

APR. 2022, ISSUE 8

INJURY PREVENTION NEWSLETTER



Colorado Trauma Network



THE JOYS OF GRANDPARENTING

Children bring light, happiness and joy to our lives. If you are a grandparent, or have children in your life in any way, you likely agree!

For children, a part of growing up is learning through exploring their world. Along the way, they are bound to earn some bumps and bruises. While minor injuries are normal, it's important to avoid more serious ones: Preventable injury is the leading cause of death and disability in children.

You play a vital role in making sure the children in your life are healthy and well. Whether they are with you occasionally or long-term, it's important to take steps to make sure they stay safe. This quarter, we are happy to share some tips on what you can do to reduce the risk of common injuries for children of all ages.

Topics in This Issue



Car Seat Safety



Medication Safety



Infant Safe Sleep



Making Your Home Safe



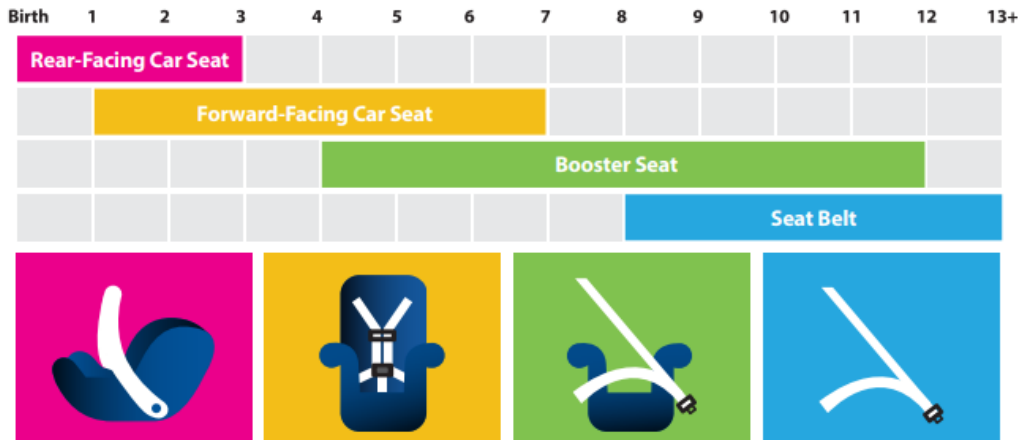
Water Safety for Littles



Car Seat Safety

Car seats and boosters have become a lot safer over the years and can decrease severe injury and death by **over 70%**; however, **over 80% are used incorrectly**. If you drive your grandchildren check out these tips:

- Keep children rear-facing as long as possible to protect their head, neck and spine in a crash.
- By law, a child must be in a car seat or booster until 8 years old. Usually the seat belt doesn't fit a child properly until they're 10-12 years old.
- A child should ride in the back seat until 13 years of age.



Take Action!

Visit
safekids.org/certification
and click on 'Find a Tech'
to schedule a free car seat
check!



Medication Safety

Each year, about **50,000 young children** go to the emergency room after getting into medicine left within reach.

- Before kids come over, check where your medicine is stored. Is it on your nightstand, counter, or in your purse? Move it up and away so it's out of sight and out of reach.
- If giving a child medicine, always use the dosing device that came with it. Double-check that you're giving the correct dose.
- Keep medications in the original packaging. Never call medicine 'candy.'

Take Action! Put the free Poison Help Line in your phone: 1-800-222-1222.



Infant Safe Sleep



Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a firm mattress and fitted sheet for baby's crib. Remove toys, blankets, pillows, bumper pads and other accessories.



Dress baby in a wearable blanket or onesie. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.



Share your room, not your bed. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.



Making Your Home Safe

Children will do unexpected things away from and under your roof. Help keep them safe in your home with these tips:

- Mount or anchor your television. TV tip-overs are a big risk for kids.
- Install window guards or locks. Screens are to keep bugs out, not kids in!
- Keep safety gates at the top *and* bottom of stairs to prevent children from falling.
- Button batteries can be fatal if swallowed, so keep items that use them--like hearing aids, musical greeting cards, decor, and more--out of reach.



READY, SET, TAKE ACTION: Resolve any of these safety concerns in your home.



Water Safety for Littles

Did you know young children can drown in as little as 1 inch of water?

It's important to prevent access to things that can collect or use water. Follow these other tips to keep kids safe:

- Close doors to bathrooms and laundry rooms when not in use.
- Always actively supervise a child when they are in the tub.
- Set your water heater to 120°F to avoid scalds. You'll also save in utilities!

BE PREPARED: Take a CPR Class!

Visit www.redcross.org

CHECK THE DATE!



REPLACE SMOKE ALARMS 10 YEARS FROM THE DATE OF MANUFACTURE
(ON THE BACK OR SIDE OF THE ALARM)



REFERENCES

Centers for Disease Control and Prevention. (2021, September). Injuries Among Children and Teens. Retrieved March 13, 2022, from www.cdc.gov/injury/features/child-injury/index.html.

Car Seats Colorado. Car Seat Safety: Parents and Caregivers. (2021). Retrieved March 15, 2022 from www.codot.gov/safety/carseats/safetytips/parents.

HealthyChildren.org. Drowning Prevention for Curious Children. (March 2019.). Retrieved March 25, 2022 from www.healthychildren.org/English/safety-prevention/at-play/Pages/Water-Safety-And-Young-Children.aspx.

Safe Kids Worldwide. Medication Safety. (2022). Retrieved March 15, 2022 from www.safekids.org/medicinesafety.

Safe Kids Worldwide. Sleep Safety and Suffocation. (n.d.) Retrieved March 15, 2022 from www.safekids.org/safetytips/field_risks/sleep-safety.

UpandAway.org. (n.d.). Retrieved March 25, 2022 from www.upandaway.org.

FOR MORE TIPS ON CHILD SAFETY, VISIT WWW.SAFEKIDS.ORG