



**ONE
PUNCH
CAN
KILL**

“In a split second a person can become a killer or be killed. “What can start out as a fun time with friends can easily turn into a nightmare. Just one punch can ruin the lives of both the victim and the person who throws the punch.

ONE PUNCH

No matter how old, big, strong, healthy or experienced with fighting someone is, **one punch can be enough to kill anyone, or cause them permanent, life-altering damage.** A hard punch easily carries more energy than most bullets when fired. Professional boxers can generate punch speeds of around 25 miles per hour.



A blow to the head can: cause fatal damage - starving the brain of oxygen; and cause loss of consciousness due to striking their head on a hard surface. This can cause someone to stop breathing



When a person is punched on the head, the impact will cause the brain to hit the skull. Like a large bouncy ball in a small space, the brain may then rebound and smash into the other side of the skull. This bouncing back and forth can also cause twisting of the brain.



Blunt injury to the heart is a blow to the chest that **bruises the heart muscle, tears the heart's walls, or damages a heart valve**. People may feel that their heart is pounding or racing, feel short of breath, or have dangerously low blood pressure. This can kill!

ONE PUNCH

Fatalities are between the ages of 18-71 with an average age of 44.

Those who offend, throwing a punch, age between 14 - 54 with an average age of 23

71% of offenders are unknown to the victim! However still 29% are known!



good night out?