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Safe kids

Safe Kids monthly E-Newsletter contains information on new recalls, safety announcements, and events to help ensure your little ones safety all year long! Please call or email with your comments, or suggestions. Go to www.nlcsafekids.org today!!

No. 1 Cause of Injury in Elementary School: Playground Accidents

Playground accidents are the leading cause of injury to children in elementary school. Each year, in the United States, approximately 150,000 children ages 5 to 14 go to the emergency room with accidental injuries involving playground equipment — and 3 out of 4 playground accidents occur on public playgrounds, including school facilities, as opposed to backyard play equipment.

Most playground injuries are not fatal — about 10 children per year die from injuries involving playground equipment, mostly from strangulation when a piece of loose clothing or jewelry gets caught on equipment or the child's head gets stuck between climbing bars. Falls, however, can also cause fatal injuries or permanent disability.

“A child who falls 10 feet is at risk of spinal cord injury, paralysis and death,” says Esther Schuman, Safe Kids coordinator. “Protective surface materials can make a life-and-death difference.”

“Nothing can take the place of active supervision, but we do need to make sure our kids are playing in safe environments in the first place,” says

Schuman. “The ground should be covered 12 inches deep with shredded rubber, hardwood fiber mulch or fine sand, extending at least six feet in all directions around the equipment.”

Even with proper surfacing, teachers and playground monitors need to keep kids in sight and in reach on the playground. “Simply being in the same place as the children isn't necessarily supervising,” says Esther Schuman. “Kids on a playground need an adult's undivided attention.”

For outdoor play, children's clothing and outerwear should be free of drawstrings and should fit snugly to minimize the risk of getting stuck in a piece of equipment. Do not allow kids to wear helmets, necklaces, purses or scarves on the playground or engage in any pushing, shoving or crowding around playground equipment.

Child Safety Seat Inspections

Tuesdays & Thursdays – 4-7 PM, Lawrence & Memorial Hospital
1st level of the Parking Garage

Wednesdays 12-3 PM / 10-1 PM *Mohegan Tribe
Eagle View Garage, Sandy Desert Road * Uncasville

1st and 3rd Friday of the Month
Norwich Fire Department * 10 North Thames Street

*Please note:
All Car Seat Checks are by
Appointment ONLY!!!!*

*Please bring your car seat,
directions to the car seat,
and the owner's manual for
your vehicle.*

Call: (860) 442-0733



Safe Kids New London County offers safety tips for parents hiring sitters

“If you’ve installed smoke alarms and carbon monoxide detectors, practiced your fire escape plans, stocked a first aid kit and put safety latches on cabinets and toilets, that’s great — but these precautions can all go to waste if you forget to mention them to your babysitter,” says Kelly Murphy, Safe Kids Assistant coordinator.

“Even after you find the right babysitter — a reliable, experienced sitter with references, at least 13 years old, preferably trained in first aid and CPR — you need to provide a safety tour of your home,” says Murphy.

Take the time to:

- **Show your babysitter where to find the phones, first aid supplies and flashlights. Post emergency numbers by every phone (don’t forget poison control, 800-222-1222), along with your cell phone number and itinerary.**
- **Go over your fire escape plan and backup plan. Make sure the sitter knows what to do if the smoke alarm or CO detector goes off (get everyone out, meet at a predetermined spot and don’t let anyone go back in).**
- **Tell your sitter what areas or activities are off limits. If your children will be playing in or near a pool or playground equipment, taking a bath, cooking or doing anything else that requires active supervision, discuss your expectations; make sure the sitter understands that active supervision means keeping the child in sight and in reach at all times under undivided attention.**
- **Instruct your sitter never to leave your child alone — even for a second. There is no substitute for constant supervision.**
- **Review and discuss safety guidelines about childproofing, swimming, fire, falls and playground equipment. Make sure your babysitter knows what to do in an emergency.**



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

- ***Make sure all protective gear is the right size and properly adjusted.***
- ***Have adult supervision. Make sure responsible adults know and enforce the safety rules of the sport 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.***
- ***Rest often and rehydrate with water or an electrolyte sports drink, even in cool weather. In two hours of activity, kids can lose a quart of fluid by sweating.***
- ***Follow the rules. In most sports, the rules are based on not only sportsmanship but safety.***

There are no seven wonders of the world in the eyes of a child. There are seven million.
~Walt Streightiff