

Poisons



POISONING PREVENTION

Children are at significantly greater risk from poisoning death and exposure than adults because they are smaller, have faster metabolic rates, and are less able to physically handle toxic chemicals. Also, their curiosity and desire to put everything in their mouths increases their poisoning risk.

Safety Basics . . .

The American Association of Poison Control Centers (AAPCC) and the Centers for Disease Control and Prevention (CDC) have established a single number to use to reach your local poison control center. 1-800-222-1222.

Water Wise

WATER SAFETY



Childhood drownings and near-drownings can happen in a matter of seconds. They typically occur when a child is left unattended or during a brief lapse of supervision. For every child that drowns, an additional four are hospitalized for near-drownings. Fifteen-percent of children admitted for near-drownings die in the hospital.

Safety Basics . . .

Children should always swim with a grown-up. Every child over the age of three should have swimming lessons. It is important for children to learn and practice water safety rules.

When on a boat, everyone needs a seat and his or her own PFD (personal flotation device). Air-filled swimming aids such as inner tubes, water wings, and inflatable rafts are not substitutes for approved PFDs. Children using air-filled swimming aids should always be supervised by an adult within arms reach.

Pedal Power!

BIKE & PEDESTRIAN SAFETY



In 2002, approximately 203 children ages 14 and under were killed in bicycle-related incidents and in 2003, 382,000 more were injured. Ninety-percent of bicycle-related deaths are the result of collisions with motor vehicles.

Approximately 1,000 children are killed each year in pedestrian-related incidents. In 1999, an estimated 25,000 children ages 14 and under suffered motor vehicle-related pedestrian injuries.

Safety Basics . . .

Younger riders should ride on sidewalks or safe areas only. Teens may ride in the street after they learn the rules of the road. It is important for children to learn and practice bike safety rules:

- A helmet should be worn every time you ride a bike, scooter, skateboard or in-line skate.
- Always ride bikes in safe areas and never at night.
- Always come to a complete stop before entering a driveway, path or sidewalk. Look left, right, and left again for other bikes, cars, or pedestrians.
- Use the proper hand signals when turning to let drivers know your intent.
- Walk, don't ride your bike across the street, and cross only with a grown-up.

Children under 10 should never cross a street alone. Grown-ups and older children should be role models and set a positive example by practicing safe street-crossing rules:

- Stop at the curb or edge of the road and look left, then right, then left again for moving cars.
- Wait until the street is clear, keep looking left and right until you have safely crossed the street.

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MOTOR VEHICLE SAFETY

Motor vehicle crashes are the leading cause of unintentional injury-related deaths for children 14 and under.

In 2003, 1,724 child occupants ages 14 and under died in motor vehicle crashes. About 61% of motor vehicle occupants ages 15 and under who were killed in fatal crashes were unrestrained. Approximately 272,000 children were injured as occupants in motor vehicle-related crashes.

Safety Basics . . .

Make sure everyone in your family rides in the car safely by following these guidelines:

- Infants should ride in a rear-facing infant seat until they are at least one-year-old and weigh at least 20 pounds.
- Use a convertible or forward facing safety seat until the child outgrows it - up to about four and when the child weighs 40 pounds.
- All children who have outgrown child safety seats should be properly restrained in booster seats until they are at least eight years old, unless they are 4-feet 9-inches tall.
- All children ages 12 and under should ride buckled up in the back seat.

Adult safety belts alone do not sufficiently protect children weighing less than 80 pounds from injury in a crash. Children can't ride comfortably and remain properly restrained until they are tall enough for the knees to bend over the edge of the seat when their backs are resting firmly against the back seat. If the shoulder portion of the lap-shoulder belt comes across the neck, rather than the chest, they should be in a booster seat.

Fire Smarts



FIRE & BURN PREVENTION

Children under five and adults over 65 have the highest fire death rates in the United States.

Safety Basics . . .

Fire can grow and spread very fast. In a typical home fire you may have as little as two minutes to escape once the smoke alarm sounds. Each year fire kills more than 3,500 people and injures tens of thousands more in the United States. Children ages five and under are twice as likely to die in a fire as the rest of the population.

Home fire escape planning and practice can make a critical difference for your entire family. By developing and practicing a home fire escape plan, your family will know exactly what to do in a fire so everyone can escape quickly and safely.

Choking,

SUFFOCATION & STRANGULATION PREVENTION

In 2003, 661 children ages 14 and under died from airway obstruction injuries. Choking (food and nonfood) resulted in 184 deaths in children 14 and under.

Safety Basics . . .

Choking occurs when food or small objects block the airway. This prevents oxygen from getting to the lungs and the brain. Young children are at risk from choking on small, round foods such as hot dogs, candies, nuts, grapes, marshmallows and popcorn.

Children should avoid wearing drawstrings or necklaces on the playground. Clothing, scarves, mittens, jacket strings and jacket hoods can get caught in narrow gaps, openings or holes on slides, vertical posts, and on open connecting links such as "S" hooks.

Falls

FALLS PREVENTION

Each year, more than 2.5 million children ages 14 and under are treated in hospital emergency rooms for fall-related injuries.

Safety Basics . . .

Most playground injuries can be avoided by making sure playground areas are safe, and by teaching kids to play on playground equipment correctly and safely.

Window screens are not strong enough to keep children in, so window guards can be used to prevent children from falling. Window guards should not be used on fire exit windows, unless they're equipped with a quick release mechanism that can be opened easily from the inside.



Firearms

FIREARMS INJURY PREVENTION

In 1998, 121 children ages 14 and under died from unintentional firearm-related injuries; an estimated 1,500 are treated in emergency rooms each year. (An unintentional firearm death/injury occurs when the person firing the gun does not intend to harm anyone.) Nearly all childhood unintentional shooting deaths occur in or around the home. Fifty-percent occur in the home of the victim and nearly 40% occur in the home of a friend or relative.

Safety Basics . . .

- Teach your children to never touch or play with a gun.
- Whether you own a gun or not, explain to your children that guns are dangerous and that they should never touch them.
- Talk with your children about the risk of gun injury outside the home in places where they may play or visit. Tell your children to stay clear of guns when they are at their friends' homes and to tell a grown-up immediately if they see one.