

Injury prevention for kids

TIPS AND PROGRAMS

Injury prevention tips

CAR CRASHES

Make sure you are using an approved car seat that fits your child and your car. Children should ride rear-facing until at least 2 years of age, but longer if the car seat allows. The car seat should be installed correctly. Regions Hospital offers car seat clinics, free of charge. Call **651-357-2798** for information on upcoming clinics.

FALLS

Window screens are meant to keep bugs out, not people in. Installing window guards can prevent unintentional window falls. Remember to keep children strapped in to high chairs, infant carriers, swings or strollers. Use approved safety gates at the top and the bottom of stairs, and keep doors closed whenever possible.

HEAD INJURIES

Make sure your child wears a helmet while biking, boarding, skiing or while playing any sport requiring a helmet. Helmets can reduce the risk of a brain injury by 85 percent. Parents can set an example by also wearing a helmet.

POISON

Keep poisonous supplies out of your child's reach. This includes all cleaning supplies, vitamins, weed sprays and medicines. Objects like buttons, batteries, liquid laundry packets and liquid nicotine can all be fatal if swallowed.

BURNS AND SCALDS

Avoid holding children or having children in the kitchen while cooking when possible. When cooking on the stove, use the back burners. Keep hot liquids away from the edge of counters or on a placemat that can be reached and pulled down. Keep matches and lighters out of sight and stored away from children.

Visit **[safekids.org](https://www.safekids.org)** for additional safety tips.

CONTINUED

Injury prevention programs for kids

The trauma and burn teams at Regions actively educate people about injury prevention. Programs include:

SCHOOL AGE PROGRAMMING

This program is designed for first grade students. It teaches about a variety of injury prevention areas, including bike and pedestrian safety, home safety and fire and burn safety.

THINK FIRST PROGRAM

This program is geared towards middle school and high school students. The students learn about behaviors that can cause head, brain and spinal cord injuries.

THE HAZARD HOUSE

Using a table top Hazard House, participants learn about burn, fire and general home safety. This can be geared towards any age group.

CHILDREN AND RESTRAINTS SYSTEMS (CARS)

This program is approved by the Minnesota Department of Public Safety – Office of Traffic Safety for parents, caregivers, daycare providers and adopting parents. The course reviews child passenger safety starting from an infant seat through a booster seat size.

Other educational outreach, prevention activities and safety fair support is available upon request. Call **651-254-5181** or email injuryprevention@healthpartners.com.