my presentation as a way to positively impact people in industry and at home with injury prevention. I'm proud to be a Safety Speaker in Saskatchewan and an endorsing partner of Safe Saskatchewan and the Mission Zero initiative.



## Testimonials

*"You were able to describe deep emotions that many men have problems finding and expressing, making your presentation much more powerful." – A. Bristol*

"Beautiful, inspirational and genuine. With incredible passion, Duane presents the strength and power of vulnerability. He describes hard-hitting moments with vivid-detail, which fully engages and educates the audience. – J. Hall

"Powerful & impacting presentation! Thanks again, it will definitely impact me, my clients, family and friends." - K. Burgess, Saskatchewan Abilities Council

"Amazing presentation! You have been given an excellent gift to speak and share – you are doing an amazing job!" - J. Spies, Saskatchewan Abilities Council

## Other Presentations

**STOP  
Cutting Corners!  
- Safety is in Your Hands**



**Unleashing the  
Power of Regret  
- Transforming Failure  
into Opportunity**

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Safety & Motivational Speaker

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