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Safe Kids New

Safe Kids E-newsletter

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April 20-26 is National Window Safety Week

Every year, nearly 4,000 kids — mostly toddlers — fall out of windows. Safe Kids strongly recommends window guards on all windows above the first floor, preferably guards equipped with an emergency release device in case of fire.

“A screen is not a safety device,” says Kelly Murphy, Safe Kids Assistant Coordinator. “It’s designed to keep insects out, not to keep children in. Proper safety guards on windows save lives.”

Safe Kids also reminds parents and caregivers:

- Keep windows locked when they’re closed, and keep furniture away from windows

so kids can’t climb to the ledge.

- If you have double-hung windows — the kind that



can open down from the top as well as up from the bottom — it is generally safer to open the top pane, but growing kids may have enough strength, dexterity and curiosity to open the bot-

tom pane.

- Never try to 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. (Of course, if a child is not breathing and you are trained in CPR, as all parents should be, follow your CPR training.)
- Tie the curtain pulls or blind cords out of reach — kids have been strangled while playing with dangling cords. Install safety tassels on the ends of the curtain pulls, or cut the loops, so a child is less likely to get trapped.

April 21-25 is Playground Safety Week

Safe Kids reminds parents and caregivers to:

- Make sure playground equipment is inspected frequently and kept in good repair.
- Remove hood and neck drawstrings from chil-

dren’s clothing and outerwear and do not allow kids to wear helmets, necklaces, purses or scarves on the playground.

- Don’t allow your kids to engage in, or play near, any pushing,

shoving or crowding around playground equipment.

- Keep toddlers under age 5 in a separate play area, fenced off from equipment designed for bigger kids.

Drowning is a Leading Cause of Death for Children



Swimming should be fun not dangerous!

Drowning is the number two cause of accidental death for children ages 14 and under.

Drowning is the number two cause of accidental death for children ages 14 and under. For children ages five and under, close to 350 drown in residential swimming pools each year, according to the Consumer Product Safety Commission (CPSC). Overall, approximately 810 children have died each year

from 2001 to 2005 due to accidental drownings, and on average, an estimated 3,600 children go to the emergency room after near-drowning incidents a year.

“Kids drown quickly and quietly,” said Esther Pendola, coordinator of Safe Kids. “A drowning child cannot cry or

shout for help. If a child is missing, always check the pool first — there’s no time to spare.”

Safe Kids recommends these precautions:

If you have a pool or spa, or if your child visits a home that has a pool or spa, it should be surrounded on all four sides by a fence at least five feet high with gates that close and latch

automatically.

A pool or spa should be equipped with an anti-entrapment drain cover and a safety vacuum release system to prevent children from being caught in the suction of the drain. The powerful suction forces can trap a child underwater or cause internal injuries.

Don’t leave toys in or near the pool, where they could attract unsupervised kids. For extra protection, consider a pool alarm and alarms on the doors,

windows and gates leading to the pool.

Enroll your kids in swimming lessons around age 4, but don’t assume swimming lessons make your child “drownproof.” There is no substitute for active supervision.

Remember: inflatable swimming toys such as “water wings” and noodles are not flotation devices and do not pre-

vent drowning.

Learn infant and child CPR.

Keep rescue equipment, a phone and emergency numbers by the pool.

These guidelines apply to inflatable and portable pools, not just in-ground pools. A child can drown in just an inch of water. Kiddie pools should be emptied and stored out of reach when not in use.

4 out of 5 car seats are used wrong. Could yours be one of them?



Child Safety Seat Inspections

L&M Hospital Tuesday & Thursdays 4-7 PM

Mohegan Tribe Wednesdays 10-1 PM

Norwich Fire Department 1st and 3rd Friday of the Month 10-1 PM

PLEASE CALL FOR AN APPOINTMENT!!!!!!!!!!!! 442-0733



Gear Up and Warm Up for Spring Sports Safety

Each year, nationwide, more than 3.5 million children ages 14 and under are treated for sports injuries. Roughly half of these injuries are sustained in solo activities — especially biking, skating and skateboarding — but approximately one out of four partici-

pants in youth soccer, football or baseball has been injured at least once.

In team sports, most injuries — 62 percent — occur during practices, not games. “Always insist that your kids wear the same protective gear, do the same warmups and take all the same precautions when they practice as when they’re getting ready for a game,” says Esther Pendola Safe Kids coordinator.

“When we think of sports injuries, we think of dramatic tackles or falls or being hit in the head, but young athletes are also at risk of strains and repetitive-motion injuries,” says Pendola. “If your coach recommends certain types of warmups, it’s not just to make you a better athlete — it will help keep you from getting hurt.” Repetitive-motion injuries account for nearly half of all sports injuries to students in grade 6 and above.

“In team sports, most injuries — 62 percent — occur during practices, not games”.

Safe Kids recommends these precautions for all children playing or practicing any individual or team sport:

- Before signing up for a sport, get a general physical exam.
- Always wear appropriate protective gear for the activity — for practice as well as games — and make sure it’s the right size and properly adjusted.
- Do your warmups.
- Make sure responsible

adults know and enforce the safety rules of the sport, are present to provide supervision, and are trained in first aid and CPR. Also, make sure the field is in safe condition.

- Never “play through” an injury. Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches.
- Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.

Last but not least: “Stay hydrated,” says Pendola. “Drink plenty of water or electrolyte sports drink before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults and cannot cool down as easily.”

Amusement Park Safety:

‘Parents need to use their own judgment’

Role-model proper safety behavior. A 2005 report by Safe Kids Worldwide shows that children are more likely to follow safety rules when they see their parents doing so.

Supervise your child getting on and off a ride. Make sure the child understands all announcements and posted rules. Also, don’t allow children to supervise younger children on rides.

Always use the safety equipment provided.

Never get off a moving ride. Wait until

the ride comes to a complete stop.

Don’t let children ride if they’re too tired to comply with safety procedures. On some rides, it’s important to stay upright and face forward.

Note the limitations of safety devices. Lap bars and chains are not physical restraints — their main function is to remind the occupant to stay seated.

Trust your instincts. If a ride looks like it’s poorly maintained or an operator seems to be inattentive or unfit, don’t

let your children ride.

While most operators pay close attention to safety, there are exceptions, as in any industry.





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Safe Kids are NO accident.

The Mission of Safe Kids New London County Coalition is to protect children ages 14 and under from motor vehicle crashes and pedestrian injuries, bicycle collisions, drowning, fire and scald burns, poisoning, choking, and firearm accidents through a multi-faceted approach of increasing public awareness, providing education and advocating for environmental and public policy changes.

The Function of Safe Kids New London County Coalition is to be a broad based group of community members responsible for increasing public awareness of unintentional injuries to children, implementing safety programs in the community, evaluating safety programs, participating in public policy initiatives, obtaining local media coverage and recruiting new members and collaborative partners. It would also be useful to include a contact name for readers who want more information about the organization.