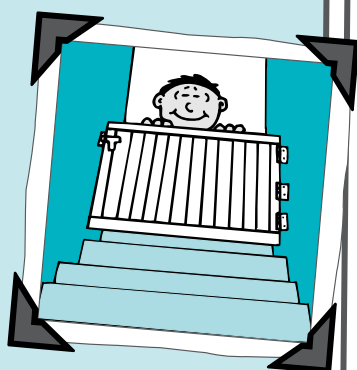


PREVENTING INJURIES

FALLS

- ▶ Prevent falls by never leaving a child alone, even for a second, on a changing table, bed, other furniture or playground equipment.
- ▶ Use safety gates at the top and bottom of stairs, especially basement stairs, and keep the basement door closed. Do not use a pressure-mounted gate at the top of the stairs because babies can push them out. Use a hardware-mounted gate instead.
- ▶ Use the safety straps in grocery carts and other infant equipment.
- ▶ Keep your child away from open windows, even if screens are on them.
- ▶ Properly lock high chair trays and always buckle your child in tightly.
- ▶ Teach children not to jump on beds and couches.



MOTOR VEHICLE CRASHES

- ▶ Secure your baby correctly in an *approved* car seat for every car ride. Babies under one year of age must ride in a rear-facing car seat to support their neck. Babies facing forward are at risk of spine injury. When your baby is one year old, he or she can be placed in a forward-facing car seat.
- ▶ Car seats should be used until your child is 40 pounds or about four years old. After this, your child should use a booster seat. A child needs to remain in a booster seat until he or she is about 8 years old or until the child's legs can be bent over the edge of the seat without slouching.
- ▶ The back seat is the safest place for all babies and children. This is extremely important if your car has a passenger-side airbag so that your child is not injured or killed if the airbag expands in a crash.

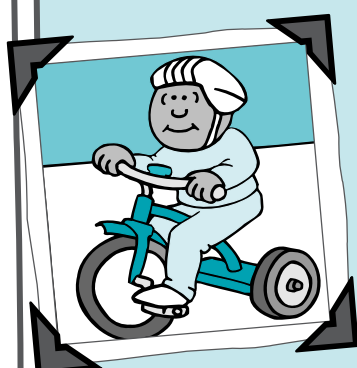


ACCIDENTAL CUTS AND BITES

- ▶ Do not leave your child alone with pets that could bite or scratch.
- ▶ Keep sharp items such as scissors, knives and razors out of the reach of your child.

BICYCLE SAFETY

- ▶ Teach bike safety when your child sits in a bike seat or carrier or starts to use a tricycle or bike. Insist that your child wear a helmet every time he or she goes for a ride. If your child falls from a bike, a helmet will reduce his or her risk of a brain injury by 85 percent.



IF YOUR CHILD SUSTAINS AN INJURY

If your child is bleeding, apply pressure to the wound and seek medical attention at the nearest emergency center. If your child has a serious fall — such as falling from stairs, a swing or a tree — he or she may have a spine injury. Don't move the child and call 911.

POISONS

- ▶ Store all cleaning supplies, vitamins, insect and weed sprays, medicines and cosmetics in locked cabinets that are out of reach. Make sure you do not have poisonous plants around. Have Syrup of Ipecac on hand to induce vomiting. Always call the Poison Control Center for instructions before giving the Ipecac.

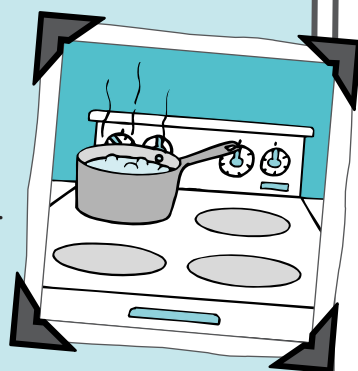
Contact the Poison Control Center to get information about what things are poisonous or in case of emergency.

1-800-222-1222

PREVENTING BURNS

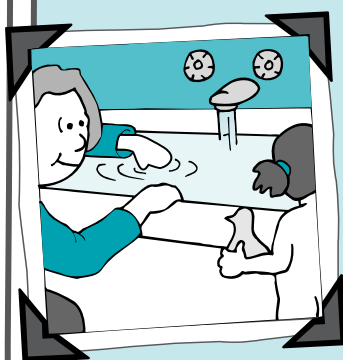
BURNS IN THE KITCHEN

- ▶ Kitchens are a common place in which children get burned. Keep your child out of the kitchen or in a play pen when you're cooking.
- ▶ Never drink or carry hot liquids while holding a baby.
- ▶ Don't let kids remove hot food or liquids from a microwave oven.
- ▶ Use burners on the back of the stove, and turn the handles of pots and pans toward the back.
- ▶ Make sure hot coffee pots and their cords are out of children's reach.



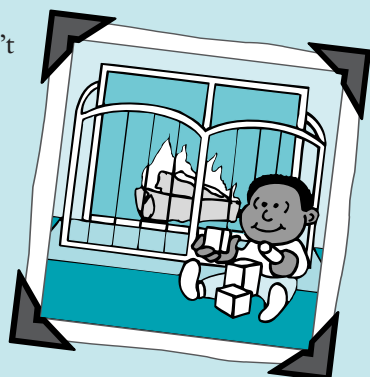
BURNS IN THE BATHROOM

- ▶ Prevent burns by checking bath water temperatures with your wrist or elbow before bathing your child. It should be warm to the touch.
 - ▶ Also, lower the temperature on the hot water heater to 120° F or a warm setting.
 - ▶ Don't leave children alone in the bathtub. A child may turn on the faucet. If the water is hot, the child could be burned. If you have a one-handle faucet, keep it on a cold setting.
- ▶ Make sure that your child can't reach hot appliances, such as curling irons and hair dryers.



BURN AND FIRE PREVENTION

- ▶ If you have a gas fireplace or wood-burning stove, put a gate around it so your toddler won't touch or accidentally fall on it. Emphasize that the stove is hot and the child should stay away.
- ▶ Be sure to have working smoke detectors on each level of the home and outside each sleeping area. Also, have a plan of action in case of fire. Test your detectors monthly and replace batteries yearly. Make sure there are two escape routes from each room. Know and practice your escape plan.
- ▶ Avoid putting space heaters in rooms where children play or sleep. Place heaters more than three feet away from drapes, blankets, furniture or other flammable material.
- ▶ Keep children away from fires and campfires.
- ▶ Keep matches and lighters out of reach.
- ▶ Avoid exposing your baby directly to the sun. Your baby's skin is very tender and can easily be sunburned. Sunscreen with SPF 30 and hats can help.
- ▶ Gasoline should only be used to fuel engines, not to start or maintain fires.



IF YOUR CHILD IS BURNED

- ▶ If your child is burned, remove clothing immediately and run the affected area under a cool water faucet or shower (do not use ice) for five minutes. This will reduce the amount of skin damage caused by the burn by quickly cooling the area. It will also reduce the pain.
- ▶ If your child is burned or sunburned, you may use ibuprofen or acetaminophen to reduce pain. If there are blisters, do not break them. Topical sprays or creams are not recommended except for very mild burns, such as sunburn. Do not put butter on a burn. Blistered burns on the hands or face should always be checked by a health care provider.

If you have questions about a burn injury,
call The Burn Center at Regions Hospital at

651-254-0056 or
1-800-922-BURN (2876).