

Safe Kids Safety Tips

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90 percent) of these accidental injuries can be avoided.

PREVENTING INJURIES TO CHILDREN IN THE HOME

Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached.

- Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them.
- Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.

Take precautions to avoid fire in the home.

- Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline.
- Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs.

Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines.

- Keep the hot water heater at low-medium or less than 120 degrees Fahrenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.
- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.

Avoid exposing children to potential poisons.

- Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor.
- Read labels and follow directions when giving medicine to children.
- Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month.
- Make sure heating systems are vented outside and checked every year.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: www.usa.safekids.org



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- Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs.
- Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

PREVENTING CHILDHOOD SPORTS INJURIES

Use of appropriate safety equipment is essential.

- Children should always wear sport-specific, properly fitting safety gear when participating in sports activities.
- Make sure children are prepared for the demands of playing a sport.**
- All children should receive a general health exam before enrolling in a sports program. **Concentra provides sports physicals with no appointment necessary!**
 - Provide children with proper training and skills-building when they are learning a new sport, so that they are physically and psychologically conditioned for its demands.
 - Ensure that children drink an adequate amount of liquids while engaging in athletic activities. Provide frequent rest periods during hot or humid weather.

Adult supervision is necessary.

- Adults should be present at all times to ensure a safe playing environment and the enforcement of safety rules.
- Group children according to skill level, weight, and physical maturity, especially for contact sports.

Ask about the safety-related policies of your local sports leagues.

- Coaches and other on-field personnel should be trained in first aid and CPR.

