The way a child rides in the car is an important part of keeping them safe. Children using a booster seat are 45% less likely to be injured in a crash versus a child using a seat belt. This is why it is so important that a child uses the most appropriate seat for their age and weight. They should remain seated in the back seat until they reach at least 13 years old.

Seats for Every Age

To use any car seat correctly, pay close attention to the height and weight limits specified by the manufacturer. PLEASE call the CCIC at 513-636-7865 to schedule a FREE appointment with a child passenger safety technician for installation of your car seat or booster seat.

Ages 5–9

Once your child has outgrown the weight limits of a five point harness, transition to a booster seat. Children should remain in a booster seat until they are 4’9” tall.
Ages 10–14
At this age, a child should be able to properly use the vehicle’s safety belt. A child should still remain in the back seat of the car until they are at least 13 years of age. Airbags are meant for adults and can cause serious injury to a child if they sit in the front and are in an accident.

Additional Car Safety
• Do not let your children play in an unattended vehicle. Teach them that a vehicle is not a play area.
• Always check in and around your car and driveway to make sure there are no children present. Pick a place for children to stand while you back out of the driveway to keep them safe.
• Limit play time in the driveway. Make sure all toys are picked up off the driveway before driving away.

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PASSENGER SAFETY
Make sure you always buckle up when you get in anyone’s car. It’s the best way to be safe.
Your home should be a safe place for your child to live and play but keeping it safe isn’t always easy. Supervision is the best way to prevent injuries, in the home and out, but even the most watchful parents can’t keep kids completely out of harm’s way every second of the day. We have simple ways to help you prevent injuries in your own home.

**Burns**

Smoke detectors save lives. Smoke detectors should be installed and working properly on every level of the home, especially near sleeping areas.

- Test the battery twice a year and replace the battery once every year.
- Develop a fire escape plan for your home and practice it. Know two ways out of each room and have a meeting spot outside the house to call the fire department from. It’s important to practice your plan too!
- Keep matches and lighters out of the reach of children.
- Space heaters should be at least 3 feet away from other objects and never left on when you go to sleep.
- Be careful of hot liquids that could spill and cause burns to the skin.
Carbon Monoxide
Often called the silent killer, carbon monoxide is an invisible, odorless and colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil and methane) are burned. Vehicles or generators in an attached garage can also produce dangerous levels of carbon monoxide.
• Early symptoms of carbon monoxide poisoning include headaches, fatigue, nausea, and vomiting.
• Carbon monoxide alarms will alert you to the presence of carbon monoxide in your home. Install an alarm near all the sleeping areas or gas sources in your home. Test the alarms regularly.
• Never leave a car running in the garage, even if the garage door is open.

Poison
Cleaning products, medicines, makeup, alcohol and even plants can be poisonous to children. Even though adults may easily tell the difference between products that are safe to eat and those that aren’t, children usually can’t. To a child, many types of medicines look a lot like candy and colorful cleaners may look like fruit drinks.
• Always store cleaning products and automotive fluids in locked cabinets.
• Keep cleaning products in their original containers. Never put a potentially poisonous product in something other than its original container (like a plastic soda bottle), where it could be mistaken for something harmless.
• Medicines and vitamins should be stored out of children’s sight and reach. Keep medicine cabinets locked.
• Be aware of medicines you keep in your purse or bag, especially those of grandparents or visitors to the home. Store these bags out of reach of children.
• Never refer to medicine or vitamins as “candy.”
• Always read the label on a product before using it.
• When giving a child medication, always double check the dosage first.
• Have the Poison Control number on hand for emergencies or questions. 1-800-222-1222

Firearms
• Talk with your children about the dangers of guns.
• Don’t keep guns in your home.
• If you do have guns at home, keep them unloaded and make sure they are properly locked away. Lock the ammunition in a separate place, and keep all keys hidden.
• Find out if there are guns in other homes where your children spend time. If there are, talk to the adults in that home about taking steps to make sure the gun is not accessible to children.

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FIRE SAFETY
In case of a fire, make sure you know two ways out of your room and then how to get out of your house. Then you can call 911.

POISON SAFETY
A lot of medicine and cleaning products may look like something else. If you are not sure what something is, ask an adult first. It’s better to be safe than sorry and hurt yourself.

FIREARM SAFETY
Guns are not toys and can hurt you. If you see a gun, stop what you are doing and walk away from the gun and go tell an adult. Please do not touch the gun.
Bike/Wheeled Safety

Playing outside can be fun for all ages, but being safe while at play is the key! Teaching children safe behaviors while riding their bike, crossing the street or while on the playground can help keep them safe during playtime.

Helmet

Your child’s head is one of the most important parts of their body and that’s why it’s important to make sure they always wear their helmet before heading out for a bike ride. Wearing a helmet is the best protection to preventing head injuries and can even save a child’s life!

- A helmet is considered safe if it has a sticker inside or if the box states that it was certified by the Consumer Product Safety Commission (CPSC).
- Never buy or use a second-hand helmet. It may be too old to protect your child’s head or it may have been involved in a crash.
- Always take the child to the store when purchasing a helmet to ensure proper fit.
- Always purchase a bike that fits your child now, not one that they can grow into.
- Be a good role model and make sure to always put on your helmet each time you get on your bike.
During riding or wheeling
• Always supervise your children.
• Never allow children to ride in the street.
• Do not let children wear long or loose clothing (including dresses and wide-legged pants) that can get caught in bike chains or wheel spokes.
• Don’t allow children to ride when it’s dark.

ATV (All-Terrain Vehicle)
ATVs are not toys and can be dangerous if a child under the age of 16 rides on one. About one-third of ATV-related deaths and injuries involve children. An ATV can easily flip or turnover which is why safety equipment is so important if you are going to allow your child to ride on an ATV.
• A child should always be wearing a helmet while riding on an ATV. The helmet must be appropriate for an ATV, not just a bike helmet.
• Never ride on an ATV as a passenger. Many ATVs are only made for one person to ride at a time.
• Stay off of paved roads or uneven terrain.
• Make sure you know your state’s laws regarding ATVs.

Pedestrian
Teaching your child to be safe near streets can help prevent injuries! Teenagers are now the most at-risk group for pedestrian injuries. Make sure they are not distracted with hand-held devices or headphones while walking. They should be concentrating on their surroundings to make sure they’re safe while walking.
• Teach your child to always look left, right and left again before crossing the street to make sure a car is not coming.
• Children shouldn’t walk alone or cross the street by themselves until they are at least 10 years of age.
• Teach your child the street signs and their meanings, including:
  • STOP
  • WALK
  • DON’T WALK
  • Red, Yellow & Green stoplight signals
• Teach your child to always cross at the cross walk, even if it means having to walk further down the street to get to the next cross walk. Safety is more important!
• Always tell your child to never dart across a busy
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street to try and beat an oncoming car. They may trip and fall into the street or the car may be driving faster than they realize.

- A child should make eye contact with drivers prior to crossing in front of them to make sure the driver of the car saw them.

**Playground**

Nothing is more exciting to a child than a great playground but play areas need to be properly designed, maintained and supervised for it to be as safe as possible for children. Falls are the number one injury seen on playgrounds. The right surfacing and equipment can help keep playtime safe and fun for children of all ages. If you see something unsafe while at a playground, notify the local agency, organization or school in charge to make them aware so they can fix the problem.

**Before play**

- Remove bike helmets, hood and neck drawstrings from all children’s outerwear to avoid strangulation hazards. Purses, necklaces and scarves should also be removed before using playground equipment.
- Make sure your child is properly hydrated before heading out to play.
- Check to make sure the playground equipment surfaces are not too hot. They can cause serious burns if a child touches them.

**During play**

- Supervision is key while a child is on a playground.
- Teach children proper playground behavior: no pushing, shoving or crowding.
- Always remind children not to walk in front of swings or go down the slide any other way than feet-first.

**Home playgrounds**

- Always install according to manufacturer’s instructions and pay careful attention to anchoring to prevent the playground from falling over.
- Build equipment at least six feet away from walls and fences and check the equipment often.

Install surfacing under your playground such as: rubber, sand, sawdust, wood chips or bark. This type of surfacing can help to soften the impact of falls and prevent severe injuries from occurring.

**BIKE/WHEELED SAFETY**

Your head is the most important part of your body. Make sure to always put on your helmet before you go for a bike ride to keep your brain safe!

**PEDESTRIAN SAFETY**

Crossing the street can be dangerous if you don’t take the right safety steps. Make sure to always look left, right and left again and always cross at the crosswalks.

**PLAYGROUND SAFETY**

Play safe by playing by the rules. Make sure you know the rules of the playground and that you always follow them. Otherwise, you could get hurt, and we don’t want that!
Playing safe is the only way to play. More than 5 million children are seen and treated in hospital emergency rooms each year due to sports-related injuries. Proper equipment and knowing the rules of the game can help make sure your child is safe.

• Before starting any sport, make sure your child has a physical health exam done by their provider
• Make sure your child wears the appropriate protective gear needed to safely participate in the sport.
• Make sure your child knows the rules of the sport to keep them safe.
• Proper hydration is the best way to prevent sports-related heat illness. Make sure your child drinks liquids before or during athletic activities.
• Coaches and other adults assisting the team should know CPR and First Aid to help out in an emergency.
Concussions

A concussion is a brain injury and should be taken seriously.

Your child may have a concussion if they experience some of these signs and symptoms:
• Loses consciousness (even briefly)
• May be confused
• May complain of a headache
• May vomit
• Moves clumsily
• Can’t recall events just prior to or just after a hit or fall
• Shows behavior or personality changes
• Appears dazed

If your child has a concussion:
• Pull them out of the game
• Seek medical attention right away
• Keep them out of the game until medically cleared by their provider.

Concussions take time to heal, so don’t rush the recovery process!

To schedule an appointment or speak to the Head Injury Clinic staff, please contact 513-803-HEAD.

Water Safety

As children get older, supervision is still important to keep them safe while they play in and around water. About 45% of drowning fatalities in 5–14 year olds occur at a public pool. Children can drown in just a few inches of water. Just as in the home, SUPERVISION is the best tool to keep your child safe from injury and death. Learning CPR, locking pool gates and always having an adult present are just a few ways to keep pool time a safe time.

Pools
• A swimming pool can be very dangerous for a child.
• Learn CPR to help your child or someone else’s in the case of an emergency.
• Teach your child these safety tips while swimming:
  • Never go near or in water without an adult present.
• Never swim alone, always have a partner.
• Never dive into water before checking with an adult to make sure the water is deep enough.
• Do not use inflatable toys as substitutions for approved life vests.
• Always wear a life jacket when on a boat or while fishing.
• If your home has a pool, install 4-sided fencing around it and make sure you install a gate that locks to keep children out. Make sure to always lock up the pool after use.
• Remove all toys from the pool after you get out so children aren’t tempted to go back in and get them.
• Never swim in a pool or hot tub that has a broken, loose or missing drain cover.
• Just because your child may know how to swim DOES NOT mean your child is safe in water. They still require adult supervision at all times!

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CONCUSSIONS
Sports can be fun for everyone but they can also be unsafe. Make sure you wear the right equipment for the sport and that you follow all of the rules. That way you can be safe while you play!

WATER SAFETY
Before you jump in the pool, make sure there is an adult around to keep everyone safe. That way you can be safe and have fun at the same time!
Comprehensive Children’s Injury Center (CCIC)
http://cincinnatichildrens.org/ccic
If you have questions about any of the safety topics presented or to learn more information, please call the Comprehensive Children’s Injury Center at Cincinnati Children’s Hospital Medical Center, at 513-636-7865 or visit us online at www.cincinnatichildrens.org/ccic.

SAFEKIDS
http://www.safekids.org/
Cincinnati Children’s is a member of the Safe Kids USA campaign and the lead organization of the Cincinnati Safe Kids Coalition. Their goal is to prevent your child from being injured in a motor vehicle crash, fire, scalding, pedestrian activity, poisoning, choking, bike crash, fall, water activity or shooting.

KOHLS CARES
http://www.kohls corporation.com/
Kohl’s Injury Prevention and Education Programs at Cincinnati Children’s
Through a unique partnership with committed community organizations and churches, the Kohl’s Injury Prevention and Education Programs at Cincinnati Children’s in partnership with Children’s Comprehensive Injury Center (CCIC) offers a comprehensive approach to injury prevention and education focused on eliminating injury as the leading cause of death for children. These programs provide community members across the Tristate the opportunity to learn about injury prevention and practice safe behaviors.
Since 2006, Kohl’s stores in Greater Cincinnati raised money for Cincinnati Children’s through the sale of seasonal items. The proceeds from these items support the Kohl’s Injury Prevention and Education Programs through the Comprehensive Children’s Injury Center at Cincinnati Children’s.
Our sincere thanks to Kohl’s and their loyal customers for their ongoing support.

Center for Disease Control (CDC)
http://www.cdc.gov/safechild/
Protect the Ones You Love: Child Injuries are Preventable.
In an effort to raise parents’ awareness about the leading causes of child injury in the United States and how they can be prevented, the Centers for Disease Control and Prevention (CDC) has launched the Protect the Ones You Love initiative.

National Highway Traffic Safety Administration
http://www.safercar.gov/
The best way to protect them in the car is to put them in the right seat, at the right time, and use it the right way. NHTSA helps give additional information on choosing and using car seats as well as a Child Seat Inspection Station Locator to help with installation of your seats.

Greater Cincinnati Automobile Dealers Association (GCADA)
http://www.gcada.net/
The GCADA has partnered with Cincinnati Children’s since 2000 to promote Child Passenger Safety programs in the tri-state area; to make sure everyone’s car seats are installed and used correctly to prevent injuries and save lives.

American Academy of Pediatrics (AAP)
http://www.healthychildren.org/
Healthy Children is a parenting Web site backed by 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Whether you’re looking for general information related to child health or for more specific guidance on parenting issues, go to the Healthy Children website.

Injury Free Coalition for Kids
www.injuryfree.org
The Injury Free Coalition for Kids is among the country’s fastest growing and most effective injury prevention programs. They are comprised of hospital-based, community-oriented programs, whose efforts are anchored in research, education, and advocacy.

Comprehensive Children’s Injury Center (CCIC)
http://cincinnatichildrens.org/ccic
If you have questions about any of the safety topics presented or to learn more information, please call the Comprehensive Children’s Injury Center at Cincinnati Children’s Hospital Medical Center, at 513-636-7865 or visit us online at www.cincinnatichildrens.org/ccic.