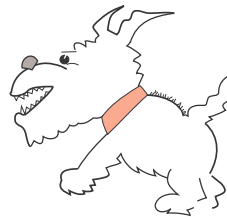
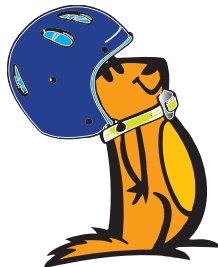
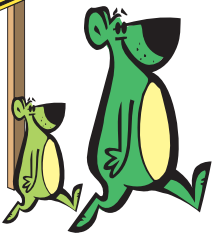
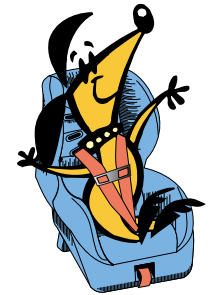


CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND

Keeping safe from injury





Keeping safe from injury

This safety booklet is a gift to you from Children's Hospital Oakland, Trauma Service. The information inside may make a difference in your child's life. It is estimated that 90 percent of unintentional injuries could be avoided. The prevention tips in this booklet can help keep your child safe and healthy.

We hope you'll take the time to read the important and useful information in this booklet and share it with your friends and neighbors. We care about kids the way you do.

This childhood injury prevention information was compiled by Bonnie Lovette, RN, MS, PNP, Injury Prevention Coordinator, Trauma Service, Children's Hospital & Research Center Oakland.

Readability: 6.2 Flesch-Kincaid

Designed and edited by the Communications Dept.,
Children's Hospital & Research Center Oakland 5/07 7.5K

The Kiwanis Cal-Nev-Ha Foundation established the Pediatric Trauma Program (PTP) in 1994. The Foundation formed one of its first hospital partnerships with Children's Hospital & Research Center Oakland with the goal of developing projects to reduce the number of children injured or killed by trauma. This booklet, which is distributed to patients and families in the hospital and to community-based groups, serves as an excellent example of our successful partnership.

In 2005, thanks to an additional collaboration with Kohl's, "Kohl's Cares for Kids" program and Children's Hospital Oakland's Trauma Services department, we are able to continue to provide this safety booklet. Through this alliance we are able to enhance the health and educational opportunities for children in our community.

KOHL'S
expect great things



Car Seats

Why should I use a car seat?

- A car seat may save your child's life. Improper restraint poses the greatest risk for death among children riding in motor vehicles.
- Motor vehicle crashes are the leading cause of death among children 4 to 14 years old.
- In 2000, more than half of all children younger than 15 years killed in motor vehicle crashes were completely unrestrained.
- **If you are traveling at 30 miles/hour, and are involved in a motor vehicle crash, a 10 lb. baby would be pulled from your arms with an accelerated force of almost 300 lbs. and be thrown into the dashboard or windshield.**

It is not an option; it's the law.

All children younger than 6 years or under 60 lbs. must be properly restrained in a correctly installed car seat in the back seat of the car. Breaking this law can result in a fine of more than \$100 per child.

- A booster seat may be used for children who weigh 40 to 60 lbs. It is recommended that a booster seat be used until a child is 4 feet 9 inches tall.

- All children younger than 1 year and under 20 lbs. must be in a correctly installed car seat facing the rear of the car.
- Infants should remain rear-facing for as long as possible. Infants who weigh 20 pounds before 1 year of age must ride rear-facing in a convertible seat. A child should remain rear-facing until reaching the rear facing weight limit of the convertible seat. At that time the child should be turned to the forward-facing position.
- Make sure the carrying handle is down when placing an infant seat into the car.

When should I use a car seat?

- **Always.** No trip is too short. Most motor vehicle crashes happen within 25 miles of home. Use a car seat every time on every trip in any car.
- Make sure your friends, relatives, and childcare provider have a correctly installed car seat they use every time your child is in their car.



Remember:

- Never place any rear-facing child seat in front of an airbag.
- All children age 12 or younger should be properly restrained in the back seat.

Test to determine if your child is ready to use an adult seat belt:

5 step seat belt test:

- ✓ Does the child sit upright with hips all the way back against the vehicle's seat back?
- ✓ Do the child's knees bend comfortably at the edge of the vehicle's seat?
- ✓ Is the lap belt below the abdomen, on the top part of the thighs, and snug across the hips?
- ✓ Is the shoulder belt centered over the shoulder and across the chest?
- ✓ Can the child stay seated in this position for the whole trip?

If you answered "No" to any of these questions, your child needs a booster seat to ride safely in the car. Children age 4-7 who use booster seats are 59 percent less likely to be injured in a crash than children restrained by a seat belt alone.

Source: www.carseat.org

Is your child riding at risk?

- The use of child safety seats reduces the likelihood of fatality by an estimated 71 percent for infants and 54 percent for toddlers. Child safety seats reduce the need for hospitalization by 69 percent.
- The risk of fatality is close to 40 percent lower for children seated in the back seat than for those riding in the front.
- However, the percentage of children riding in the front seat remains high:

Age	Front seat riders
Infants	15 %
1-3	10 %
4-7	29 %

National studies reveal that 80 to 90 percent of children are not properly restrained and many local car seat check points report that 95 percent of car seats are installed incorrectly.

For a car seat technician or car seat check up location in your area, call 1-800-441-1888 or 1-866-732-8243. You may also find this information at www.nhtsa.dot.gov or www.safekidsworldwide.org.

Source: National Highway Traffic Safety Administration

Car seats are not cribs nor baby sitters: Never leave an unattended child in a car seat!

Kids 'N Cars Safety

In one minute, your life can change forever.

- **On a hot day, the temperature inside a car may reach 120° F in 10 minutes.** In a short time, children can get sick and dehydrated from the heat inside a closed car and may die.
- Someone may car-jack your car with your child in it.
- A child may climb out of a car seat and shift the car into gear.
- Loose objects can injure or kill the driver or passengers in the event of a sudden stop. If you are driving at 30 mph and come to a sudden stop, the cell phone that is beside you in the car would still be traveling at 30 mph. The phone weighs less than 1 lb. But when it hits you, the impact would be equal to that of two bricks.
- In a collision small objects become big missiles or “projectiles,” making impacts of 20 to 30 times their weight. A 40 lb. object could impact the skull at a weight of 1/2 ton. Even the smallest objects can injure your child.

Be cautious:

- Never leave your child alone in a car; not even to pay for gas or to run in the store.
- Keep your car locked even when it is in your driveway or garage.

- Teach your kids not to play in—or around—a car.
- After you park, make sure all children have left the car. Make it a habit to always open the back door of your car when you get where you are going. “Look . . . then lock.” When you return to your car; walk around the back of the car to the driver side door. Make sure no children are playing behind the car before you start it.
- If a child gets locked inside the car and it is hot, call 911.
- Beware of child-resistant door locks. Teach older kids how to disable the driver’s door locks if they get locked inside the car.
- You are less likely to be hurt in a motor vehicle crash if you secure all loose objects in the glove compartment or trunk. Examples of common loose objects in the car are: cell phone, tissue box, water bottle, coffee cup, steering wheel lock, toys.

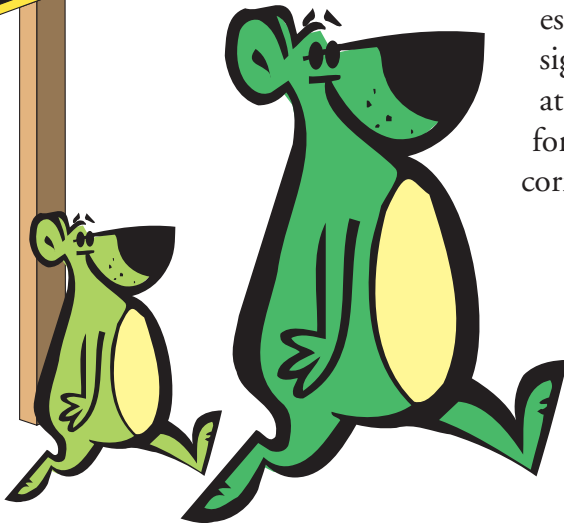


The Safe Pedestrian

Steps you can take to keep your child safe when walking:

- Teach your child to watch and listen to police officers, adult crossing guards, and school safety patrols.
- Tell your child that traffic signs and signals are safety helpers for their protection.
- Educate your child to:
 - ✓ Stop and look for cars, in all directions, before starting to walk.

✓ Cross at the corner, especially if there is a traffic signal or crossing guard. Pay attention at all times, especially for cars that are turning the corner.

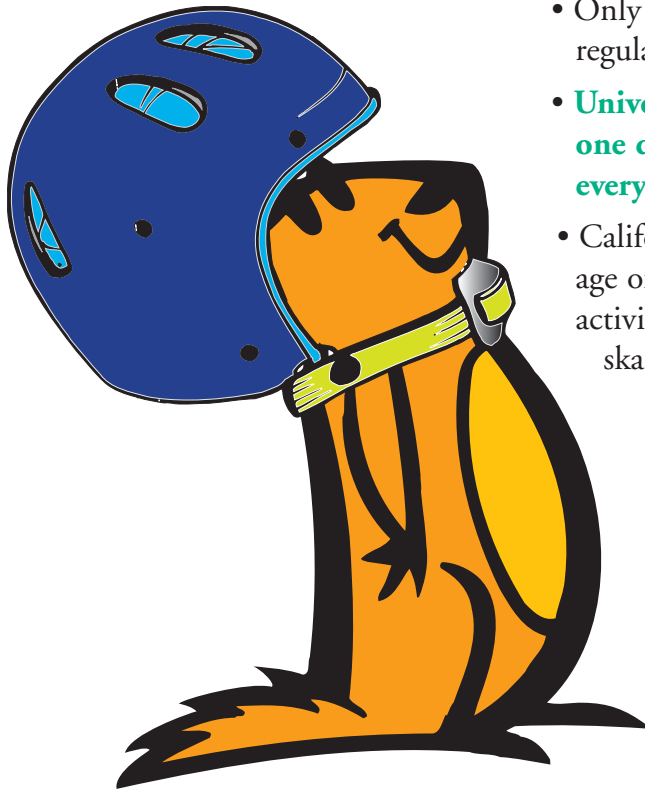


- Teach your child that crosswalks are not “magic” lines that make cars stop.
- Remember that your child cannot judge speed, distance, or direction well and is easily distracted.
- Children think that if they can see a car, then the driver can see them. Explain to your child that this is not necessarily true.
- Always hold your child’s hand in a parking lot.
- Make sure a responsible adult supervises your child when he is playing.
- Children need a safe place to play such as a yard, a playground, or a park. They should never play on the street or in a driveway.

Helmet Safety

Did you know?

- Wearing a helmet can reduce the risk of head injury in a bike crash by as much as 85 percent.
- Only 50 percent of all bikers wear helmets regularly.
- **Universal use of helmets could prevent one death every day and one brain injury every four minutes.**
- California law requires all youth under the age of 18 to wear helmets during all wheeled activities, which includes bikes, scooters, skateboards and in-line skates.



Be Safe: Wear a Helmet

Helmet Checklist:

- Buy a helmet that meets the safety standards of the American National Standards Institute (ANSI) or the Snell Memorial Foundation.
- Place the helmet directly over the forehead.
- Tighten the chinstrap to keep the helmet from slipping forward or back. Only one finger should fit under the chinstrap.

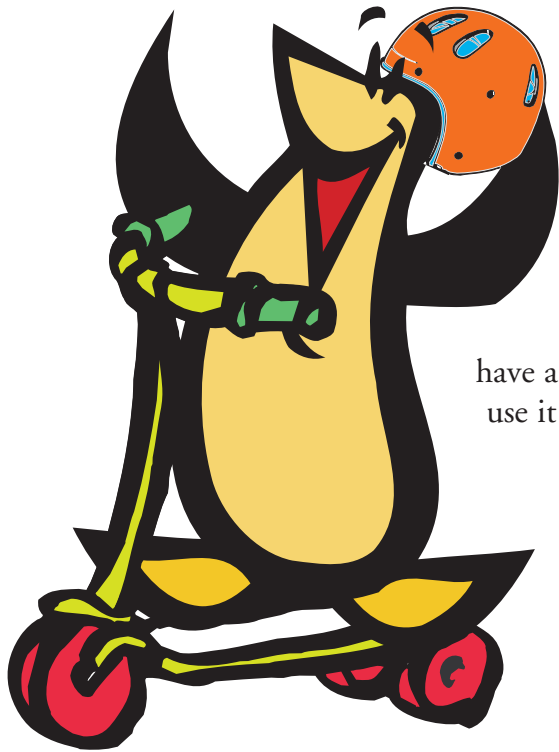
A helmet must be worn correctly with the straps buckled to work in preventing injuries.

Scooters

Scooters can be fun, but they are also dangerous. Here are some things to keep in mind:

- The rider's weight is positioned forward, near the scooter's front wheel, increasing the risk of tumbling over, head first.
- Stopping a scooter requires one foot on the ground, causing a loss of balance.
- The wheel base is narrow, increasing instability when a wheel hits a small crack in the pavement or a rock.

If you have a motorized scooter, you must be 16 years or older and have a valid California driver's license to use it on city streets.



Effective January 1, 2003, the California Bicycle helmet law for youth under the age of 18 has been extended to include **scooters, skateboards** and **in-line skates**. Helmets must meet minimum standards established by the **Consumer Product Safety Commission (CPSC)** and the **American Society for Testing and Materials (ASTM)**.

Burns

Did you know?

Heating and cooking equipment are the number one cause of home fire injuries in the United States.

What can you do to prevent burns?

- Keep hot foods and drinks away from the edge of counters and tables.
 - Don't set hot plates on the tablecloth; children can pull them off.
 - Don't hold your child while drinking hot coffee or tea.
 - Keep children away from the stove.
 - ✓ Turn pan handles in.
 - ✓ Cook on the rear burners when possible.
 - Don't allow children to use the microwave without supervision.
 - ✓ Some plastics, paper, and foil may catch on fire.
 - ✓ Children may not realize how hot the bottom of the container is after being microwaved.
 - ✓ Steam burns to the face and hands are possible if popcorn, hot pockets, or other food containers are opened too soon.
- ✓ Burns to the mouth can occur due to unevenly heated food and from food that gets hot quickly, such as peanut butter.
 - ✓ Eggs cooked in the shell may explode.
- Make sure your water heater is set for no higher than 120°F. Children can get scalded when they turn on the faucet: if the water is 140 degrees F, they will have a scalding burn in less than 3 seconds.

TIP: Cool burns with cool water, not ice.

Never use butter or vaseline.



Choking

YOUNG CHILDREN LIKE TO EXPLORE. KEEP IN MIND THAT SMALL OBJECTS, INCLUDING FOOD AND TOYS, CAN BECOME LODGED IN A CHILD'S THROAT AND BLOCK BREATHING.

For the safety of your child, always follow these precautions:

* **DO NOT FEED a child younger than 4 years any of these foods:**

- nuts (including peanuts, walnuts, cashews, hazelnuts, etc.)
- sunflower or pumpkin seeds
- watermelon with seeds
- Goldfish crackers
- grapes
- cherries
- gummy bears
- raw carrots
- raw peas
- raw celery
- popcorn
- hard candy
- cheese cubes
- hot dogs and other sausages



* **Keep these objects OUT OF YOUR CHILD'S REACH:**

- coins
- buttons
- batteries
- pencils
- erasers
- toys purchased at vending machines (may also contain lead)
- caps
- string
- crayons

* **Never give a latex balloon to a child younger than 8 years. The child may bite it and then choke on the pieces.**

* **Clean the floor carefully. Food that has been dropped or loose parts from an older child's game, for example, are tempting—but dangerous—for a young child.**

* **Do not allow children to run and play with hard candy (especially suckers) in their mouths.**

* **Do not allow children to eat in the car.**

Fires

Did you know?

- Fires rank fifth among causes of unintentional injuries.
- Residential fires are most commonly caused by careless use of cigarettes.
- Drinking alcohol is the strongest independent risk factor for death after the outbreak of a fire.

What can you do to protect your family?

- Install smoke detectors on each level of the home and outside each bedroom.
- Change the batteries in your smoke detectors every spring and fall when you change your clocks.
- Plan and practice two escape routes from every room in your home.
- Teach children: “Don’t hide; go outside!” and “Never go back in the house!”
- **Smoke outside and don’t drink too much alcohol.**

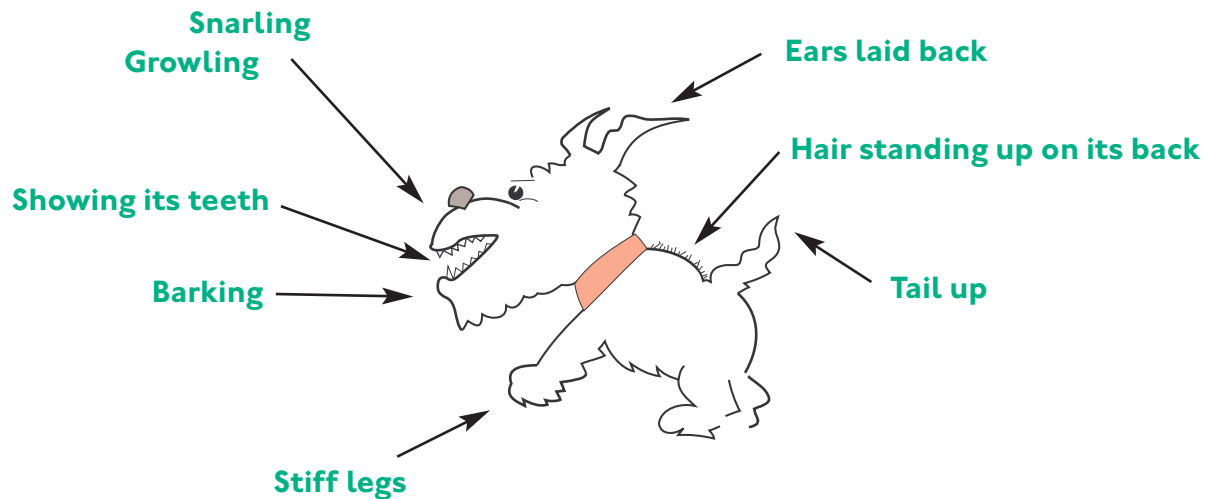


Preventing Dog Bites

How to prevent dog bites?

- Never approach a dog you don't know.
- Don't disturb a dog that's sleeping, eating, playing with a toy, or caring for its puppies.

Warning signs that a dog may bite:



What to do if you see warning signs that a dog may bite:

- Do not run. Running may trigger the dog's chase instinct.
- Remain motionless. Stand still with fists up under your chin.
- Say "No" or "Go Home" in a firm voice.
- Don't stare the dog in the eyes.
 - If you are on the ground or knocked down, lay still with fists over your ears, elbows over your face, and knees drawn to your chest.
 - In case of an attack, put something (a purse, a backpack, a jacket) between you and the dog.



Water Safety

Did you know?

- In California, drowning is the leading cause of death, disability, and injury among children between the ages 1 and 4. It is the second leading cause of preventable death of children up to 14 years old nationwide.



- As many as 20 percent of near-drowning survivors suffer severe permanent brain damage.
- Most children drown in swimming pools. Of these children, 25 percent have had swim lessons. These children were last seen in the home, had been missing for less than 5 minutes, and were in the care of one or both parents at the time of the drowning.
- Strong currents can carry expert swimmers far from the beach or shore. If caught in a current, the swimmer must swim parallel to the shoreline until out of the current; then swim toward the shore.
- Four-sided isolation fencing decreases the chance of drowning in in-ground pools by 60 percent.
- Some children drown in the bathtub. Bathtub rings are NOT a safety device.
- Alcohol use is a major contributing factor in up to 50 percent of drownings of teenage boys.
- Children can drown in just 1 inch of water within a few seconds. Drowning is quick and silent!

Be on guard!

- Make sure children playing in the water are always supervised by an adult who is not reading, playing cards, talking on a cell phone, or drinking alcohol.
 - Always have your child swim with a buddy.
 - Do not depend on air-filled swimming aids, such as water wings, in place of a life jacket.
 - When in a boat, make sure children wear U.S. Coast Guard-approved life jackets. Weather and water conditions can change from hour to hour.
 - Children should not have direct access to a pool. If you have a private pool, use a four-sided isolation fence to separate the pool from the house and the outdoor play area. The fence should be at least 5 feet tall. It should have a self-closing and self-latching gate. Never prop the gate open or leave toys in or around the pool. Use an ASTM-approved power pool cover. (See CPSC model at www.cpsc.gov) and a pool alarm that sounds inside the house for several layers of protection.
 - All parents or guardians who have a pool should learn CPR.
- Enroll children in swim lessons as early as possible, but do not assume they are not at risk for drowning because they have had swim lessons.
 - Empty buckets when household chores are done. Empty and turn over wading pools when they are not in use.
 - The suction cups of bathtub rings often fail to hold. Do not depend on them for your child's safety.

Falls

Did you know?

- Each year more than 100 children 14 years old or younger die from falls and 2.5 million are treated in emergency rooms for fall-related injuries. Among the children who die more than half are ages 0 to 4.
- Children fall from windows, down stairs, off furniture, from bikes, while skating, and off outdoor play equipment.
- Each year more than 200,000 children are injured on America's playgrounds; a child is injured every two and a half minutes. Most playground injuries relate to age appropriateness and involve children younger than 5 years playing on equipment designed for children who are 5 or older.

What can you do?

- A responsible adult should always supervise young children.
- Don't use a baby walker. Baby walkers tip over easily and allow children to get to dangerous places. A child in a baby walker can fall down the stairs.
- Make sure playground equipment looks safe; there should not be any broken parts or jagged edges. Playground equipment should have protective surfacing under and around it.
- Look for age-appropriate equipment and a separate play area for different age groups: ages 2 to 5 and 5 to 12. Children's size and physical ability vary with age. Most children ages 2 to 5 are smaller, weaker, and less coordinated than 5- to 12-year-olds. They also have a higher center of gravity. Young children need smaller steps and crawl spaces. Their hands require smaller grips, and their bodies require appropriately spaced railings on platforms.

- Install window guards in bedrooms and other rooms where children play. You may also consider window stops, which allow windows to open only up to 4 inches. Remember, children can fit through windows open as little as 5 inches. Screens will not protect your child from falling.
- When possible, open windows from the top, not the bottom.
- Keep furniture away from windows to discourage climbing.



Guns

Every two hours in the United States someone's child is killed with a loaded gun. Don't let it be your child!

Did you know?

- The risk of suicide is five times greater if there is a gun in the home.
- A gun in the home triples the risk of homicide.
- More than 5,000 children and adolescents die each year of gunshot wounds.



What can you do to protect your children?

- If a gun must be in your home, store it unloaded, in a locked place, and keep the ammunition in a separate locked place.
- Before allowing your child to play at someone else's home, make sure there is a responsible adult present, and don't be afraid to ask, "Do you have a gun in your house?"

Does this sound like common sense?

Then why do an estimated 3.3 million children in the United States live in households with firearms that are sometimes—or always—kept loaded and unlocked?

Sudden Infant Death Syndrome—SIDS



Did you know?

SIDS is the leading cause of death for children from 1 month to 1 year of age. The highest numbers of deaths occur between 2 to 4 months; 91 percent occur between 1 to 6 months of age.

The cause of SIDS is unknown but there are certain factors that are associated with an increased risk of SIDS.

Babies at risk for SIDS:

- Babies placed to sleep on their stomachs (prone)
- Babies exposed to cigarette smoke during pregnancy and after birth
- Babies who breathe second-hand smoke
- African-American and Native American babies
- Low birth-weight babies (less than 5 pounds)
- Premature babies (less than 37 weeks)
- Babies whose mothers are less than 18 years of age
- Babies born less than 18 months apart.

What can you do to prevent SIDS?

- Place your baby to sleep on his/her back (supine)
- Don't smoke or let anyone else smoke around your baby
- Use a firm, flat mattress in a safety-approved crib with slats no more than 2-3/8 inches apart
- Don't overheat your baby by over-dressing and bundling with clothing or blankets
- Keep room temperature between 68° F and 72° F
- Don't use comforters, pillows, sheepskins, foam pads or stuffed animals around your baby
- Never sleep with your baby on a sofa or a recliner chair
- Don't let your baby sleep on a waterbed, bean bag, sagging mattress, pile of clothes or on a plastic cover
- Never allow your other children or relatives to sleep with your baby
- Make sure your childcare provider places your baby on his/her back
- Breastfeed your baby: breastfeeding reduces the risk of SIDS!

If you are considering bed-sharing while breast-feeding your baby, make sure that you and your partner don't have any of the following risk factors:

- Obesity (overweight): do not bed-share.
- Smoker: do not bed-share no matter where or when you smoke
- Alcohol or drug user: do not bed-share
- Heavy sleeper: do not bed-share

If you or your partner does have a risk factor then your baby should sleep alongside you but on a separate firm surface. This is, called “co-sleeping” (for example, you may bring the crib or bassinet into your bedroom beside your bed or use a special “co-sleeper” bed that attaches to your bed. Even if you don't have any risk factors, this is the safest sleeping environment for your baby.

Pacifier use

Offer your baby a pacifier when you place him on his back to sleep. (Wait until he is one month old if you are breast feeding so there is no nipple confusion). There is less risk for SIDS if a pacifier is used. Do not dip the pacifier in anything sweet. Do not force the pacifier on your baby. If your baby spits it out, do not place it back in his mouth.

Tummy time

Give your baby “tummy time” when he is awake. While you are watching him, place him on his stomach (prone) on a firm surface for at least 5 minutes several times a day. This will help strengthen back and neck muscles and assist in normal development.

Get your baby fully immunized! (All the recommended shots.)

SIDS is not caused by vomiting, choking, colds or immunizations!

Poisoning

How to prevent poisoning

Medicines

- Use child-resistant covers only.
- Keep medicines in a locked cabinet.
- Return medicines to cabinet immediately after use.
- Measure every dose.
- Never tell a child that medicine is candy.
- Never take medicine in front of a child.
- Keep all purses out of a child's reach.

Household products

- Use products with child-resistant covers.
- Keep household products in locked cabinets.
- Return household products to locked cabinet immediately after use.
- Store household products and food in separate areas.
- Never put household products into food or beverage containers.

Plants

- Know the names of all your plants and which ones are poisonous.
- Keep all plants out of the reach of small children.
- Teach children not to put any part of the plant in their mouth.

Lead

- Check window sills, walls, and blinds for peeling or chipped paint. Breathing in dust from paint chips or eating it may put lead into the child's body.

**If you suspect poisoning,
call the National Poison
Control Center:
1-800-222-1222.**

**Do not give syrup of
ipecac or activated
charcoal at home.**

