THE FIRST TWO YEARS

Injury Prevention for Infants and Toddlers
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Emergency Contact Information

This information is designed for parents, grandparents, guardians and childcare providers to help prevent infant and toddler injuries. It is very important to **always supervise children** as they often do not realize when something is dangerous.

The information in this publication is **not** to replace a doctor or a health care physician. If a situation occurs, stay calm, call 911 and let the child know help is coming. **Do not** move the child or give the child anything to eat or drink. When help arrives, tell the rescue/ambulance crew as much as you can about what happened.

<table>
<thead>
<tr>
<th>Emergency Contact</th>
<th>Contact Info</th>
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<tbody>
<tr>
<td>Police/Fire Department/EMS</td>
<td></td>
</tr>
<tr>
<td>Poison Control</td>
<td>1-800-222-1222 or 911</td>
</tr>
<tr>
<td>Family Doctor</td>
<td></td>
</tr>
<tr>
<td>Neighbor</td>
<td></td>
</tr>
<tr>
<td>Home</td>
<td></td>
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<tr>
<td>Home Address</td>
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In the Medicine Cabinet

<table>
<thead>
<tr>
<th>Injury</th>
<th>Important Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuts &amp; Scrapes</td>
<td>• Sterile gauze pads, bandage rolls, bandages, hydrogen peroxide, antibiotic cream, cotton balls, swabs, rubbing alcohol</td>
</tr>
<tr>
<td>Fever</td>
<td>• Ear thermometer, petroleum jelly</td>
</tr>
<tr>
<td></td>
<td>• Infant Acetaminophen (non-aspirin)</td>
</tr>
<tr>
<td>Common Cold</td>
<td>• Nasal aspirator, menthol rub</td>
</tr>
<tr>
<td>Troubled Tummies</td>
<td>• Infant gas drops, infant diarrhea medication</td>
</tr>
<tr>
<td>Eye Injury</td>
<td>• Saline solution (for eyewash)</td>
</tr>
<tr>
<td>Essential Utensils</td>
<td>• Tweezers, sharp scissors with rounded edges</td>
</tr>
<tr>
<td>General</td>
<td>• Adhesive tape, ACE bandage (to wrap injuries)</td>
</tr>
<tr>
<td></td>
<td>• Diaper rash ointment</td>
</tr>
<tr>
<td></td>
<td>• Note: never give cold medicine to children younger than four.</td>
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</tbody>
</table>
# Safety at Home

<table>
<thead>
<tr>
<th>Precautions</th>
<th>Notes</th>
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</table>
| **Door Knob Covers/Door Locks**    | 1. Door knob covers should be used in addition to door locks.  
2. Remove door locks from all interior doors; little fingers can accidentally lock themselves inside a room. If you cannot remove locks, be sure you have a key for every door stored in a common place and out of a child’s reach. |
| **Smoke Detectors**                | 1. Place a smoke detector on each floor of the house.  
2. Check every smoke detector monthly to be sure it works.  
3. Change batteries in every smoke detector every six months.  
4. Experts recommend installing a new smoke detector every 10 years. |
| **Outlet Covers**                  | 1. Place outlet covers into every outlet to prevent electrical shock and possible electrocution. |
| **Door Stops & Door Holders**      | 1. Door stops and door holders can prevent small hands/fingers from being pinched or crushed in doors and door hinges. |
| **Window Guards**                  | 1. Be sure at least one window in each room can easily be used in case of an emergency evacuation.  
2. Keep all furniture away from windows.  
3. Be sure the guard is securely installed, with no more than four inches between the bars of the window guard. |
| **Window Blind Cords**             | 1. Be sure there are no loops in the cord.  
2. For older mini blinds, cut the cord loop, remove the buckle and put safety tassels on each cord.  
3. Tie all cords up and out of the child’s reach.  
4. When purchasing blinds, ask for blinds with built-in safety features. |
| **General**                        | 1. Use back burners of the stove when cooking and turn all pot/pan handles inward to avoid being pulled down.  
2. If the oven door and dishwasher have locks, use them.  
3. Store all cooking and other kitchen utensils in a drawer with a lock or safety latch to keep small hands out.  
4. Store keys to all equipment (vehicles, tractors, etc.) out of a toddler’s reach. |
Did you know hot water causes third degree burns in -
One second at 156 degrees Fahrenheit
Two seconds at 149 degrees Fahrenheit
Five seconds at 140 degrees Fahrenheit

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>What to Do</th>
</tr>
</thead>
</table>
| **Cooking**  | 1. Cook on back burners and turn all pot handles inward.  
                2. Install a splash guard for the front of the stove to prevent burns.  
                3. If your oven has an oven lock, **use it**.  
                4. Keep other appliance cords up and out of the reach of little fingers.  |
| **Smoking**  | 1. Do not smoke near young children.  
                2. Keep ashtrays, matches and lighters out of the reach of little fingers.  |
| **Hot Liquids** | 1. Do not hold infants or young children while drinking hot liquids.  
                2. Do not place hot liquids near the edge of a table where little hands could reach, causing a spill and burn.  |
| **Bathing**  | 1. Always test the water before placing infants and small children in a bathtub or shower.  
                2. Make sure your water heater is set to 120 degrees Fahrenheit or lower to reduce the risk of scalds or burns.  
                3. Bath water should not exceed 100 degrees Fahrenheit for children.  |
| **Outside**  | 1. Use sunscreen designed for infants and young children, and be sure to follow the instructions carefully.  
                2. Keep hats on infants/toddlers to minimize sunburn risk.  
                3. Keep very young infants out of direct sunlight.  |
| **Electrical Outlets** | Use outlet covers to keep curious fingers out of outlets.  |
| **Candles & Lighters** | Place them high and out of the reach of small hands.  |
| **Fireplaces & Radiators** | 1. Always supervise children around fireplaces and radiators.  
                2. Radiator covers and fireplace shields help keep little fingers out.  |
| **Meal Time** | 1. Test all heated foods/liquids, including bottles, before serving them to young children/infants.  
                2. Do not use tablecloths on dining room tables, as little hands can pull them down, along with hot food, possibly burning themselves.  |

**If a Child is Burned**

Immediately cool the burned area with room temperature water. This reduces skin temperature, stops the burning process, numbs the pain and prevents swelling. **Do not use cold water.**

Cover the child to keep him/her warm.

Seek medical help. **Do not** underestimate the seriousness of the burn; get the child to a hospital.

**Do not** use ointments, sprays, first aid creams, ice, cold water or butter on the burn.

If a child's clothing is on fire, roll the child on the floor to extinguish the flames. Remember to teach children the process of “Stop, Drop and Roll.”
To contact poison control, call 1-800-222-1222 or call 911

**NOTE:** If a child ingests any of these poisons, call Poison Control IMMEDIATELY. DO NOT make your child throw up. The American Academy of Pediatrics no longer recommends using syrup of ipecac to treat poisoning.

When Calling Poison Control - Remain calm.

Give the following information:
- Name and telephone number
- What poisonous substance and what amount was ingested or inhaled
- Name, age and weight of person poisoned
- When and where poisoning occurred
- Symptoms

<table>
<thead>
<tr>
<th>Problem</th>
<th>Example(s)</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Lead</strong></td>
<td>Paint, Soil</td>
<td>1. Be sure paint used in the home does not contain lead.</td>
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<td></td>
<td></td>
<td>2. Discard all old painted toys, as paint may contain lead.</td>
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<tr>
<td></td>
<td></td>
<td>3. Contact your child’s pediatrician about testing for lead poisoning.</td>
</tr>
<tr>
<td><strong>Alcohol</strong></td>
<td>Mouthwash, Facial Cleansers, Anti-bacterial Hand Cleansers</td>
<td>1. These substances contain alcohol and must be kept out of a child’s reach.</td>
</tr>
<tr>
<td><strong>Poisonous Gases</strong></td>
<td>Carbon Monoxide</td>
<td>1. Carbon monoxide is a colorless, odorless gas.</td>
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<tr>
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<td></td>
<td>2. Install a carbon monoxide detector on every floor of the house.</td>
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<tr>
<td><strong>Plants</strong></td>
<td>All</td>
<td>1. Keep small children away from all plants. Just because animals can eat them does not mean we can.</td>
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<tr>
<td></td>
<td></td>
<td>2. Teach children to NEVER put leaves, unfamiliar berries, stems, flowers or bark from any plant/flower/tree in their mouths.</td>
</tr>
<tr>
<td><strong>Changing Table Items</strong></td>
<td>Lotions, Powders, Diaper Rash Creams</td>
<td>1. Store these items near changing tables, but out of an infant/toddler's reach.</td>
</tr>
</tbody>
</table>
| **Household Items** | Detergents, Furniture Polish, Perfume, Aftershave, Lamp Oil, Paint Thinner, Batteries, Rat & Ant Poisons, Moth Balls | 1. Like many of the items listed, keep these items out of children's reach. Do not assume they will not touch these items.
Pennsylvania’s Child Passenger Safety Law

Children younger than four must be properly restrained in an approved child safety seat. A child must be rear-facing until he/she is at least 2 years of age or has reached the maximum height and weight of the rear-facing car seat. Children ages four through eight must be restrained in an appropriate booster seat. Youth ages eight through 18 must wear a seat belt.

Important Contacts:

South Central PA Highway Safety - (717) 766-1616 or www.scpahs.org. Visit the website or call if you have any questions about child safety seats.

Pennsylvania Department of Transportation - www.penndot.gov/safety. Visit the website or call if you have any questions about child safety seats.

National Highway Traffic Safety Administration - 1-888-327-4236 or www.safecar.gov. Call if you think your child safety seat may have been recalled. You may also call the seat manufacturer.

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<thead>
<tr>
<th>Rear-facing Infant or Convertible Seat</th>
<th>The Harness:</th>
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</thead>
</table>
| A child must be rear-facing until he/she is at least 2 years of age or has reached the maximum height and weight of the rear-facing car seat. Never place a rear-facing car seat in front of an active front passenger side air bag. | - Straps must be at or below the child's shoulders.  
- Straps must fit snugly. The harness should lie straight without sagging.  
- Chest clip should be at armpit level. |

<table>
<thead>
<tr>
<th>Forward-facing Seat</th>
<th>The Harness:</th>
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</thead>
</table>
| Once a child has outgrown the rear facing child seat, he/she can move to a forward-facing child seat. Children should remain forward-facing for as long as possible, up to the maximum height and weight allowed by the seat manufacturer. | - Straps must be at or above the child's shoulders.  
- Straps must fit snugly. The harness straps should lie straight without sagging.  
- Chest clip should be at armpit level. |

<table>
<thead>
<tr>
<th>Belt Positioning Booster Seat</th>
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<tbody>
<tr>
<td>Children should use the lap and shoulder belt, with the booster seat, until they fit the vehicle's seat belt correctly, at approximately 4 feet, 9 inches tall and between 8 to 12 years of age. Note: A child should use a high-back booster seat if the vehicle has low seat backs or no head restraints.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Safety Belt</th>
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<tbody>
<tr>
<td>A child wearing a safety belt must be at least 8 years of age or 4 feet, 9 inches and able to wear the safety belt correctly. The lap belt should be low and snug on the hips/upper thighs, and the shoulder belt snug across the center of the chest and shoulder.</td>
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Images courtesy of the Center for Injury Research and Prevention at The Children's Hospital of Philadelphia.
Child Passenger Safety

Pennsylvania Vehicle Code Safety Violations

**Birth – Age 4: Primary Enforcement: Section 4581 (a) (1) Restraint Systems**
All drivers are responsible to secure children from birth up to age four in an approved child passenger restraint system anywhere in the vehicle. *A child younger than two years of age shall be secured in a rear-facing child passenger restraint system, to be used until the child outgrows the maximum height and weight limits designated by the car seat manufacturer.* Fine: Maximum fine of $75 plus fees.

**Age 4 – Age 8: Primary Enforcement: Section 4581 (a)(1.1)**
All drivers are responsible to secure children from four up to eight years of age in a seat belt system and an appropriately fitting child booster seat. Fine: Failure to comply with the provisions in 4581 (a) (1.1) shall be guilty of a summary offense with a maximum fine of $75 plus fees.

The following guidelines are allowed under the law for children ages 4 to 8 who:
- Weigh less than 40 lbs.: May remain securely fastened in a child restraint system with a full harness appropriate for their age and weight.
- Weigh more than 80 lbs. or are 4’9” or taller: May be fastened in the safety belt system without using a child booster seat.
- Ride in a vehicle which was not originally equipped with a shoulder safety belt: Shall be fastened in the safety belt system without the use of a child booster seat or may be fastened in a child passenger restraint system with a full harness.

**Age 8 – Age 18: Primary Enforcement: Section 4581 (a)(2) Restraint Systems**
Drivers are responsible to secure themselves and all children from eight through 18 years of age in a seat belt system anywhere in the vehicle. Fine: $10 plus fees.

The Car Seat:
- Must be secured with the seat belt or lower LATCH strap threaded through the correct belt path.
- Must be tightly installed, allowing no more than one inch of side-to-side movement when pulled at the belt path.
- Must be in a semi-reclined position, no more than 45 degrees, following the manufacturer’s instructions.

The booster seat must be used with the vehicle’s lap and shoulder belt following the correct belt path.

The lap belt:
- Must cross the lower hips and upper thighs, and should be snug.

The shoulder belt:
- Must be adjusted so it crosses the center of the shoulder and chest.
- Never be worn behind the back or under the arm.

- Passengers should sit upright with their backs against the vehicle’s seat back cushion.
- The child’s knees should bend comfortably at the front edge of the vehicle’s seat, with their feet flat on the floor.
- The lap belt must be low and snug across the hips and upper thighs – never across the abdomen.
- The shoulder belt must be snug across the center of the chest and shoulder – never behind the back or under the arm.
- The head restraint should be properly positioned behind the child’s head.
Choking Hazards

The fully-expanded throat of a child younger than three is slightly larger than the size of a quarter. Anything (food, toys) too close to that size can easily be swallowed and be a choking hazard.

Small parts testers that are 1.25” wide and 2.25” long are available through many companies. With one of these testers, you can test items in your home.

BE ON THE SAFE SIDE

When feeding infants and toddlers, be sure to cut their food into very tiny pieces to avoid choking.

Image courtesy SirHealth.com
## Choking Hazards

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Small Toys</strong></td>
<td>Infants and small children should not play with these objects. If older brothers or sisters own these toys, store them in a high place, out of an infant’s reach.</td>
</tr>
<tr>
<td>Example: bouncy balls, marbles, doll accessories</td>
<td></td>
</tr>
<tr>
<td><strong>Other Toys</strong></td>
<td>Make sure handles are too large to lodge in the throat. Make sure squeeze toys do not contain a squeaker that could detach and lodge in the throat.</td>
</tr>
<tr>
<td>Example: rattles, teethers, squeeze toys</td>
<td></td>
</tr>
<tr>
<td><strong>Large and/or Hard Food</strong></td>
<td>Cut food into very small bites so it is easier to chew and swallow. Cook or mash harder foods or avoid them altogether. Remove skin from hot dogs.</td>
</tr>
<tr>
<td>Example: grapes, nuts, hard candy, popcorn, raisins, hot dogs, marshmallows and stringy foods like celery</td>
<td></td>
</tr>
<tr>
<td><strong>Coins</strong></td>
<td>Store all coins (and purses) out of a small child's reach. Infants and toddlers like to explore and may put coins in their mouths if they are left within reach.</td>
</tr>
<tr>
<td><strong>Polystyrene Beads</strong></td>
<td>These beads are easily inhaled. Check all stuffed animals and bean bag chairs for any holes or tears. If a tear or hole is found, repair or throw away.</td>
</tr>
<tr>
<td>(“filling” found in stuffed animals and bean bag chairs)</td>
<td></td>
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<tr>
<td><strong>Hair Accessories</strong></td>
<td>Store these out of an infant/toddler’s reach or in a drawer equipped with a child safety lock.</td>
</tr>
<tr>
<td>Example: hair beads, barrettes, rubber bands</td>
<td></td>
</tr>
<tr>
<td><strong>Animal Food</strong></td>
<td>Some animal food (dry dog food) contains large pieces that could become lodged in a child’s throat, causing him or her to choke. Store food in a cabinet equipped with a child safety lock.</td>
</tr>
<tr>
<td><strong>Balloons</strong></td>
<td>A bitten latex balloon can burst and send fragments down a child’s throat, causing him or her to choke. Mylar balloons are safer; however, it is still best to keep balloons away from infants and toddlers.</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td>Store these in a high place or in a cabinet equipped with a child safety lock. WATCH YOUR CHILD. Many children will pick up anything and put it in their mouths. Also be sure to keep children away from certain plants that may be poisonous if swallowed.</td>
</tr>
<tr>
<td>Example: large beads, buttons, thimbles, nails, screws, small stones, seeds, leaves, pieces of plastic</td>
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</tbody>
</table>
Choking and CPR

If You Are With A Child Who Is Choking...

1. If other people are present, call for help.
2. Call 911 or your local emergency number.
3. Begin first aid for choking (see Obstructed Airway Guidelines) only if child is getting no air.

Do Not Begin First Aid For Choking If...

1. The child can breathe, cry or talk (this means the child is getting air).
2. The child can cough. Coughing is the child’s normal reflex working to clear the airway.

Begin First Aid For Choking (Obstructed Airway Guidelines) If...

1. The child cannot breathe at all (chest is not moving up and down).
2. The child cannot cough or talk.
3. The child’s lips and/or nail beds turn blue.

** If the child becomes or is found unconscious, go directly to CPR.**
INFANT CHOKING (Younger Than One Year Old)

If the infant is CONSCIOUS, choking and unable to breathe, cough, cry or speak, follow these steps. **If you are alone, call 911 as soon as possible.**

1. While sitting or kneeling, **lay infant on its belly** on the inside of your forearm. Support the baby’s neck and head with the hand of that same arm. Be sure to keep the infant’s head lower than its body.

2. With the **heel** of your other hand, **GIVE FIVE BACK SLAPS** between the infant’s shoulder blades.

3. Turn infant over on its back (still on your forearm), with your hand cradling the infant’s neck, supporting its head. Be sure its head is below its body.

4. Using two fingers, give five chest thrusts (similar to CPR) at a rate of about one per second.

5. Alternate the back slaps and chest thrusts until the object is dislodged. **If the infant becomes unconscious, yell for help and have someone call 911 immediately.** Begin infant CPR and continue until the infant begins to move or until trained help arrives.

CHILD CHOKING (One to Eight Years of Age)

If the child is CONSCIOUS, choking and unable to breathe, cough, cry or speak, follow these steps. **If you are alone, call 911 as soon as possible.**

1. Kneel or stand behind the child and wrap your arms around him/her. Form a fist with one hand and grasp that fist with your other hand.

2. Be sure your fist (grasped by your other hand) is just above the belly button and well below the bottom tip of the breastbone and rib cage.

3. Give abdominal thrusts, pushing in and up with your grasped fist. Each thrust should use enough force to produce an artificial cough.

4. Continue until object is dislodged.

5. **If the child becomes unconscious, yell for help and have someone call 911 immediately.** Begin child CPR. If alone, after two minutes of CPR call 911 and get an Automatic External Defibrillator (AED), if available. Return to perform child CPR.
Choking and CPR

This section pertains to a conscious choking infant who becomes unconscious and/or stops responding.

INFANT CPR (Younger Than One Year Old)

OPEN AIRWAY
1. Lay infant flat on its back, and open its airway (tilt head and lift chin).

2. After airway is opened, check if the infant is breathing. LOOK for up and down movement of the chest and abdomen. LISTEN for breath sounds at the nose and mouth. FEEL for breath on your cheek. If opening the airway results in breathing, do not give breaths.

3. If there is no breathing, LOOK for a foreign object in the mouth. If you can see the object in the mouth, remove it carefully with your little finger. Then attempt rescue breathing. DO NOT try a blind finger sweep if you cannot see the object. This could push the object further down into the throat.

RESCUE BREATHING
1. POSITION the head and chin (using both hands) with the head gently tilted back, chin lifted.

2. Take a normal breath (NOT a deep breath) and seal your mouth over the infant’s mouth and nose.

3. Give two rescue breaths, with each breath lasting approximately one second each. Each breath should make the chest rise and fall. If there is still no breathing after two breaths, continue with chest compressions (see below).

4. If chest does not rise with breaths, open the mouth wide and look inside for an object. If an object is seen, remove it carefully with your little finger. If no object is seen, move on to chest compressions and alternate 30 compressions and two breaths until the object is expelled, the victim begins to move or trained help arrives.

CHEST COMPRESSIONS
1. Place two fingers of one hand on the breastbone, just below the nipple line.

2. Compress chest one-third to one-half the depth of the chest.

3. Alternate 30 compressions with two breaths. Call 911 after two minutes and get an Automatic External Defibrillator (AED), if available. An Automatic External Defibrillator (AED) is used to shock the heart back into its normal rhythm.
This section pertains to a conscious choking child who becomes unconscious and/or stops responding.

CHILD CPR (One to Eight Years of Age)

OPEN AIRWAY
1. Lay child flat on his or her back and open child’s airway (tilt head and lift chin).

2. After airway is open, check if child is breathing. LOOK for up and down movement of the chest and abdomen. LISTEN for breath sounds at the nose and mouth. FEEL for breath on your cheek. If opening the airway results in breathing, do not give breaths.

3. If child is not breathing, LOOK for a foreign object in the mouth. If you can see the object in the mouth, remove it carefully with your little finger. Then attempt rescue breathing. DO NOT try a blind finger sweep if you cannot see the object. This could push the object further down into the throat.

RESCUE BREATHING
1. POSITION the head and chin (using both hands), with the head gently tilted back, chin lifted.

2. Take a normal breath (NOT a deep breath), seal your mouth over the child’s mouth and pinch the child’s nose so the nostrils are closed.

3. Give two rescue breaths, with each breath lasting approximately one second. Each breath should make the chest rise and fall. If there is still no breathing after two breaths, continue with chest compressions (see below).

4. If chest does not rise while giving breaths, open the mouth wide and look inside for an object. If an object is seen, remove it carefully with your little finger. If no object is seen, move on to chest compressions and continue to alternate 30 compressions and two breaths until the object is expelled, the victim begins to move or trained help arrives.

CHEST COMPRESSIONS
1. Place one or two hands over the lower half of the breastbone, than begin compressions with the heel of the hand. Compress chest one-third to one-half the depth of the chest.

2. Alternate 30 compressions with two breaths. Call 911 after two minutes and get an Automatic External Defibrillator (AED), if available.
# Furniture Safety

## Problem Precautions

### Cribs
1. Keep the crib away from windows and cords. Tie all cords up and out of a child’s reach.
2. Be sure all crib hardware (screws, bolts) are present and snug.
3. Be sure no slats are missing from the crib.
4. Use an approved waterproof mattress cover; DO NOT use a plastic bag or garbage bag. These are suffocation hazards.
5. Be sure there is nothing in the crib that a child could stack to use to escape.
6. If the crib has a lowering device, be sure the mattress is low enough that the infant/toddler cannot climb out and escape.
7. Be sure the sides of the crib latch in place and the child cannot pull the sides down. Be sure the latch works.
8. The mattress should fit snugly into the crib with no more than two fingers’ width between the mattress and the side of the crib.

### Toy Boxes
1. Be sure there are ventilation holes in the box that won’t be blocked if the box is placed against a wall.
2. Be sure there is no latch on the box lid; if possible, remove the lid altogether.
3. Be sure there is support to hold hinged lid open to prevent the lid from falling down on a small child.

### Bouncers
1. NEVER place a bouncer near stairs.
2. Always buckle the infant into the bouncer.
4. Never place an infant in a bouncer on a table; always place the bouncer on the floor.

### Walkers
1. Be sure the walker is too wide to fit through a standard doorway.
2. Keep the walker away from stairs. The child in the walker could take a dangerous tumble.
3. Always keep the child in view. Never assume the child is safe and never leave the child unattended.

### Baby Gates
1. Securely anchor baby gates in doorways and stairways to keep them from being pushed over by little ones.
2. Gates with an expandable pressure bar should be installed with the bar opposite the child. A child can use the bar as a foothold and escape.

### Highchairs
1. Always strap the child in at all times, using all available straps.
2. Be sure the tray locks completely.
3. If the highchair is a folding highchair, be sure the chair has an effective locking device.

### Large Furniture
1. Use anchors/braces to secure the chest of drawers to the wall to keep it from tipping over onto a child.
2. Use safety latches on all drawers to keep curious fingers out.

### Beds
1. Never allow a child to bounce on or jump on or off a bed. This could lead to serious injury.
## Water Safety

<table>
<thead>
<tr>
<th>Problem</th>
<th>What to Do</th>
</tr>
</thead>
</table>
| **Bathroom - Bathtub, Shower, Sink** | 1. Always test water before bathing an infant or toddler. Bath water should be between 90 and 100 degrees Fahrenheit or less. You can purchase water thermometers to test a child's bath water.  
2. Never leave a child alone, even if using a bath seat.  
3. Do not use a bath seat on a textured surface; it will not stick.  
4. Keep all bath necessities nearby so you don't have to leave your child to get them.  
5. If bathing an infant in the sink, always keep one hand on the infant so he/she doesn't slip under the water.  |
| **Bathroom - Toilet** | 1. Install a toilet lock on your toilet to prevent toddlers from opening the lid, falling in and drowning. |
| **In-Ground Pools** | 1. Put four foot high fencing around the entire pool area.  
2. Make sure gate lock is out of a child's reach.  
3. Use a personal flotation device on small children. Water wings are not enough.  
4. Never leave a child alone by the pool, even with a life jacket on. |
| **Above-Ground Pools** | 1. Be sure the pool deck gate is locked and the lock is above the child's reach.  
2. Remove the ladder when not in use and store it in a locked area.  
3. Use a personal flotation device on small children. Water wings are not enough.  
4. Never leave a child alone by the pool, even with a life jacket on. |
| **Hot Tubs, Spas, Whirlpools** | 1. Do not let infants and toddlers in a hot tub, spa or whirlpool. Their sensitive skin cannot tolerate the high temperature.  
2. To prevent drowning, use a hard, lockable cover. |
| **Wading and Inflatable Pools** | 1. Always stay within arm's length of the child. If you must leave, take the child with you. |
| **Fish Tanks, Ponds and Wells** | 1. Make sure fish tanks are high enough so a young child cannot pull it over onto him/herself.  
2. Put fencing around ponds.  
3. Make sure wells have a locking cover. |
Sources

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