Let's Talk About...

Child safety

It is important to supervise children to keep them safe. This is a quick reference and guide for many situations that might be dangerous for your child. Please read this carefully so you can keep your child as safe as possible.

What can I do to protect my child?

- Install gates at top and bottom of stairs.
- Have poison center emergency number posted on every phone and saved in your mobile phone. Call the Utah Poison Control Center at 800.222.1222 to request free telephone stickers and refrigerator magnets.
- Have a smoke and carbon monoxide (CO) detector installed on each level of your home; check them once a month to see if they are working. Replace batteries twice a year.
- Put approved safety covers on all unused electrical sockets.
- Develop a family escape plan to evacuate your home safely in the event of a fire or other emergency.
- Child proof all drawers and cabinets in your kitchen and bathroom when your child becomes toddler-age. It is possible for your child to be injured by pulling drawers out on top of himself.
- Keep the following locked up or in childproofed cupboards:
  - All household cleaning products
  - All prescription or over-the-counter medicines
  - All gardening and auto products
- Use a bathtub mat to prevent slips and falls.
- Turn down the water heater temperature from 160°F to 120°F (160° water can cause third degree burns in one second; 120° water allows 2-3 seconds to respond to hot pain).

- Keep children away from space heaters.
- Keep all razors and blades away from children.
- Keep your iron and other hot appliances in an out-of-the-way, safe place.
- Keep all plants out of reach of children; some plants are poisonous if you eat them.

What things should I avoid to keep my child safe?

- Never leave a child alone in the house or car.
- Never leave a child alone in the bathtub. Children can drown in as little as 1-inch of water in 1–2 minutes. If the phone or doorbell rings, wrap the child up in a towel and take him with you.
- Never leave the crib-side rails down.
- Never say "medicine is candy." It is not.
- Never pick up your child by his arm; instead, grasp at the chest.
- Never leave your child alone while eating. Small children can choke on objects such as hotdog pieces, peanuts, carrots, popcorn kernels, coins, button batteries, marbles and other small objects.

- Never leave a mop pail of water where a child could get into it. A child could drown.
- Never leave an infant alone on an un-railed bed or changing table.
- Never use plastic bags as bed coverings.

Be aware of your child's development. This helps you stay one step ahead to injury-proof areas before your child can reach them.

How can I keep my child safe?

Baby safety:

- Use a harness or belt in his high chair or stroller.
- Never use pillows, bumper pads or blankets in the crib. Babies can suffocate easily. Place your baby to sleep on his back.
- Make sure the mattress is firm and fits the crib snugly. When buying a crib, the slats should not be more than 2⅜" apart and not have a drop side.
- Buy only fire-resistant nighttime clothing.

Grasp at the chest

Infant six months of age and less:

- Infants of this age can roll over and reach for objects.
- Infants are often poisoned by helpful older siblings or given foods that they can choke on.
- Never use balloons as play toys or allow children to play with plastic bags or latex balloons. Children can choke on broken pieces of plastic.

Infant seven to twelve months:

- Secure furniture that infants may use while learning to crawl, pull themselves up, and walk.
- Infants can pull pans off a stove or pull on a tablecloth with objects on it. Supervise to prevent injury.

Toddler:

- Teach your toddler to stay away from the garbage, cigarettes, ashtrays, matches, and sharp objects.
- Keep all plastic bags away from your toddler.
- Toddlers are very curious and like to investigate.
- Toddlers have the highest accident rate of any age group.
- Lock cabinets to keep your toddler safe.

How can I keep my child safe in the car?

- The safest place for all infants and children under 13 to ride is in the back seat.
- Plan ahead so that you do not have to drive with more children than you can safely restrain in the back seat.

- By Utah law, all persons in all positions, 18 and under, must wear seat belts or use car seats. Children younger than 8 years old must be restrained in an appropriate child safety or booster seat. By Idaho law, everyone in a vehicle must wear a safety restraint and use age-appropriate car seats and booster seats.
- Never allow your child to stand or kneel on a seat while the vehicle is in motion.
- Riding in an open truck is always dangerous at any age.
- Enter and exit the car on the curbside with children.
- Do not lower car windows more than half of the way down.
- Never place a child in a rear-facing child safety seat in front of an air bag. If an older child must ride where there is an air bag, move the vehicle's seat back as far as possible.

Do not make these common car seat mistakes:

- Do not use a car seat without a harness or if the harness is too loose.
- Do not face an infant car seat forward.
- Do not put a baby in a car seat that is meant for an older or larger child.

For assistance in installing your seat or for additional information about transporting your children safely, call 801.662-2277.

Proper infant car seat placement

Infants should ride facing the rear until they weigh around 30 pounds or more and are at least two-years-old.

Poison safety

It is never too early to poison-proof your home! Children less than six years old are at the greatest risk for accidental poisonings. All children are born with a natural curiosity about the world around them. They put everything into their mouths. As they begin to crawl, walk, and climb, this curiosity increases and so does the risk for poisoning. Look at your surroundings from a child's perspective.

Always properly store medicines and other harmful household products. Remind grandparents and other care providers to do the same.

What should I do if a poisoning occurs?

- Remain calm.
- If your child is unconscious or having trouble breathing, call 9-1-1.
- Call the **Utah Poison Control Center:** 1.800.222.1222
- Have the product available at the phone.
- Follow these first aid instructions:
  - **Swallowed poison.** Unless your child is unconscious, having convulsions, or cannot swallow, give him a glass of water to drink. Then call the Poison Control Center. Do NOT make him vomit and do NOT follow first-aid instructions on the product label; they may be wrong.
  - **Poison on the skin.** Remove soiled clothing and rinse the skin with water for 15 minutes. Wash gently with soap and water and rinse thoroughly. Then call the Poison Control Center.
  - **Poison in the eye.** Gently rinse the eye with lukewarm (not hot) water for 15 minutes. Do not force the eyelid open! Then call the Poison Control Center.
  - **Inhaled poison.** Immediately move your child into fresh air. Avoid breathing fumes. Open the doors and windows wide to allow fresh air into the area. If your child is not breathing, start CPR and call 911. Otherwise, call the Poison Control Center.

What is the poison control center?

The Utah Poison Control Center (UPCC) can help you if a poisoning happens. Staff specially trained in toxic chemicals are available 24 hours a day to answer any questions you have about poisonings. Call the UPCC anytime you think someone may have been poisoned.

Supervision

Remember, there is no substitution for proper supervision of children at ALL times. **Don't just be there, BE AWARE!**

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Pediatric Education Services, 801.662.3500 | Rev. 07/13, LTA520408170 | *Available in Spanish*