

# Child Injury Prevention

**FACTS:** *(Information from Michigan Department of Community Health, National Safe Kids)*

- Injuries are one of the most under-recognized public health problems facing society.
- Young children are at increased risk from unintentional injuries in the home because it is where they spend most of their time.
- Unintentional home injury deaths to children are caused primarily by fire and burns, suffocation, drowning, firearms, falls, choking and poisoning.
- Unintentional injuries are the leading cause of death for children ages 1-14 in Michigan, resulting in 850 deaths from 1999-2003.
- Michigan's death rates in the categories of drowning, falls, motor vehicle crashes, poisoning, and traumatic brain injury for the period of 1999-2003 are all lower than the U.S. rate.
- Parents and caregivers need to know the greatest risk factors for their children and to take the appropriate steps to reduce the risk of unintentional injury.

Safe Homes = Safe Families Month

## RESOURCES:

### LMAS DISTRICT HEALTH DEPARTMENT

Luce County: (906) 293-5107

Mackinac County: (906) 643-1100

Alger County: (906) 387-2297

Schoolcraft County: (906) 341-6951

[www.lmasdhd.org](http://www.lmasdhd.org)

### Michigan Department of Community Health Injury Prevention

[http://michigan.gov/mdch/0,1607,7-132-2940\\_2955\\_2981---,00.html](http://michigan.gov/mdch/0,1607,7-132-2940_2955_2981---,00.html)

### Safe Kids Michigan

<http://www.michigansafekids.org/>

### Beaumont Hospital Household Safety Checklist

[http://www.beaumont Hospitals.com/pls/portal30/site.web\\_pkg.page?xpageid=P00822](http://www.beaumont Hospitals.com/pls/portal30/site.web_pkg.page?xpageid=P00822)

### Centers for Disease Control and Prevention National Center for Injury Prevention and Control

<http://www.cdc.gov/ncipc/>

### Centers for Disease Control and Prevention Injury, Violence and Safety

<http://cdc.gov/InjuryViolenceSafety/>



## **WHAT YOU SHOULD KNOW:**

In order to protect you and your family, conduct a thorough safety check of every room in your home on a regular basis. Accidents and injuries may be prevented, and your family will be healthier and safer, when you practice a little prevention. This list is not exhaustive. Please see resources for more information.

### Child's bedroom:

- Make certain there is a carpet or rug beneath the crib or changing table to soften the impact if an infant falls.
- Remove all crib gyms, hanging toys, and decorations from a crib by the time a baby can raise up on hands and knees.
- Make sure there is a safety belt on the infant changing table, and that it is used properly every time.
- Never leave small parts or pieces of a toy(s) in a child's room.
- Make certain a night-light is not near or touching drapes or the bedspread. Also, never place towels or other fabric over a lamp to reduce the light in the room, as a fire may start.
- Never place a crib, playpen, or bed near a window.
- Use plug protectors for all unused wall outlets.
- If there is a lid on the toy box, it should not be heavy, hinged, or lockable. Children may crawl inside and become trapped.

### Bathroom:

- Put a nonskid bathmat on the floor and a nonskid mat or decals in the bathtub.
- Store medications, cosmetics, toiletries, and cleansers well out of reach of children. Put childproof caps on all medications if you have children younger than 8 years of age.
- Always unplug appliances before leaving them unattended, no matter how briefly.
- To avoid accidental scalding, make certain the tap water temperature is set no higher than 120° F.
- Never leave a child or disabled person unattended in a bathroom where there is a tub, sink, or bucket containing water - not even for a moment.

### Kitchen:

- Make certain knives, scissors, and other sharp utensils are out of reach of children.
- Store dishwasher detergent and other cleaning supplies out of reach of children.
- Install child resistant safety latches on all cabinets and drawers within a child's reach.
- Always turn pot handles inward when cooking on the stove. Use back burners whenever possible.
- Make certain appliance cords are not dangling, so they cannot be pulled from a counter.
- If your child uses a highchair, make sure it is sturdy and has a seat belt with a strap between the legs.
- Keep a working fire extinguisher in your kitchen.

## **SERVICES AVAILABLE:**