

Safe Kids Indiana

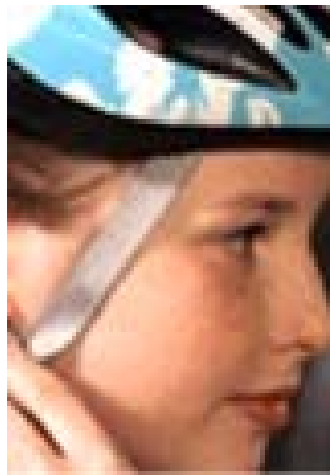
MARK YOUR
CALENDAR:

Indiana Injury
Prevention
Conference

April, 7-8, 2014
Indianapolis, IN

SPRING 2014

Did You Know?



Bicycle Safety

Spring is here! Children will soon be playing outside more and riding their bicycles.

Did you know:

- Every two minutes, a child is treated in an emergency room for an unintentional bicycle-related incident.
- More children ages 5 to 14 are seen in emergency rooms for bicycle related-injuries than any other sport.
- Helmet use is the most effective way to reduce bicycle-related fatalities.
- Every \$12 spent on a bicycle helmet for a child generates \$580 in

cost-saving benefits to society.

Kids learn from watching adults, so it's very important for parents to model proper behavior.

- Wear a helmet, even if you didn't when you were a kid.
- Teach your children to make eye contact with drivers.
- Tell your kids to ride on the right side of the road, with traffic, not against it.
- Use appropriate hand signals and stop at all stop signs and stoplights.
- Before entering or crossing a street you should: stop and look left, right, and left again.
- Look back and yield to traffic coming from behind before turning left.

In addition to paying attention to traffic, road signs, and traffic lights, remember to protect your head! When riding a bicycle, make sure you and your child have the right size helmet and wear it every time.

Below is the Bike Helmet Fit Test for you and your child:

- **EYES:** Position the helmet on your head. When you look up, you should see the bottom rim of the helmet. The rim should be one or two finger-widths above the eyebrows.
- **EARS:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- **MOUTH:** Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.

For additional resources, go to:

- 1.) <http://www.safekids.org/preventing-bicycle-skateboard-and-other-wheeled-sport-injuries>
- 2.) <http://www.nhtsa.gov/Bicycles>

**SAFE
KIDS
INDIANA**



Fall Prevention

Unintentional falls are the leading cause of non-fatal injuries for children. In 2010, unintentional falls resulted in nearly 3 million injuries requiring treatment in an emergency room. The injuries were from activities such as: climbing on furniture, playing near an unsecured window, falling down stairs, or playing on playgrounds.

Children should explore their environment and will experience occasional bumps along the way. The goal for parents and caregivers is to balance the need of children to explore their environment while keeping them safe.

Fall Prevention Tips for the Home

- Install window guards and window stops to prevent unintentional window falls.
- Keep windows locked and closed when they are not being used.
- Move chairs, cribs and other furniture away from windows.
- If a child appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.
- Keep babies and young children buckled in when using high chairs, infant carriers, swings and strollers.
- Baby walkers can be dangerous, try using a stationary activity center instead.
- When using a carrier, place it on the floor, not on top of a table or other furniture.
- Use approved safety gates at the top and bottom of stairs.
- Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-overs.

Fall Prevention for the Playground

- Actively supervise children on playgrounds.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment. They can pose a strangulation hazard.
- Separate play areas for bigger kids and children under 5.
- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel. Recommended surface materials include: sand, pea gravel, shredded rubber, mulch, wood chips, rubber mats, and synthetic turf.
- Report any playground safety hazards.

Additional fall safety resources:

- 1.) <http://www.safekids.org/falls>
- 2.) <http://www.cdc.gov/HomeandRecreationalSafety/Falls/children.html>

**Safe Kids
Indiana
Preventing
Injuries:
At Home,
At Play,
And On The
Way!**

For questions about Safe Kids Coalitions and Chapters, please contact Jody Yoder at 317-278-6879 or jodyoder@iu.edu.