

A Guide to Injury Prevention



**When It
Matters Most**
Keeping your
children safe



Lehigh Valley
Reilly Children's
Hospital provides the
care your children
need, all under
one roof.

We hope the information in this booklet provides you with easy tips to keep your children safe.

However, if an accident happens, you may be able to choose where your family receives care. That's why it's important to educate yourself, make your choice now and let your loved ones know.

At Lehigh Valley Hospital–Cedar Crest, we have an accredited Level II Pediatric Trauma Center, providing the region's highest level of trauma care for children. Plus, our Walter J. and June H. Okunski Burn Recovery Center is Pennsylvania's largest and is verified to treat children and adults. We also are home to the region's only children's emergency room, the Breidegam Family Children's ER, which is staffed with pediatric specialists. Together, these services make us uniquely qualified to care for you or your child's injury—big or small.

If you are interested in learning about our community outreach and education programs, visit LVHN.org/raisingafamily.

Resources:

Healthychildren.org safekids.org/safetytips SafetoSleep.nichd.nih.gov

INDOOR SAFETY



Keep emergency numbers by all telephones and write down your house address so any other caregiver at your home can provide your complete street address to emergency personnel.

Did you know?

House address:

.....

Police:

Fire:

Emergency medical services:

Pediatrician/family physician:

Your cellphone numbers:

.....

Neighbor's phone number:

ADDITIONAL NUMBERS TO KNOW

Poison Control: 1-800-222-1222

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Reporting Child Abuse: 1-800-932-0313

Unintentional injury is the leading cause of death for children.

According to Safe Kids Worldwide,[®] more children ages 1 - 14 die from injuries sustained from motor vehicle crashes, fires, drowning, poisoning and falls than any other cause.

Accidents kill 1 million children around the world each year and permanently disable many more. Almost all of these injuries are preventable.

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This information is not intended to take the place of medical advice. Always follow your health care provider's instructions.

Esta información no pretende reemplazar el asesoramiento médico. Siempre siga las instrucciones de su proveedor de servicios de salud.

Also available in large print.

(Este material también está disponible en letra grande.)

Child's name: Gender: Male Female

Birth date: Blood type:

Distinguishing marks (moles, freckles, scars):

Allergies:

Medications:

Prior surgeries:

Pediatrician/family physician:

Child's name: Gender: Male Female

Birth date: Blood type:

Distinguishing marks (moles, freckles, scars):

Allergies:

Medications:

Prior surgeries:

Pediatrician/family physician:

Child's name: Gender: Male Female

Birth date: Blood type:

Distinguishing marks (moles, freckles, scars):

Allergies:

Medications:

Prior surgeries:

Pediatrician/family physician:



INDOOR SAFETY



Fall Prevention

- Consider anti-slip rugs for the floors in your home, and mats or decals in the bathtub or shower to help prevent dangerous falls.
- Keep hallways and stairs well-lit and clear of clutter.
- Use safety straps when using highchairs, infant seats swings and strollers.
- Do not let kids play on high-porches, decks, stairs or balconies.
- Make sure children are always supervised by an adult.

Prevention of Window Falls

According to the National Institutes of Health, most falls from windows and balconies occur in children under the age of 5 years and are associated with serious traumatic injury. Supervising children as well as installation of key safety features in windows may help minimize pediatric fall-related injuries.

- Always supervise young children and never leave them unattended near windows.

- Keep your windows closed and locked if possible.
- Move any chairs, beds, and other furniture away from all windows in your home.
- Screens will not stop a child from falling through a window.
- Install child safety devices on windows 6 feet or more from the ground outside. Child safety devices, including window guards and sashes are available for purchase at retail stores and online. Be sure to buy devices that an adult can release in case of emergency.
- Open windows from the top, not the bottom if the window does not have a child safety window guard installed. Open windows 4 inches or less.
- If a window must be opened from the bottom, window sash stops must be installed to prevent the window opening more than 4 inches.
- Never move a child who appears to be seriously injured after a fall – call 911 and let trained medical personnel move the child with proper precautions.



INDOOR SAFETY

Prevention of Stair Falls

- Always supervise young children and never leave them unattended near stairs. Hold their hands when walking up and down stairs.
- If you have an infant or toddler, install approved safety gates with childproof latches at the top and bottom of the stairs. Follow the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Make sure they are firmly attached and closed at all times. Avoid using accordion gates that may trap your child's neck.
- Install handrails if they are not already present.
- Teach your child to always use hand railings.
- Keep stairs free of toys and clutter.
- Make sure stairwells are well lit.
- Teach children that playing on the stairs is dangerous.

Burn Prevention

- Have working smoke alarms on every floor of your home and in every sleeping area. Test smoke alarms monthly and change the batteries in your smoke alarms at least once a year. (Recommendation: Change batteries when you change your clock for daylight saving time and standard time.)
 - Have an emergency exit plan for your home in case of a fire. Include a meeting place for the family outside of the home. Make sure everyone in the family knows how and where to exit. Practice the plan with all family members.
 - Keep candles, matches, lighters and fireworks out of children's reach.
- Cover all unused electrical outlets with plastic safety caps.
 - Never let children play with electrical cords. Children may bite the cord and burn their mouths.
 - Keep hot foods and liquids away from children. Use the back burners of the stove for cooking and turn pot handles toward the back of the stove.
 - Always test the temperature of hot water yourself before giving your child a bath or using the sink. A maximum safe bathing temperature is 100° Fahrenheit
 - The water temperature of your hot water heater should be set no higher than 120° Fahrenheit.
 - Never leave children unattended around open flames such as candles, indoor fireplaces and stoves, and outdoor firepits and grills. Create a "circle of safety" of at least 3 feet from open flames and hot surfaces.
 - Glass fireplace doors remain hot for at least 1 hour after use. Make sure fireplace switches and remote controls are out of the reach of children.
 - Store accelerants such as gasoline and propane outside of the home, in a cool well-ventilated area, and locked up and out of reach of children.

The American Academy of Pediatrics and the American Burn Association recommends parent follow these tips to keep young children safe around microwaves:

- Follow the manufacturer's instruction manual for recommended operating procedures and safety precautions.
- When heating food in the microwave, use microwave-safe cookware that allows steam to escape.

- Allow food to rest before removing from the microwave. Let food stand for two minutes and stir well before tasting it so the heat can distribute evenly.
 - Never warm baby bottles in the microwave. Microwaves can cause pockets of extreme heat in the liquid that can cause burns to your child's tongue and mouth.
 - Make sure young children cannot reach the microwave.
 - Never leave a young child alone while food is cooking in the microwave.
 - If children are too young to follow written directions, they are too young to use a microwave oven without supervision.
 - If a fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the oven is cool.
- materials in a locked area and out of reach and sight of children.
 - Keep all medicines in original containers with child-resistant lids.
 - Do not keep medicines or cleaning products near food.
 - Never store household chemicals in cups or soda bottles. Children associate cups and bottles with something they can drink and may try to sip on whatever is stored in them.
 - Never leave children unattended when you are using products that could be poisonous. If necessary, take them along to answer the door or telephone.
 - **If you think your child has been poisoned, call the Poison Help center immediately at 1-800-222-1222.**

Carbon Monoxide

If you live in a home that has fossil-fuel burning heaters or appliances, fireplaces or an attached garage, you should install carbon monoxide alarms. At the very least, you should have one near the sleeping area of your home. Additional alarms on every level and in every bedroom provide even more protection.

Firearm/Gun Safety

- If firearms are kept in the house, always keep them stored out of reach, locked and unloaded. Keep ammunition in a separate area and locked.
- If using a firearm lock/trigger guard, make sure the firearm is kept unloaded.

Poison Prevention

- Store all household medications, cleaning products, paints and other hazardous

Choking Prevention

According to the American Academy of Pediatrics, choking can be prevented. Food accounts for over 50% of choking episodes. Ways to prevent choking:

DO:

- Cut food for babies and young children into small bite size pieces.
- Chop round foods into quarter size pieces to lose their round shape.
- Encourage children to take small bites and chew well.
- Alternate liquids and solids.
- Always supervise babies and young children while they are eating.
- Insist that children sit down while eating. They should never run, walk, play or lie down with food in their mouths.



INDOOR SAFETY

- Be aware of older children's actions. Many choking incidents are caused when an older child gives a dangerous toy or food to a younger child.

DO NOT GIVE INFANTS AND YOUNG CHILDREN—ESPECIALLY UNDER AGE 4:

- Chunks of raw fruits including whole grapes and apples
- Chunks of raw vegetables including raw carrots
- Hot dogs, meat sticks or sausages
- Tough or large chunks of meat
- Large chunks of cheese, especially string cheese
- Bones in meat or fish
- Whole beans
- Hard or sticky candy and chewing gum
- Popcorn, marshmallows, nuts (including peanuts) or seeds, and peanut butter

CHOKING HAZARD ITEMS

Keep items that are choking hazards away from babies and young children. Check under furniture and between cushions for small items that children could find and put in their mouths. Be aware of small objects that are choking hazards and cause choking, such as:

- Small button-type batteries or magnets (if you suspect your child has swallowed a battery or magnet, take them to the nearest emergency room.)
- Coins
- Buttons
- Dolls or stuffed animals with button-type eyes

- Game pieces and toys that are small, with small parts and can fit entirely in a child's mouth. Toys are designed to be used by children within a certain age range. Follow the age guidelines on toys and games as this takes into account the safety of a toy based on any possible choking hazard. Do not let young children play with toys designed for older children.
- Marbles and small balls
- Balloons
- Small hair bows, barrettes, and rubber bands
- Caps on pens or markers
- Refrigerator magnets
- Pieces of dog food

LEARN HOW TO HELP.

For best practice, we encourage you to take an in-person hands on class with guided instruction for both CPR and choking rescue.

Button Batteries and Rare Earth Magnets

- Button batteries and rare earth magnets can cause severe injury and lead to dangerous medical complications, even death, if swallowed and not caught quickly.
- Button batteries are small, nickel shaped batteries found in key fobs, toys, remote controls, watches and other devices.
- Rare earth (neodymium) magnets are widely used in toys, office supplies, jewelry and tools

How to detect if your child has swallowed a button battery or magnet:

- Abdominal pain
- Choking
- Difficulty or painful swallowing
- Nausea
- Vomiting

If your child experiences these symptoms be sure to check any items containing these batteries or magnets to make sure none are missing. If you suspect your child has swallowed one of these, take them to the nearest emergency room.

Furniture, Television and Appliance Tip-over Prevention

- Furniture should be stable on its own. For added security, anchor chests or dressers, televisions, television stands, bookcases and entertainment units to the floor or attach to a wall with safety straps or L-brackets.
- Buy furniture with wide legs or with solid bases.
- Install drawer stops on chests of drawers and place heavy items close to the floor on shelves.
- Place televisions on a sturdy, low-rise base. Avoid flimsy shelves.
- Push the television toward the back of its stand as far as possible.
- Keep remote controls and other attractive items off the television stand so children won't be tempted to grab for them and risk knocking over the television.
- Make sure free-standing ranges and stoves are installed with anti-tip brackets.



Tip!

Keep remote controls and other attractive items off the television stand so children won't be tempted to grab for them and risk knocking over the television.

Keep all cords out of reach and or tied together as cords may be a strangulation hazard. Children may also pull on the cords which may pull the TV over.

Kitchen Safety

Always supervise your children and what they are doing. Never leave children unattended, especially in the kitchen and bathroom.

The kitchen is a dangerous room for young children. Reduce the most serious dangers by taking the following precautions:

- Store strong cleaners and other dangerous products in a high cabinet, locked and out of sight. Use child safety locks if you need to store products under the sink. Never transfer dangerous substances into containers that look as if they might hold food as this may tempt a child to taste it.



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- Single-use dishwashing and laundry and detergent packets are very concentrated and can be toxic. Never let children handle or play with these packets. Store these packets out of reach of children.

- Keep knives, forks, scissors, and other sharp instruments separate from “safe” kitchen utensils, and in a latched drawer. Store sharp cutting appliances such as food processors out of reach and/or in a locked cupboard.

- Unplug appliances when they are not in use so your child cannot turn them on. Do not allow electrical cords to dangle where your child can reach and tug on them, possibly pulling a heavy appliance down on himself.

- Keep hot foods and liquids away from children and out of their reach. Know where your children are to prevent tripping over them with your hot liquid.

- Do not use small refrigerator magnets that your baby could choke on or swallow. If you suspect your child has swallowed a magnet, seek medical attention right away.

- **Cooking Safety:**

- Never leave the stove unattended

- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

- Use back burners of the stove for cooking and turn pot handles toward the back of the stove so your child can’t reach up and grab them.

- If you have a gas stove, turn the dials firmly to the off position. If the dials can be removed easily, use child-resistant

knob covers and block the access to the stove as much as possible.

- Keep a fire extinguisher in your kitchen and if your home has more than one story, mount a fire-extinguisher on each floor.

Bathroom Safety

- Keep the bathroom door closed when not in use.

- Keep the toilet lid down. Install safety latches on toilet seat lids to keep small children from lifting the toilet lid.

- Install no-slip strips on the bottom of the bathtub to prevent slips and falls. Put a cushioned cover over the water faucet so your child won’t be hurt if he bumps his head against it.

- Remove the bathtub drain plug when it is not in use to avoid the tub filling if a child turns on the faucet.

- Unplug and store electric appliances and razors and other sharp objects in a cabinet with a safety lock.

- Test the water with your wrist or elbow to make sure the water feels warm and not hot or use a water thermometer.

- The American Academy of Pediatrics (AAP) recommends that the hottest temperature at the faucet should be no more than 120 degrees Fahrenheit to help avoid burns. In many cases you can adjust your water heater setting to not go above this temperature. Tap water that’s too hot can quickly cause burns serious enough to require a hospital visit or even surgery. In fact, hot water scalds are the top cause of burns among babies and young children.



**Cribs
for Kids®**
Helping every baby sleep safer

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Place your baby to sleep on a firm sleep surface covered by a fitted sheet.

Reduce the risk for sudden infant death syndrome (SIDS) and other sleep-related causes of infant death

- Always place your baby on his or her back at naptime and at night to reduce the risk for sudden infant death syndrome (SIDS).
- Place your baby to sleep on a firm, flat sleep surface covered by a fitted crib sheet.
 - Check to make sure the crib, bassinet, portable crib or play yard meets current safety standards* and has not been recalled. Do not use a crib that is broken, missing parts, or has drop-down-side rails.
- The space between crib slats should be no more than $2\frac{3}{8}$ inches apart to prevent infants from getting their head stuck between them. The crib mattress should have a gap of less than $\frac{1}{4}$ -inch from crib slats.
- Do not put soft objects, toys, crib bumpers, blankets, pillows, or loose bedding under baby, over baby, or anywhere in baby's sleep area.
- Do not use products that go against safe sleep recommendations, especially those that claim to prevent or reduce the risk for SIDS. Do not use wedges and positioners.



INDOOR SAFETY

Place babies on their stomachs when they are awake and when someone is watching.

Tip!



- Share your room with baby. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first 6 months.
- Your baby should not sleep in an adult bed, on a couch or on a chair alone, with you or with anyone else.
- Do not let your baby get too hot during sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult (68 to 72 degrees).
- Dress baby in light sleep clothing such as a one-piece sleeper. Do not use a blanket. Do not over bundle.
- Breastfeed your baby to reduce the risk for SIDS. Breastfeeding has many health benefits for mother and baby. Breastfeed your baby as frequently and as long as you can.
- Think about giving your baby a pacifier for naps and nighttime sleep to reduce the risk for SIDS. Wait until breastfeeding is well established (often by 3 to 4 weeks of age) before offering a pacifier. Be sure the pacifier is dry and not attached to a string.
- Do not smoke or let anyone else smoke around your baby.
- Do not drink alcohol, use marijuana or illegal drugs during pregnancy or after the baby is born.
- Schedule and go to all baby health care provider visits. Follow guidance from your health care provider on your baby's vaccines and regular health checkups.
- Remember tummy time! Place babies on their stomachs when they are awake and when someone is watching. Tummy time helps your baby's head, neck and shoulder muscles get stronger and helps to prevent flat spots on the head.

The above information is used with permission from Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), NIH, HHS; nichd.nih.gov and healthychildren.org, Reducing the Risk of SIDS.

** For more information on crib safety guidelines, contact the Consumer Product Safety Commission at **800-638-2772** or cpsc.gov.*



OUTDOOR SAFETY

Become properly trained and learn sport-specific techniques to prevent sports-related injuries or heat-related illness.

Tip!



Sports Safety

- Every child should receive a pre-participation physical evaluation (PPE) every year. These exams can detect any underlying conditions the young athlete may have and therefore prevent a potential medical emergency.
- Warming up and stretching before play is recommended. This can help prevent sports-related injuries (such as muscle tears or sprains) by stretching and releasing any muscle tensions.
- Hydrating well before, during and after practices and games is a must.
- Wearing the appropriate and properly fitted sports gear during practice and games can help avoid minor and serious injuries.
- Become properly trained and learn sport-specific techniques to prevent sports-related injuries or heat-related illness.

- Attend a sports safety clinic. Coaches and parents can learn how to keep young athletes healthy and injury-free.
- Learn the signs and symptoms of a concussion. A concussion is a brain injury that occurs after a direct hit to the head or a direct hit to a part of the body that results in an indirect hit to the head.

THE COACH MAY SUSPECT A CONCUSSION IF THE ATHLETE:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness even briefly
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



OUTDOOR SAFETY

THE ATHLETE MAY REPORT:

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light • Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion • Doesn’t “feel right”

IF YOU THINK YOUR CHILD HAS A CONCUSSION:

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- Tell your child’s coach about any recent concussion. Your child’s coach may not know about a concussion your child received in another sport or activity.
- Make sure children wear properly fitted protective gear when practicing or playing a sport.

Playground Safety

- Inspect playgrounds and make sure surfaces are safe, cushioned and free from trash and debris (broken glass), and equipment is secure.
- Allow children to play only on age-appropriate equipment.
- Be cautious of loose strings on clothing that may get snagged on playground equipment and ropes or chains (like those used for swings) that may wrap around a child’s neck and cause choking.
- Never leave children at play unsupervised, whether in the playground or your yard.



Tip!

Be cautious of loose strings on clothing that may get snagged on playground equipment and ropes or chains (like those used for swings) that may wrap around a child’s neck and cause choking.

Pedestrian Safety

- Children under age 10 should not cross the street alone. Until your child knows how to cross the street safely, be sure he or she is supervised by an adult.
- Teach your child to look LEFT, RIGHT and LEFT again before crossing the street and to never run into the street without stopping and looking first.
- Do not let children cross the street in the middle of the block, especially between parked cars or from behind shrubs or bushes.
- Teach children to cross the street at marked crosswalks and intersections whenever possible and to obey all traffic signals.
- Teach children to always walk facing traffic.
- Teach children to be cautious of approaching cars. Although they might see the car, the driver might not see them.
- Keep children visible in inclement weather or when dark by dressing them in light-colored or reflective clothing for maximum visibility.
- Prevent car back-over accidents:
 - Teach children not to play in or around cars.
 - Teach children to move away from a car when a driver gets in it or if the car is started.
 - Teach your children to keep their toys and bikes out of the driveway.
 - Supervise children carefully when in and around cars.
 - Always walk around your car and check the area around it before backing up.

Bicycle Safety

- Properly fitted helmets and protective gear should be worn at all times when cycling, skating, skateboarding or riding scooters.
- Pennsylvania law requires children under 12 years of age to wear a safety-approved bicycle helmet.
- Do not let children under 9 years of age ride in the street.
- Children should always ride on the right side of the road, with the flow of traffic.
- Children should always wear properly fitted clothing that is brightly colored for better visibility and proper shoes for foot protection.
- Do not allow children to ride at dusk or night without proper supervision, reflectors, and front and rear lights.

How to Fit a Helmet

- 1 Place helmet level on the head. It should be snug and cover the forehead.
- 2 Adjust the side straps so the plastic “triglide” on the straps (which joins the straps together to form a V) is snug and positioned just below the earlobe.
- 3 Adjust the buckle strap or “chin strap” to be sure it is tight enough to prevent the helmet from moving, but allows enough room to fit a finger width between the chin strap and the chin.



OUTDOOR SAFETY

Tip!

Children should always wear a life jacket or personal flotation device when on a boat or participating in water sports.



Water Safety

- Always supervise children near water—pools, spas, rivers and streams, lakes, toilets, bathtubs and buckets. Your child can drown in as little as one inch of water.
 - Children should always wear a life jacket or personal flotation device when on a boat or participating in water sports.
 - Children should always swim with a friend while an adult is watching and follow the rules of the parents, the lifeguard and the pool where they are swimming.
 - Feet first the first time. Teach children to never dive into unfamiliar water. Water may be shallower than it appears, or there may be underwater objects that could cause serious injury.
 - Swim in designated swim areas while obeying all rules for the area.
- NEVER ALLOW CHILDREN TO SWIM DURING A THUNDERSTORM OR AT NIGHT.
- IF YOU OWN A POOL, MAKE SURE TO:**
- Never let children near a pool unattended. It only takes a few moments for an accident to happen.
 - Never allow running or rough-housing in the pool area.
 - Do not allow glass bottles or containers in the pool area.
 - Remove the ladder from an above-ground pool when not in use.
 - Install an alarm to alert you that someone is near the pool or in the water.
 - Store pool toys and other items that might attract children out of sight and away from the area.
 - Make sure your pool has built-in safety devices such as raised drain covers, multiple drains and safety vacuum release devices to help prevent entrapment.

Beach Safety

- Never allow children to swim without adult supervision even if they are good swimmers.
- Be aware of weather, surf and undertow conditions.
- Bring your children only to beaches that are patrolled by lifeguards.
- Feet first the first time. Teach children never to dive into unfamiliar water. Water may be shallower than it appears, or there may be underwater objects that could cause serious injury.

Sun Safety

- Keep babies out of the sun as much as possible. Their skin is very sensitive and burns quickly. If they must be outdoors, keep them in a shaded area.
- Make sure children wear sunscreen with a sun protection factor (SPF) of 15 or greater whenever playing outside, particularly in the hottest part of the day between 10 a.m. and 4 p.m. Be sure to apply enough sunscreen and reapply every two hours, especially after water play and perspiring.
- Use sunscreen, light clothing, a hat and sunglasses to protect children. Light-skinned children with blue or green eyes and red or blonde hair have the least natural protection against the sun's burning rays.
- Use waterproof sunscreen whenever possible. Read the label and check the expiration date. Products with a combination of PABA/benzophenone are the most effective.

- Babies under 6 months of age should be kept out of direct sunlight.

Provide a shaded area if possible for children playing outside.

Lawn Mower/Riding Mower Safety

- Keep small children out of the mowing area, preferably indoors under the watchful eye of an adult other than the mower operator.
- Be alert and turn the mower off if a child enters the mowing area.
- Never ride with children! They may fall off and be seriously injured or could interfere with the safe operation of the mower.
- Before and when operating in reverse, look behind and down for small children.
- Never allow a child to operate a mower. It is recommended that a child should be at least age 12 to operate a push mower and age 14 for a riding mower.
- Use extra caution when approaching shrubs, corners and trees.

Dog Bite Prevention

PET SAFETY

If you have a pet, it is important for the safety of both your baby and your pet to always watch them when they are together.

Follow these pet safety tips for babies:

- Never leave your baby alone with a pet, even a trusted family pet.
- Never allow a pet to sleep with your baby – this increases the risk for SIDS and suffocation, and an animal can easily hurt a baby (even accidentally).



OUTDOOR SAFETY



Tip!

Children should never approach or reach out to a dog on the street or in someone's home without the owner's permission, even if your child knows the dog.

- Talk to your veterinarian or local trainer about how to familiarize your dog or cat with a baby. Consider attending a pet training program.
- Pet safety just does not stop with a baby. It is important to teach all children to be cautious around dogs and cats.
- Follow these pet safety tips for children:
 - Children should never approach or reach out to a dog on the street or in someone's home without the owner's permission, even if your child knows the dog.
 - Never let your child reach inside a car with a dog.
 - Children should never be allowed to tease a dog or disturb a dog that is eating or playing with a toy.
 - Children should never reach across or startle a sleeping dog.
 - If a dog runs up to your child, have him or her stand still and have an adult assist them. Running will only make the animal think that the child wants to play.
 - If a dog knocks your child to the ground, teach him or her to "lie like a log" and cover his or her neck until the dog goes away.
 - If bitten by a dog or cat, always seek medical treatment immediately.

For more information visit
americanhumane.org.



Fireworks Safety

More than 10,000 individuals are hurt each year by fireworks. Most of these injuries occur to children. Children can lose fingers, burn their eyes and lose their hearing because of fireworks. The safest way to enjoy fireworks is at a public display. Only professionals should handle and set off fireworks.

- Take your children to public fireworks displays conducted by professionals.
- Never purchase fireworks for private use. Sparklers, which are legal in Pennsylvania, burn as hot as 1,000° Fahrenheit and can burn children's clothing, hands and feet.
- Instruct and tell your children there are many hazards or dangers when touching or being near any fireworks.
- Instruct your children to never touch or pick up a firecracker that did not ignite. Instruct them to tell an adult to pour water over it. Most children lose their fingers by delayed ignition of the firecracker.
- Store fireworks the same as a gun – in a locked area, out of reach and sight.



OUTDOOR SAFETY

Winter Safety

- Properly fitted and appropriate sports-related helmets and protective gear should be worn at all times when skiing, sledding, snowboarding or ice skating.
- Make sure an adult accompanies children at all times.
- Make sure when sledding not to ride into streets, nearby roads, traffic, driveways, walls, trees, rivers, ponds or streams. There should be no rocky ledges, steep falls or water traps that could result in a cold dunking or high-speed, out-of-control ride.
- Never allow your child to hitch a ride from the back of a moving vehicle of any kind.
- Make sure your child is dressed in warm clothing with special attention to hands and feet. Boots and gloves should be made of material that will protect your child from cuts and scratches if he or she falls off the sled and tumbles onto ice.
- Plastic tubes, discs and flyers can be dangerously fast for small children. It's recommended to use wooden sleds that are able to be steered. They offer more control and travel slower.
- Teach your children to stop by dragging their feet or making a sharp turn. Discourage them from stopping a sled by steering into a snow bank. Snow can hide sharp rocks or branches. Teach your children to avoid danger by rolling off a sled that is out of control.
- Use the sled as directed—sitting in an upright position using the handholds versus lying down head first.



Tip!

Wear properly fitted and appropriate sports-related helmets and protective gear at all times when skiing, sledding, snowboarding or ice skating.

Frostbite Prevention

- Frostbite is always a danger when children play outside in the cold for long periods of time.
- Children can get frostbite faster than adults because they lose heat from their skin more quickly, and they may not want to leave their winter games to go inside and warm up.
- Dress your child in layers. Layer one: thermal underwear, cotton socks and mitten liners help keep moisture away from the body. Layer two: sweatsuits, pants and sweaters trap heat. Layer three: waterproof boots, pants, jackets, mittens and hats made from tightly woven material.
- The clothing should not be tight or restrict or limit movement.
- Make sure to check your children every half-hour. If they get wet, bring them inside and have them change into something dry before allowing them out to play again.
- If your child tells you that his or her fingers, toes, nose and ears are numb and these areas appear colorless, remove any wet clothes. Put any affected area in lukewarm water or put a damp, warm washcloth on the ears or nose until the numbness goes away.
- If your child comes in with cold, hard skin (skin will look waxy white, blue or yellowish), remove all wet clothing and change to warm, dry clothing.
 - Do not rub skin.
 - Take your child to the nearest emergency department.



Tip!

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ON THE ROAD

Place the car seat harness through the slots at or below the shoulders for the rear-facing infant or at or above the shoulders for a forward-facing child.

Tip!



Car Safety

PENNSYLVANIA LAW REQUIRES:*

- **All children from birth to 4 years of age must be secured in an approved car seat anywhere in the vehicle.**
 - **All children under 2 years of age must be secured in a rear-facing car seat until the child outgrows the maximum height and weight limits designated by the car seat manufacturer.**
 - **All children 4 years of age and older, but less than 8 years of age, must be secured in a seat belt system and an appropriate child booster seat anywhere in the vehicle.**
 - **All children 8 years of age and older, but less than 18 years of age, must be secured in a seat belt system anywhere in the vehicle.**
- All drivers are responsible for securing children in the appropriate restraint system.
 - Be sure to choose a car seat appropriate for your child's age, weight, height, and development levels.
 - **READ BOTH THE CAR SEAT AND VEHICLE OWNER'S MANUALS BEFORE ATTEMPTING A CAR SEAT INSTALLATION.**
 - **NEVER** place a rear-facing car seat in the front seat of an airbag-equipped vehicle with an active passenger side airbag. A rear-facing car seat may be used only if the airbag has an on/off switch and the switch is in the OFF position. To determine if airbags are present in the vehicle, check the sun visor, dashboard or owner's manual.
 - Infants always ride rear-facing in the back seat at no greater than a 45-degree recline.

- For the best possible protection, secure children in a rear-facing child safety seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat.
- When children outgrow the rear-facing child safety seat, secure them in a forward-facing child safety seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.
- Place the car seat harness through the slots at or below the shoulders for the rear-facing infant or at or above the shoulders for a forward-facing child.
- The car seat harness should not allow any slack. A snug harness lies in a relatively straight line without sagging, however not so tight as to press into a child's body.
- Place the harness retainer clip at armpit or mid-chest level.
- Natural, everyday clothing allows greater contact of the car seat's harnesses to the child's body. During colder months, avoid dressing the child in bulky clothing. Secure the child in the car seat and then use blankets for additional warmth.
- If properly protected and no other options are available, children who do not require a rear-facing car seat can ride in front of an active passenger side front airbag. Always do the following:
 - Push the vehicle seat back as far as possible.
 - Use the harness according to manufacturer's instructions.
 - Use the shoulder belt properly.
- Once children outgrow their forward-facing child safety seat, secure them in a belt-positioning booster seat until the vehicle lap and shoulder belt fits properly, typically when the child is approximately 4 feet, 9 inches in height and between 8 and 12 years of age.
- When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs, and the shoulder belt fits across the center of the chest and shoulder.
- All children under age 13 should ride properly restrained in the back seat.
- Never leave your child unattended in a car seat inside or outside the vehicle.
- Children's bodies overheat easily, and infants and children under 4 years of age are among those at greatest risk for heat-related illness.
- Never leave infants or children in a parked vehicle, even if the windows are partially open. Vehicles heat up quickly, even with a window rolled down 2 inches.
- Make it a habit to look in the vehicle – front and back – before locking the door and walking away.
- For more information on car seat safety inspections or to locate a certified technician in your area, visit **[LVHN.org/raisingafamily](https://www.lvhn.org/raisingafamily)**.



**Sources: PennDot PA Traffic Injury Prevention Project*



Lehigh Valley Reilly Children's Hospital is dedicated to the health and well-being of kids in our community. As the only children's hospital in the community we provide babies, children and teenagers with the most comprehensive care. We know that children are not tiny adults. They have unique needs that require specialized care and attention. From routine care to board-certified physicians in more than 30 pediatric specialties, we offer the expert care children need, close to home.

Lehigh Valley Health Network, its wholly owned subsidiaries and health care providers comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex or gender identity.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-610-402-8000**.

注意: 如果您講中文，可以免費獲得語言援助服務。請致電 **1-610-402-8000**。