

Hold On to Dear Life

May 2019

Make This a Summer of Prevention

At last, spring is here, and summer is right around the corner. Most of us love the warmer weather and opportunities to be outside. Did you know that Memorial Day marks the beginning of the [100 Deadliest Day of Summer](#)? This is associated with traffic crashes, but Primary Children's also sees an increase in drownings, window falls, driveway back-overs, traumatic brain injuries, and other injuries because of accidents or intentional acts during warmer weather months.

As part of an effort to decrease the number of injuries and deaths this summer, we want to share some safety tips that you can do at home and discuss with your family to have a fun, injury free summer.

In the Home: adapted from [Safe Kids Worldwide](#).

Home is a place to relax, play and enjoy spending time with family. Of course, accidents will happen with minor scrapes and bruises along the way, especially as kids grow and discover new things. And that's OK. The problem is the more serious injuries that are often completely preventable.

Safe Kids has a fun [interactive tool](#) with things you can do to help ensure that your kids can be active, healthy, and safe at home. Here are some more tips, room by room.



Kitchen: Cooking is a great way to spend time together but remember these tips and always supervise.

- Children should not be held while cooking. Place your child in a high chair where you can still see them.
- Keep babies and young kids strapped in when using high chairs, infant carriers, swings or strollers.
- Keep matches, lighters, and all sharp objects out of reach and sight or locked away.



- To avoid [burns](#) and scalding, use the back burners of your stove and turn pot handles away from the edge. Keep hot foods and liquids away from edges.
- Cut food for toddlers into tiny pieces. [Children under 5](#) should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or nuts.

Bathroom: Among preventable injuries, [drowning](#) is the leading cause of death for children 1 – 4 years old. Children less than a year old are more likely to drown at home in the bathroom or a bucket.

- Actively watch kids when they are in or around water. Keep young children within arm's reach of an adult.
- Make sure your bathtub is completely drained and empty all buckets, containers, and kiddie pools immediately after use. Store them upside down so they don't collect water.
- Close toilet lids and use seat locks to prevent drowning.
- Keep doors to bathrooms and laundry rooms closed.

Bedroom: Unintentional [falls](#) including those from windows, are the number one cause of non-fatal injury for children. 38% of fall-related injuries in children are among kids 4 and under. Most of the serious falls happen at home and not at daycare.

- Move furniture away from windows to prevent climbers from gaining access.
- Keep windows closed and locked when they are not being used.
- Properly install window guards and stops to prevent falls. Windows should not open more than 4 inches.



Bedroom: (continued)

- For windows above the first floor, include an emergency release device in case of fire.
- Always lay infants to sleep on their backs in their own crib or bassinet without blankets, pillows, or plush toys. Swings and car seats outside of a car are not safe for a sleeping baby.



Living Room and Stairs: Yearly, more than 93,000 children under the age of 5 are seen in emergency rooms because of [stair-related injuries](#). Kids are also seen because of furniture [tip overs](#), [strangulation](#), or [choking](#).

- Install safety gates to keep children from falling down staircases.
- Keep small toys, button batteries, and other small objects out of children's reach and sight. Look at the room at your child's eye level and remove any hazards.
- Keep cords and strings out of children's reach, including those attached to window blinds and curtains.
- Secure unstable or top-heavy furniture to the wall.

Laundry: You may not think your laundry room as a dangerous room in your house. But kids are still poisoned by laundry products (see General Safety) and injured by appliance related accidents.

- Check the temperature on your water heater. It should be set no higher than 120° Fahrenheit.
- Keep washer and dryer doors closed.
- Clean out the dryer screen and vent regularly to prevent fires and carbon monoxide poisoning.

Garage:

- Make sure all garbage or recycling cans are securely closed.
- Store sports equipment away from chemicals or tools and place heavier items low to the floor.

Garage: (continued)

- Teach children to stay away from garage doors at all time. A sensor can malfunction and injure a child.
- Keep your vehicle doors locked to prevent children from gaining access and getting trapped in a hot car.
- Always walk around your vehicle before you back out or pull out of a garage. Remember to [Spot the Tot](#).

General Safety:

- Secure all medications, cleaners, laundry detergents, chemicals, cosmetics, button batteries and other hazards out of reach and sight or in a locked cabinet.
- Install smoke detectors and carbon monoxide alarms on every level of your home. Be sure to test the alarm monthly and replace the batteries twice a year.
- Have a first aid kit with emergency instructions inside.
- Learn [\(CPR\)](#) and the age-appropriate [Heimlich maneuver](#) for emergencies.
- Keep these numbers near the phone in case of emergencies.
 1. [Poison-control: 1-800-222-1222](#)
 2. Your doctor's number.
 3. Parents' work and cell phone numbers.
 4. Neighbors or nearby relative's number.
 5. Teach your kids how and when to call 9-1-1.



Other safety to consider

Keeping your home safe includes reducing access to firearms for those who should not have access, such as [kids and teens](#).

- Store firearms unloaded and locked.
- Store ammunition locked in a separate place.
- Use a firearm safe, lock box, or trigger/cable lock.
- Limit access to combination or keys to only adults who should have access to the firearm. There are safes on the market which provide safe storage but quick access for home protection.
- Temporarily remove the firearms from the home if a family member or you are in crisis, depressed or suicidal.

Next month we'll cover safety out of doors and on the go. For more tips visit Primarychildrens.org/safety. In the meantime, **Please Be Safe!**

