

Safety Presentation

INTRODUCTION

Slide 1 Title	<ul style="list-style-type: none">• We all want our children to be safe.• This presentation will teach you ways to create a safer environment for your children.
Slide 2 Adult watching several children	<ul style="list-style-type: none">• No environment is totally safe.• If left alone, children may get hurt.• The key to reducing injuries to kids is constant adult supervision.

INDOOR SAFETY

Slide 3 Indoor safety	<ul style="list-style-type: none">• There are places indoors that may be safe for adults, but may not be safe for children. Take as many precautions as you can to keep kids safe.
Slide 4 Safety supplies	<ul style="list-style-type: none">• It is recommended that you keep the following safety supplies on hand wherever children spend time:<ul style="list-style-type: none">✓ Emergency telephone numbers so you can call quickly in an emergency.✓ A smoke detector with a working battery to provide early warning in case of a fire, especially at night when you're asleep.✓ Plastic plugs and electric outlet covers to protect children from electric shock.✓ Cabinet latches and locks to keep children away from harmful chemicals and harmful objects.✓ A hot-water gauge to measure the temperature of hot tap water to prevent scald burns.✓ Doorknob covers to prevent children from going into rooms where there could be dangers.✓ Tube to check whether an object is a choking hazard for a child.✓ Corner protectors to prevent kids from being hurt by sharp corners.✓ Stove-knob covers to prevent children from turning on a stove. <p>These safety supplies can help reduce the number of injuries to children in the home.</p>

<p>Slide 5 Adult installing emergency telephone sticker</p>	<ul style="list-style-type: none"> • One of the first things you should use in an area where children spend time is emergency stickers that include telephone numbers for the police, fire department, ambulance, local hospital, physician, and poison control center in your area, as well as your own telephone number and address.
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FIRE PREVENTION

<p>Slide 6 Adult testing smoke alarm</p>	<ul style="list-style-type: none"> • Fires and burns are a leading cause of death in children, especially among infants and toddlers. • Most of the deaths and serious injuries in house fires are caused by smoke inhalation; smoke detectors can prevent almost all of these fire deaths. <ul style="list-style-type: none"> ✓ A smoke alarm should be installed on each level of a home or building where children spend time. ✓ Smoke alarms should be near enough to the bedroom to be heard when the doors are closed. ✓ Smoke alarms should not be placed near windows or doors because smoke can be blown away from the detectors. ✓ Smoke alarms should be tested once a month. ✓ Smoke alarm batteries should be changed twice a year, in the spring and the fall when clocks are reset for Daylight Savings Time.
<p>Slide 7 Exit sign and apartment complex escape plan</p>	<ul style="list-style-type: none"> • In apartment buildings there should be emergency evacuation plans posted and clearly marked exit signs. There should be at least 2 exits in case one is blocked by fire.
<p>Slide 8 Family reviewing fire escape plan</p>	<ul style="list-style-type: none"> • If you live in a home, you should develop and practice a fire escape plan. • Adults and children need to practice together so children can become familiar with proper emergency behavior. If possible, practice the plan at night, when most fatal fires occur. • The family should find a place outside where everyone will meet in case of a fire to be sure all family members get out safely. • Young children often hide under furniture or in closets when a fire breaks out. Discussing and practicing a fire escape plan will help children know what to do in a fire. Teach them to: <ul style="list-style-type: none"> ✓ Leave the building immediately ✓ Never stop to dress or put out the fire. (Most deaths occur from suffocation due to hot flames and smoke, rather than from direct burning.) ✓ Crawl on the floor and breathe through a towel. ✓ Test to see if a door is hot by lightly touching it before opening it. ✓ Know hot to “stop, drop, and roll” to put out flames if clothing catches on fire.

<p>Slide 9 Blocked exit door</p>	<ul style="list-style-type: none"> • Make sure that emergency exits are free and clear of clutter.
<p>Slide 10 Installed fire extinguisher</p>	<ul style="list-style-type: none"> • Homes, daycare centers and schools should have at least one fire extinguisher. <ul style="list-style-type: none"> ✓ An extinguisher can help put out a small fire before it becomes serious <u>and</u> can help clear an escape route in a large fire. ✓ Fire extinguishers should <u>not</u> be used to battle large blazes. ✓ The extinguisher should be kept where it can be easily reached in an emergency. ✓ It should be located in an area where a fire is likely, such as in the kitchen or near a heat source, or it should be located outside sleeping areas for use in clearing an escape route. ✓ It is important to know where the fire extinguisher is kept, how to inspect it, and how to use it correctly. • How do you prevent fires? <ol style="list-style-type: none"> 1. Supervise children. 2. Do not smoke cigarettes. 3. If you do smoke, NEVER smoke in bed. 4. Be sure to throw away all cigarette butts, matches, and ashes after they have been <u>completely</u> extinguished. 5. Keep matches/lighters out of children's reach.
<p>Slide 11 Space heater near childrens' toys</p>	<ul style="list-style-type: none"> • Housing without central heating have led to increased use of space heaters. • Many house fires are caused by space heaters that have ignited flammable materials near by. • Space heaters must be in a location out of children's reach. • Children need to be watched carefully when space heaters are used.
<p>Slide 12- READ ONLY Child playing near properly screened fireplace</p>	<ul style="list-style-type: none"> • Screen off fireplaces
<p>Slide 13 Gasoline container</p>	<ul style="list-style-type: none"> • Store gasoline or flammable liquids in proper containers. <ul style="list-style-type: none"> ✓ Glass containers should not be used, they may break and fumes from the liquid could be ignited from a small spark or flame. ✓ Gasoline should not be carried in the passenger compartment of automobiles and should not be stored in a building where people live.

BURN PREVENTION

Slide 14 Toddler grabbing pot handle	<ul style="list-style-type: none">• Most burns are scalds from hot liquid that occur in the kitchen when toddlers grab pot handles extending over the stove and overturn the boiling contents on themselves.• Parents often do not anticipate how quickly a child can move or how far he can reach.• Scalds can be painful and serious burns.• Half of all children under age 3 scalded by hot liquids must be hospitalized.
Slide 15 Pot handles turned toward edge of stove	<ul style="list-style-type: none">• Turn pot handles outwards and towards the back of the stove.• Cook on the back burner of stoves when possible.
Slide 16 Infant in high chair in kitchen	<ul style="list-style-type: none">• Keep children in a safe area, such as a playpen or high chair, while preparing food in the kitchen.• Keep high chairs and stools away from the stove.
Slide 17 Toddler grabbing tablecloth	<ul style="list-style-type: none">• Use placemats instead of tablecloths that can be easily pulled, overturning hot drinks.
Slide 18 Toddler grabbing hot beverage off table	<ul style="list-style-type: none">• Place hot beverages and food away from the table's edge, out of reach.
Slide 19 Adult holding baby and hot coffee	<ul style="list-style-type: none">• Never carry a child while holding a hot beverage or hot food.• Test the temperature of heated food before feeding it to a child.• Teach children the meaning of the word "hot."• Do not place food treats and other attractive items over the stove.• Keep children away from hot oven doors and hot appliances.
Slide 20 Toddler reaching for dangling cord	<ul style="list-style-type: none">• Scald injuries can also occur when children pull on a cord dangling from a pot of coffee or other hot object or appliance.• Make sure that one end of an electric appliance cord is not plugged into a wall outlet with the other end dangling within reach of a child.

<p>Slide 21 Toddler mouthing extension cord</p>	<ul style="list-style-type: none"> ● Some of the most serious and disfiguring burn injuries and even deaths are from children mishandling electric cords. ✓ Never let child chew on any type of electrical wire or plug. ✓ Always unplug extension or electrical appliance cords from wall sockets after using them. ✓ Check electric cords. They should be in excellent condition (not frayed), used properly, and out of reach of children. ✓ They should not be run under a rug or across a doorway or be overloaded.
<p>Slide 22 Safety plug</p>	<ul style="list-style-type: none"> ● Cover unused electric outlets with safety plugs, caps, or outlet covers to prevent children from inserting objects into the plug. Some objects can conduct a current and cause shock.
<p>Slide 23 Adult setting hot water heater</p>	<ul style="list-style-type: none"> ● A child can be scalded by hot water in sinks or tubs. Be sure to check the temperature of bathwater after letting it run for a few minutes. Most water heaters are pre-set at 150°F. ● Reduce the temperature on your hot water heater to 120F. ● At 140°F, water takes only 6 seconds to cause a scald burn. At 120°F, it takes 5 minutes. ● If the temperature is too high in a rental unit, ask the landlord to lower it.
<p>Slide 24 Child in bathtub supervised by parent</p>	<ul style="list-style-type: none"> ● The household bath is the most common site of drowning during the first year of life. ● Adults should know that an infant <u>cannot</u> be left alone in a bath. Parents sometimes think it is okay to leave a small child alone for a few minutes or in the care of an older child. Infants and toddlers have large heads and may be unable to lift their head and face out of water if they are submerged even faced down in shallow water. ● <u>Never</u> leave a child alone in a bath, not even for one second. Be sure an adult is always present. ● Children can drown in a few inches of water within minutes. ● Children can also drown in toilets and buckets of water. Buckets and baths should be emptied after use, and toilet lids should be closed.

FALLS

<p>Slide 25 Adult hand resting on infant and reaching</p>	<ul style="list-style-type: none"> ● Falls are the most frequent cause of injury to children younger than 6 years. ● About 200 children die from falls each year. ● Infants can wiggle, squirm and push against things with their feet. These first movements can result in a fall.
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	<ul style="list-style-type: none"> • Infants should never be left unattended in high places, such as on a changing tables, beds, sofas, or chairs. • Practice the “hands-on” rule, keeping at least one hand on the infant at all times while she is on a high surface. If you cannot reach what you need, take the child with you. • Serious falls can occur within seconds while reaching for something.
<p>Slide 26 Adult measuring (with finger) distance between mattress and side of crib</p>	<ul style="list-style-type: none"> • Unsafe cribs can cause injuries to children, particularly when a baby tries to climb out of a crib and falls. • A small child can also suffocate or break a bone if her head, body or limb becomes wedged between the crib side and the mattress. • There should be no more than two fingers’ width between the crib mattress and sides of the crib. • If there is a gap, the mattress is too small and should be replaced. At the very <u>least</u>, install bumper pads or towels around the edges to eliminate gaps. • Crib injuries can be prevented with the following precautions: <ul style="list-style-type: none"> ✓ Always keep side rails up while the infant is in the crib. ✓ Use bumper pads around the entire crib until the infant begins to stand, then remove them. ✓ Lower the mattress before the baby can sit alone, and place it in its lowest position as soon as the baby can stand. ✓ Remove toys or other articles that can be used as steps for climbing from the crib. ✓ Once the child is 35 inches tall, he or she should no longer sleep in a crib.
<p>Slide 27 Adult measuring (with ruler) distance between slats of crib</p>	<ul style="list-style-type: none"> • Infants may die of strangulation if their heads become caught between widely-spaced bars of older cribs. • The infant’s arm or leg may be broken if it becomes caught between crib slats or between the mattress and side of the crib. • The distance between the crib slats should be no more than 2 ¾ inches. If it is, replace the crib or add slats. • Make sure that the corner posts on the crib do not extend above the side rail. Clothing or a pacifier tied around the neck can catch on a corner post, strangling the baby. If the posts are higher than the top of the side rail, unscrew them or saw them off. • Check the crib for cutouts in the headboard or footboard. Cutouts should be covered with board to prevent the child from getting his or her head stuck.

<p>Slide 28 Cluttered stairway</p>	<ul style="list-style-type: none"> ● 20% of all falls occur on stairs. ● It is important to keep stairways as safe as possible. <ul style="list-style-type: none"> ✓ Clear stairways of objects that might cause a fall. ✓ Tack down loose carpet. ✓ Stairways, porches, and balconies should be sturdy and in good condition and should have guardrails. Railing supports should be no more than 6 inches apart to keep children from falling through. ✓ A stairway free of clutter is needed to ensure safe exits in emergencies. Stairways should also be well lit, and in rental units, the landlord is responsible for lighting common areas.
<p>Slide 29 Toddler near safety gate</p>	<ul style="list-style-type: none"> ● Safety gates installed at the top and bottom of all stairways will help prevent toddlers from falling. <ul style="list-style-type: none"> ✓ Make sure that gate is firmly attached and has a flat bar across the top. ✓ Do not use an accordion-type gate with wide gaps at the top. These gates can cause head and neck entrapment.
<p>Slide 30 Toddler in walker</p>	<ul style="list-style-type: none"> ● In 1999, almost 9,000 children under the age of 15 months were treated in hospital emergency departments in the U.S. for injuries from infant walkers. ● Falls from stairs are most common and result in head injuries. ● There are a small number of “pinch” injuries to fingers and toes. ● Burns and poisonings of infants under 1 year are caused by the increased access to these hazards afforded by an infant’s increased mobility in a walker. ● Walkers do not help children learn to walk; they can delay normal motor and mental development. ● Stationary activity centers are a safer alternative to mobile walkers.
<p>Shopping carts</p>	<ul style="list-style-type: none"> ● Do not place a child in the front part of a shopping cart. It can easily tip over if the child leans. The child should be placed in the seat, facing you, and secured with a strap. Never leave a child alone in a shopping cart.
<p>Slide 31 Toddler on rocking horse</p>	<ul style="list-style-type: none"> ● Most toy-related injuries are caused by children falling on, tripping over, or being hit by toys. ● Small riding toys and rocking horses may tip over, sometimes causing head and face injuries. ● Toys with cords, like play telephones, may entangle very young children and cause injury.
<p>Slide 32 Doll on window sill</p>	<ul style="list-style-type: none"> ● Children may suffer permanent injury or death by falling from windows. <ul style="list-style-type: none"> ✓ Be sure that all window screens are secure, but don’t depend on them to protect the child.

	<ul style="list-style-type: none"> ✓ Many screens are designed to release with very little pressure; they are not strong enough to keep a child from falling through the window. ✓ Windows should have locks or window guards. ✓ Never place a child's bed or crib next to a window. ✓ Avoid placing furniture under a window or objects on a window sill where children might climb to reach them.
Slide 33 Toy chest	<ul style="list-style-type: none"> • Toy chests should have no lids. • A falling toy lid can cause fractures or death if it falls on the child. • Children may also die from being trapped inside a toy chest. • Air holes should be drilled in the toy chest so that a child trapped inside will not suffocate.

POISONING

Slide 34 Child exploring under sink	<ul style="list-style-type: none"> • Childhood poisoning is a common problem in the United States. • Curious and exploring children are often victims of poisoning, especially ages 2-3. • Children are at special risk when they are hungry, defiant, imitative or quicker than their parents. • A high-risk time of the day is in the late afternoon (4 to 6 PM), when parents are busy preparing dinner and are stressed or tired.
Slide 35 Poison emblem	<ul style="list-style-type: none"> • A poison is any substance that impairs health or causes death when introduced into the body or onto the skin. • Poison also implies an excessive dose. For example, aspirin is not considered a poison but aspirin overdoses kill many children each year. • The poison control center is the best place to call for information on any potential poisonous substances, first aid instructions or treatment. They are available 24 hours. Be sure to have the number posted on your phone.
Slide 36 Bottles of juice, Sudafed and red hots, lollipop and nail polish	<ul style="list-style-type: none"> • Poisoning is most frequently caused by medicines, soaps, detergents, cleansers, perfumes, and vitamins. • Children like brightly colored packages, pleasant odors or pleasant tastes or things that look like candy or juice. • Children see adults use these products without harm and try to use them in the same way their parents do. • Children cannot distinguish between similarly colored containers of food and cleaning supplies. • Make sure to store cleaning supplies separate from food in cabinets inaccessible to children.

<p>Slide 37 Child reaching up to a high cabinet</p>	<ul style="list-style-type: none"> • Safe storage of medicine, vitamins, household cleaning supplies and alcoholic beverages is essential for poison prevention. • Potentially poisonous items should be stored in high places out of a child's sight and reach. • Even high shelves that are thought to be safe can be reached by resourceful children who stack objects and climb up.
<p>Slide 38 Locked high cabinet</p>	<ul style="list-style-type: none"> • A high, locked cabinet is the best place to store poisons, including medicines and alcohol.
<p>Slide 39 Toddler pulling things from purse</p>	<ul style="list-style-type: none"> • Keep all purses out of the reach and beyond the climbing range of young children. This is especially important during social gatherings, when parents are busy. • The contents of purses can present choking or poisoning hazards.
<p>Slide 40 Child near plant</p>	<ul style="list-style-type: none"> • Eating or chewing on certain household plants can result in serious poisoning. • It is important to supervise children outdoors to keep them away from poisonous bushes, berries, and mushrooms. <p>Contact your local poison control center to determine whether plants in or around your home are poisonous and get rid of those that are.</p>
<p>Slide 41 Peeling paint</p>	<ul style="list-style-type: none"> • Lead poisoning in children is caused by eating or sucking lead-based paint or dust. Lead poisoning is a serious problem for children under 5 and can damage the brain, kidneys, nervous system and blood cells. • Homes and building built before 1940 are more likely to have lead-based paint. Leaded paint should be removed by professionals. • Parents should check for loose or chipping paint. • Early detection of lead poisoning can prevent serious harm. • Testing is important because most lead-poisoned children show no signs of illness. • A simple finger-prick test (usually free at a local clinic) can detect lead in the blood.

CHOKING/SUFFOCATION

<p>Slide 42 Items commonly associated with choking or suffocation</p>	<ul style="list-style-type: none"> • Choking and suffocation are the most common causes of preventable death in children under 1 year old because babies explore their world by putting things in their mouth. • Choking is caused by inhaling an object or food. Strangulation or suffocation is caused by constriction around the neck or blockage of the nose/mouth. BOTH block airway passages and interfere with breathing.
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	<ul style="list-style-type: none"> • Remove small objects such as marbles, checkers, or coins from a child’s environment. • Check all toys to make sure they are too big to swallow and have no small detachable parts. • Common objects that cause choking and suffocation: <ul style="list-style-type: none"> ✓ Food, such as hot dogs, grapes, nuts, popcorn, and hard candy; and formula, milk or juice given to an infant lying down, especially from a propped bottle. ✓ Toys small enough to be placed in the mouth, especially uninflated balloons. ✓ Small items such as coins, marbles, buttons, beads and safety pins. ✓ Drapery and extension cords. ✓ Plastic bags. ✓ Cords from which toys and objects such as rattles, and jewelry are hung around the child’s neck.
Slide 43 Purse contents	<ul style="list-style-type: none"> • Do not give these items as playthings.
Slide 44 Plate of food commonly associated with choking	<ul style="list-style-type: none"> • Never give a baby a bottle held in place by any device or part of a piece of furniture. An infant can spit up, choke, and inhale the liquid. • Never feed a baby large or hard pieces of food. Slicing foods into small pieces will help prevent choking. • Certain foods can obstruct the child’s airway because they must be ground by the teeth, which is hard for children to do before the age of 4 years. • Keep children seated and quiet while eating. Do not allow children to talk, run, or walk while eating.
Slide 45 Plate of appropriate food properly cut	<ul style="list-style-type: none"> • Slicing foods, such as hotdogs, lengthwise and into small pieces will help prevent choking.

OUTDOOR SAFETY

Slide 46

Safely enclosed swimming pool

- Between the ages of 1 and 5 years, drowning is one of the three leading causes of death.
- Swimming pools and bathtubs are the most frequent sites of drownings, but a child can drown within minutes in only a few inches of water.
- To help prevent drowning in any body of water, follow these guidelines:
 - ✓ All pools and hot tubs should have high fences and locked gates around them. Use locking covers on hot tubs.
 - ✓ Always provide sufficient adult supervision when children are in or around water of any kind (backyard pools, lakes, ponds, or oceans).
 - ✓ Adults and older children should know CPR.
 - ✓ Teach children to respect other swimmers and to observe the rules of water safety.
 - ✓ Never allow children to swim alone. The buddy system is a good way to introduce this idea to children.
 - ✓ Allow swimming only in fair weather, not during storms or when lightning is present.
 - ✓ Require children to wear an approved life jacket when playing in or around water. Do not use floating devices because they may deflate, offer a false sense of security or allow the child to drift too far from shore. **HOWEVER**, life jackets are **NO** substitute for adult supervision.
 - ✓ Teach children to swim at an early age. **HOWEVER**, swimming lessons **DO NOT** make a child safe in the water.
 - ✓ Teach children who dive to be sure that the water is deep enough and that the bottom is free of glass, stones, or other dangers. Diving in the wrong place can lead to head or spinal cord injuries.
 - ✓ Keep a phone and first-aid equipment close to the pool.
 - ✓ Do not allow swimming for at least 1 hour after eating a heavy meal or taking medication.
 - ✓ Keep electrical appliances away from pools to avoid shock.
 - ✓ Do not allow tricycles or riding toys near the pool or water. Remove all toys from the swimming area when finished to keep children from going back to the pool area later.
 - ✓ Pool covers and alarms cannot be relied on to prevent drowning. Pool covers can prevent you from seeing a trapped child.

Hot tubs/Spas	<ul style="list-style-type: none"> ✓ Lower water temperature of hot tubs or spas to about 100°F well before children get in and do not allow children to become overheated. ✓ Keep children away from areas of strong suction. Hair and loose clothing can get caught and pull a child underwater.
<p>Slide 47</p> <p>Children playing on safe playground</p>	<ul style="list-style-type: none"> • Supervise young children when they are using playground equipment. Do not allow shoving, pushing or fighting. • Use swings made of soft materials, not wood or metal. • Do not allow children to twist swings, swing empty seats, or walk in front of moving swings. • Mark a line around swings to show an area that cannot be entered when someone is already swinging. • If you are putting together playground equipment, make sure you do it right and that it is firmly anchored to the ground on a level surface. • Check for loose nuts and bolts regularly and put caps on them to protect kids. • Avoid equipment with S-type hooks or sharp edges. • Avoid rings 5 to 10 inches in diameter because they may entrap a child's head. • Playground equipment should be set over soft surfaces such as rubber, sand, sawdust, wood chips, bark or grass. Avoid concrete or asphalt. • Playground equipment should be at least 6 feet away from fences and walls.
<p>Slide 48</p> <p>Child using rollerblades</p>	<ul style="list-style-type: none"> • The following will reduce the number of skating or skateboarding injuries to children: <ul style="list-style-type: none"> ✓ Children should always wear helmet and protective padding ✓ Encourage skating in parks free of traffic. ✓ Children should not be allowed to skate, roller blade or skateboard on streets. ✓ Have children avoid stunts, and consider lessons for beginning skaters.
<p>Slide 49</p> <p>Child playing with dog</p>	<ul style="list-style-type: none"> • Choose a pet carefully, especially for a child, and supervise children while playing with pets. • Teach children how to properly handle and care for a pet. • Teach children to avoid any strange or dangerous animals that may live in your neighborhood.

PEDESTRIAN SAFETY

<p>Slide 50 Pedestrian safety</p>	<ul style="list-style-type: none"> ● Cars are dangerous to children as passengers, but also as pedestrians. ● More than 1700 preschool and school-aged children die from pedestrian injuries each year. ● In San Diego County, pedestrian injuries are a leading cause of death to children in all age groups, but children five to nine years of age are at highest risk.
<p>Slide 51 Two girls darting into street mid-block</p>	<ul style="list-style-type: none"> ● Most pedestrian injuries occur when children dart into the street between intersections where drivers cannot see them or when drivers fail to observe speed limits, especially in school zones.
<p>Slide 52 Two kids crossing street at intersection</p>	<ul style="list-style-type: none"> ✓ All children should be taught to always cross at intersection. ✓ Children should be taught to stop when they reach the street curb and to look both ways (<i>left, right, and left again</i>) and listen for sounds of traffic before crossing a street. ✓ Use signals correctly, walk only on the green “walk” sign.
<p>Slide 53 Mom and kids crossing intersection against light</p>	<ul style="list-style-type: none"> ● Children learn by what they see so set a good example. ● Children should be taught that when crossing at an intersection they should use the signals correctly and walk only on the green or white “walk” sign or symbol. ✓ <i>Person Walking</i> or <i>Walk</i> – This sign means you may safely cross at the intersection. ✓ <i>Don't Walk</i> or a flashing <i>Red Hand</i> – The person should NOT walk into the intersection if he gets to the curb and the light is flashing. If the person is in the middle of the intersection and the sign begins to flash, he needs to hurry and cross.
<p>Slide 54 Pedestrians crossing intersection w/ the light</p>	<ul style="list-style-type: none"> ● Pedestrians must only cross when the Person Walking or Walk sign are on.
<p>Slide 55 School zone sign</p>	<ul style="list-style-type: none"> ● A driver’s speed means a difference for pedestrians and bicyclist. A person hit by a car traveling at 15 miles per hour will be hurt but probably won’t die. A person hit by a car traveling at 44 miles per hour will most likely die! The person has more chance of dying if the car is going faster. ● Be a responsible driver. ● Make sure to observe speed limits, especially in school zones. ● Always stop for pedestrians they have the right of way when:

	<ul style="list-style-type: none"> ✓ In a crosswalk ✓ At an intersection ✓ At a stop sign ✓ At a traffic signal with a “walk” sign
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BICYCLE SAFETY

<p>Slide 56 Bicycle safety</p>	<ul style="list-style-type: none"> • Most bicycle injuries occur close to home. • Most bicycle-related injuries occur when children are riding bicycles for recreation. • The most serious injuries to bicyclists occur when the child and bicycle are struck by a car. • The greatest number of injuries occurs when children lose control of their bicycles and fall or hit objects. • Many bicycle injuries occur when a foot or hand is caught between the spokes of the wheel and the frame of the bicycle, injuring the trapped foot or hand. • Most injuries from spokes occur when children are passengers on the rear fenders of bikes.
<p>Slide 57 ANSI and Snell approval stickers</p>	<ul style="list-style-type: none"> • Head injuries are the most serious bicycle-related injury, frequently causing death or permanent brain damage. • The majority of head injuries can be prevented if all children wear a bicycle helmet every time. • Helmets must have Snell Memorial Foundation, American National Standards Institute (ANSI) or Consumer Produce Safety Commission (CPSC) approval stickers. <ul style="list-style-type: none"> ✓ Helmets come in sizes to fit all heads. ✓ Kids should wear a helmet that fits every time they ride. ✓ Helmet straps must be fastened, not hanging loose. ✓ A good-fitting helmet should be snug but not too tight. ✓ The helmet should sit on top of the head in a level position and not rock either forward and back or from side to side. ✓ Most helmets come with different size foam pads that can be inserted to give the helmet a custom fit.
<p>Slide 58 Child demonstrating unsafe bicycling – no helmet and riding bicycle that’s too big</p>	<ul style="list-style-type: none"> • Many bruises and head injuries occur when children borrow bicycles. <ul style="list-style-type: none"> ✓ Take the time to teach children safe bicycling. ✓ From very first time that a child begins to use a bicycle, he should learn safety rules. These rules will set a pattern or life long use. ✓ Children must wear a bicycle helmet every time they ride. ✓ Children should know the safe and appropriate places to ride

	<p>a bicycle.</p> <ul style="list-style-type: none"> ✓ If bicycle is used as transportation, children must know the rules of the road.
<p>Slide 59 Child demonstrating safe bicycling – wearing helmet and riding on bicycle that is the correct size</p>	<ul style="list-style-type: none"> • The following will help prevent or reduce bicycle injuries: <ul style="list-style-type: none"> ✓ Make sure children wear helmets every time they ride bicycle ✓ Teach children to obey all traffic laws, including direction of travel, road signs, traffic signals, and use of hand signals when on the road. ✓ Make sure children wear bright clothing when riding. ✓ Do not allow riding at dusk or after dark.

MOTOR VEHICLE SAFETY

<p>Slide 60 Motor Vehicle Safety</p>	<ul style="list-style-type: none"> • Injuries suffered while riding in cars are the No. 1 preventable cause of death in infants and children. • The best way to prevent injuries in car crashes is to place infants and children in appropriate safety seats. A safety seat holds a child securely in the car and helps absorb the force of a crash. <ul style="list-style-type: none"> ☆ Infants and children have small bodies and large heads, which makes them top heavy, and their hips cannot be anchored with lap belts alone. ☆ Young children will fly head-first if they are thrown through a car or from a car in an impact. ☆ Even in a low-speed crash infants or small children can crash head-first into the dashboard, windshield, or air bag. ☆ Children can fly head-first out of a car into a stationary object with the same force as if they were dropped from a third-story window. ✓ Follow the safety seat’s manufacturer’s instructions carefully when installing the seat in the car. ✓ The child must be held securely in the safety seat with straps or a harness. ✓ The seat must be held securely in place with the car’s seat belt. ✓ If the seat requires a tether strap or the car seat belt requires a clamp, these devices must be installed properly. ✓ A small mistake in the way the seat is installed in the car or the way the child is secured in the seat can make even the “safest” seat fail in a crash.
<p>Slide 61 Infant in car safety seat facing the rear</p>	<ul style="list-style-type: none"> • Infants must ride in rear-facing (facing toward the back of the car) safety seats until they are at least 1 year AND weigh 20

	<p>pounds.</p> <ul style="list-style-type: none"> • Many adults incorrectly place infants in safety seats facing forward. An infant seat must always be placed in the <u>back seat</u> facing <u>backwards</u>. • A convertible seat can be turned to face forward ONLY if the infant weighs at least 20 pounds and can sit up alone.
<p>Slide 62 Child in safety seat facing forward</p>	<ul style="list-style-type: none"> • Kids over 1 year and between 20-40 pounds may ride in forward-facing safety seats. <ul style="list-style-type: none"> ✓ A toddler must be properly secured in a safety seat in the back seat. ✓ Do not use seats with a shield that fits against a child's body. ✓ Make sure the straps and shoulder harnesses fit snugly. If the harness is not used, the toddler can be thrown out of the safety seat. If the straps are loosely fastened, the toddler may experience a severe jolt during a collision, because the webbing does not stretch to absorb the impact. ✓ Use the straps consistently. ✓ The seatbelt must be placed correctly on all safety seats. ✓ Follow the safety seat's manufacturer's instructions exactly—each model of safety seat and each car is different. ✓ The seatbelt must also be tight. If the safety seat is properly installed and the seat belt is properly attached and adjusted, the seat should not move when you push the seat forward or backward.
<p>Slide 63 Child in <u>low-back</u> booster seat</p>	<ul style="list-style-type: none"> • Young children between 40 and 60-80 pounds (usually 4 to 8 years old) who have outgrown toddler safety seats should ride in booster seats. <ul style="list-style-type: none"> ✓ A booster seat is safer than a lap belt, but it must be used correctly with a lap/shoulder belt, harness, or shield. ✓ Children in booster seats should be placed in the <u>back seat</u> of the car. ✓ Without proper restraints the child's head and chest will not be protected in a crash. ✓ If the back of the seat of the car is high enough, the child can use a low-back booster. If the back seat is too low, the child needs a high-back booster. ✓ Car manufacturers are starting to take into account the importance of booster seats for children that are not big or old enough for lap belts and are building them into the car.
<p>Slide 64 Child in high-back booster seat</p>	
<p>Slide 65 Child in booster seat that is built into the car</p>	
<p>Slide 66 Child wearing a safety belt</p>	<ul style="list-style-type: none"> • When a child is ready for a regular safety belt, a combination lap/shoulder belt provides better protection than a lap belt alone. <ul style="list-style-type: none"> ✓ The shoulder belt should fit across the shoulder and breastbone, down to the hips.

	<ul style="list-style-type: none">✓ If the shoulder belt crosses the face and neck, it should be tucked behind the child's back, never hooked under the arm.✓ When using a lap belt, make sure it is adjusted so that it is tight across the hips or thighs, <u>not</u> across the stomach.✓ The back seat is the safest location for any child aged 12 years or younger. • Children learn by example. Be sure that you and every person who rides with you are buckled up for <u>every</u> ride. "Make every ride a safe ride."
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