

# Child Safety

According to the Centers for Disease Control and Prevention (CDC):

- Injuries are the leading cause of death in children and teens.
- Each year, nearly 9 million children aged 0 to 19 years are seen in emergency departments for injuries. More than 9,000 children die as a result of being injured.
- Injury treatment is the leading cause of medical spending for children.

The leading causes of injury death differed by age group.

- For children less than 1 year of age, 2/3<sup>rd</sup>s of injury deaths were due to suffocation.
- Drowning was the leading cause of injury death for those 1 to 4 years of age.
- For children 5 to 19 years of age, the most injury-related deaths were due to being an occupant in a motor vehicle traffic crash.

Most child injuries are preventable. Use the tips in this section to keep your children safe at home.



## GENERAL GUIDELINES

### Do This



Keep an eye on babies and young children at all times. Consider using a baby monitor to hear what is going on when your child is napping, sleeping, or alone in a room.

### Not That



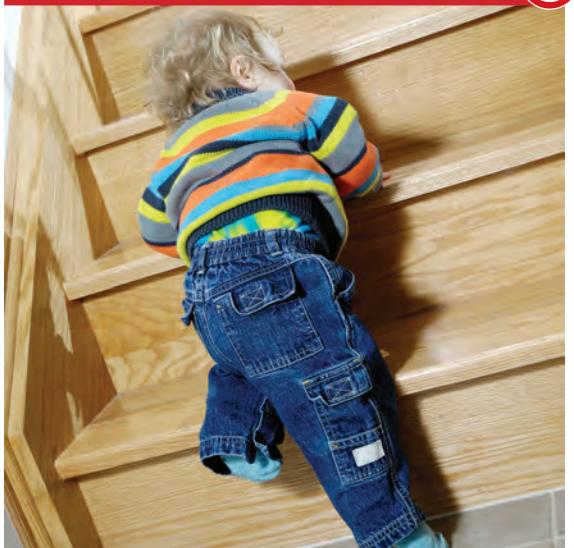
Never leave a baby alone on a bed, dressing table, sofa, etc. Use safety straps in high chairs, strollers, grocery carts, and on dressing tables.

### Do This



Gate off unsafe areas. Put door knob covers on handles to keep young children out of bathrooms and stairwells.

### Not That



Do not forget to put safety gates across the bottom and top of stairs.

## GENERAL GUIDELINES

### Do This



### Not That



### Do This



### Not That



Secure to the wall; TVs, shelves, and any piece of furniture that can tip over on a child. Have furniture that is safe and the right size for your child to use.

Do not leave shelves or storage units empty to make it enticing for your child to climb on. Do not use furniture that can easily tip over onto your child.

Supervise young children on and near stairs. Secure windows to prevent children from falling out of them.

Do not leave young children unsupervised on and near stairways.

### Do This



### Not That



Keep cigarette and cigar smoke away from children. Discuss the health risks of tobacco use with your child.

Do not allow children to use any tobacco. Do not smoke or let anyone smoke in the house.

## Do This



Use a seat belt and an approved child-safety seat that is the right type and size for your child.

## Not That



Do not let children hang out of car windows. NEVER leave a child alone in a car.

## Do This



Check for children when pulling in and backing out of a garage and/or driveway. Get out of the car to look.

## Not That



Don't rely on just your side view and rear view mirrors. Children may be too low to the ground to be seen.

## GENERAL GUIDELINES

### Do This



If you have young children in the house or coming for a visit, put child-proof covers on electrical outlets. If you remove a child-proof cover to use a wall socket, make sure to put the cover back in so the socket is not exposed.

### Not That



Do not let children play with electrical cords and sockets. Do not leave outlets exposed.

### Do This



Choose dress-up clothes and costumes with safety in mind. Use non-toxic face paints, as well as wigs that fit well.

### Not That



Do not let children wear masks or anything on their heads or faces that block their breathing or vision. Do not let them wear clothing that drags on the floor.

## Do This



If you have a swing set, it is best to use mulch, wood chips, sand, or pea gravel beneath it. These absorb shock better than grass and packed dirt. Supervise children when playing in the backyard.

## Not That



Do not let children play on swing sets that are too advanced for their age. Do not let children go down a slide head first.

## Do This



Insist that your child wears a safety helmet when bicycling. When your child in-line skates or skateboards, make sure he or she wears a safety helmet, wrist pads, and knee pads.

## Not That



Do not let your child skate without a helmet in the street or on gravel or dirt. Do not let your child bicycle or skate at night when it is harder to see and be seen.

## Do This



If you have a gun or other weapon in the house, store it out of sight and reach of children. Place it in a locked storage case or safe or secure it with a trigger lock. Store bullets in a separate, locked place.

## Not That



NEVER leave a loaded gun or other weapon anywhere a child can get their hands on it. Do not leave keys to the weapon storage unit anywhere children can get them.

## GENERAL GUIDELINES

### Do This



When your child plays outside, apply sunscreen, as directed on the label. Use one that has an SPF of at least 15; one of 30 or more is better. Have your child wear sunglasses and a hat, too.

### Not That



Do not use baby oil on your child for sunscreen.

### Do This



Attend a professional fireworks display as a family. Home fireworks are dangerous for children.

### Not That



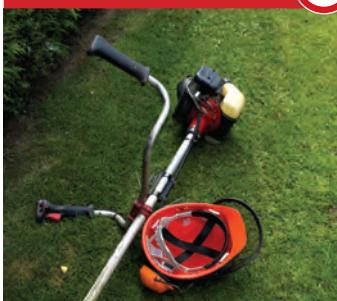
Do not let your child play with firecrackers, sparklers, toy guns with caps, or aerosol cans.

### Do This



Keep lawn and garden tools and chemicals out of children's reach and locked up, if necessary.

### Not That



Do not leave lawn mowers, power tools, or pruning shears in the yard or garage where children have access to them. Do not mow the lawn when children are in the yard.

## Do This



Keep knives, scissors, razors, and sharp objects high up and out of a child's reach. Put safety latches or devices on drawers that contain sharp objects.

## Not That



Do not leave scissors and other objects that can harm children on the edges of tables or anyplace where children can get them.

## Do This

Supervise babies and children around pets. Teach children to not approach strange pets or household pets without asking for permission from the pet's owner.



## Not That

Do not let children bother a dog who is eating, sleeping, or caring for its puppies. Do not tease a dog that is behind a fence, on a chain, or in a car. Do not hug a dog tightly around its neck, pull its tail, or stick anything in its ears.

