

Safe Kids Indiana

SPRING 2013

MARK YOUR CALENDARS:

On May 18, 2013, Safe Kids Worldwide invites your coalition or chapter to join in and celebrate Safe Kids Day, an initiative that can help raise both funds and awareness in your community.

The 2013 Indiana State Injury Prevention Conference, sponsored by the Automotive Safety Program and Safe Kids Indiana is scheduled for June 6-7, 2013.

Registration information is available at www.preventinjury.org in the Training Dates section.

**SAFE
KIDS
INDIANA**

Did You Know?

Heat Stroke Prevention

Since 1998, more than 500 children across the U.S. have died from heat stroke when unattended in a vehicle.

Heat stroke happens when the body cannot cool itself fast enough and the core temperature rises to dangerous levels.

The symptoms include dizziness, disorientation, agitation, confusion, sluggishness, seizure, hot/dry skin that is flushed but not sweaty, loss of consciousness, rapid heart rate and hallucinations.

The temperature in a vehicle can rise to dangerous levels even on a mild day. Children are at greater risk of injury because their bodies cannot regulate heat the same way adult's can. A child's body can heat up 3 to 5 times faster than an adult's.

When a child's internal body temperature reaches 104 degrees F, the internal organs begin to shutdown. Death occurs when the

temperature reaches 107 degrees F.

It takes only 10 minutes for the inside of a car to heat up by 20 degrees F and it continues to heat up quickly even if a window is cracked.

On an 80 degree F day, a closed vehicle can well exceed 100 degrees.

Parents may say to themselves: "It couldn't happen to me," however, statistics show it can happen to anyone — even the most conscientious of us.

In fact, more than half of the reported heat stroke deaths occurred when a distracted caregiver forgot their child was in the car.

Tips for parents:

- Never leaving your child alone in the car, even for a minute.
- Consistently lock unattended vehicle doors and trunks.
- Create reminders and habits that give you and your child's caregiver a safety net:
- Establish a peace-of-mind plan. When you drop off your child,

make a habit of calling or texting all other caregivers, so all of you know where your child is at all times.

- Place a purse, briefcase, gym bag, cell phone or an item that is needed at your next stop, in the back seat.
- Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at childcare.

Take action!

If you see an unattended child in a vehicle—Dial 911 immediately and follow the instructions that emergency personnel provide — they are trained to determine if a child is in danger.

For more information go to: www.safekids.org/heatstroke

or www.ggweather.com/heat



Television and Furniture Tip-Over Safety



When we think of home safety, we often think about fires, poison and drowning, but we often forget about the dangers of television and furniture tip-overs.

As technology has improved and become more readily available, we are using our televisions for more than just watching our favorite programs. We now use them for education, surfing the web, watching movies, playing

video games and for exercise. With all of that activity in the living room or rec room, there is an increased risk for television tip-over related injuries.

In 2011, an estimated 12,000 kids aged 19 and under were seen in emergency rooms for injuries caused by television tip-overs.

As toddlers become more independent, they will explore their surroundings and may unknowingly put themselves in danger.

When kids want to play with their favorite toy, read a book, or grab their game controller, a TV stand, bookshelf or dresser can be used as a makeshift ladder and stepstool.

Between 2008 and 2010, there were an estimated 25,300 injuries annually for children 17 and under from televisions, furniture and appliances tipping over on them.

Parents can reduce the risk to children by making a few easy changes around the home.

- Strap televisions to a stable stand or wall
- Attach large furniture (dresser, bookshelf, etc.) to a wall using L-Brackets or other appropriate attachment devices.
- Toys and other desired items for children should be placed on lower shelves to help discourage furniture climbing.
- Remotes and game controls should not be placed on top of televisions.
- Install stops that keep drawers from being pulled more than two-thirds of the way out

Additional Resources and tip sheets:

<http://www.safekids.org/educators/home-safety-tip-sheett-eng.pdf>

<http://www.safekids.org/safety-basics/safety-resources-by-riskarea/>

We are pleased to welcome J.J. Current as the Indiana Safe Kids State Coordinator.

Before joining the Automotive Safety Program, he was the CPS Certification Coordinator in Washington, DC.

For questions about Safe Kids Coalitions and Chapters, or the state Injury Prevention Conference., please contact J.J. at 317-274-6712 or jcurrent@iu.edu

