

Child Injury Prevention: *Protecting Children ages 0-4*

Ruth Harshfield, Safe Kids Oregon Director

Injury & Violence Prevention Section

Oregon Public Health Division, Oregon Health Authority



Oregon
Health
Authority

Objectives

- Describe the importance of preventing child injuries
- Describe the top injury issues to children ages 0-4 in Oregon
- Discuss administering home safety check lists with families
- Discuss emerging safety concerns

Why Injury Prevention is Important

**Gabriel
Mendez**



Gabriel suffered a near drowning at the age of 3 while playing in a friend's pool with his brothers and mother . He was wearing this life jacket but within minutes of taking this picture, his mother became distracted. When she looked back at the pool, his life jacket was floating on top and he was at the bottom of the pool.

Parker Reck



Parker, age 5, had just moved with his family to a new apartment . It was a hot day, no air conditioning, and all windows were open. Parker was sitting up by the window when he leaned into the screen and fell out the second-story window onto a concrete patio.

The Public Health Issue

Unintentional injuries are the leading cause of death and hospitalization to Oregon children ages 1-14

For persons under 44 years of age, **injury** is the leading cause of death in Oregon. Injury is responsible for more years of potential life lost than cancer, heart disease, or stroke.

10 Leading Causes of Death by Age Group, United States – 2013

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,758	Unintentional Injury 1,316	Unintentional Injury 746	Unintentional Injury 775	Unintentional Injury 11,619	Unintentional Injury 16,209	Unintentional Injury 15,354	Malignant Neoplasms 46,185	Malignant Neoplasms 113,324	Heart Disease 488,156	Heart Disease 611,105
2	Short Gestation 4,202	Congenital Anomalies 476	Malignant Neoplasms 447	Malignant Neoplasms 448	Suicide 4,878	Suicide 6,348	Malignant Neoplasms 11,349	Heart Disease 35,167	Heart Disease 72,568	Malignant Neoplasms 407,558	Malignant Neoplasms 584,881
3	Maternal Pregnancy Comp. 1,595	Homicide 337	Congenital Anomalies 179	Suicide 386	Homicide 4,329	Homicide 4,236	Heart Disease 10,341	Unintentional Injury 20,357	Unintentional Injury 17,057	Chronic Low. Respiratory Disease 127,194	Chronic Low. Respiratory Disease 149,205
4	SIDS 1,563	Malignant Neoplasms 328	Homicide 125	Congenital Anomalies 161	Malignant Neoplasms 1,496	Malignant Neoplasms 3,673	Suicide 6,551	Liver Disease 8,785	Chronic Low. Respiratory Disease 15,942	Cerebrovascular 109,602	Unintentional Injury 130,557
5	Unintentional Injury 1,156	Heart Disease 169	Chronic Low. Respiratory Disease 75	Homicide 152	Heart Disease 941	Heart Disease 3,258	Homicide 2,581	Suicide 8,621	Diabetes Mellitus 13,061	Alzheimer's Disease 83,786	Cerebrovascular 128,978
6	Placenta Cord. Membranes 953	Influenza & Pneumonia 102	Heart Disease 73	Heart Disease 100	Congenital Anomalies 362	Diabetes Mellitus 684	Liver Disease 2,491	Diabetes Mellitus 5,899	Liver Disease 11,951	Diabetes Mellitus 53,751	Alzheimer's Disease 84,767
7	Bacterial Sepsis 578	Chronic Low. Respiratory Disease 64	Influenza & Pneumonia 67	Chronic Low Respiratory Disease 80	Influenza & Pneumonia 197	Liver Disease 676	Diabetes Mellitus 1,952	Cerebrovascular 5,425	Cerebrovascular 11,364	Influenza & Pneumonia 48,031	Diabetes Mellitus 75,578
8	Respiratory Distress 522	Septicemia 53	Cerebrovascular 41	Influenza & Pneumonia 61	Diabetes Mellitus 193	HIV 631	Cerebrovascular 1,687	Chronic Low. Respiratory Disease 4,619	Suicide 7,135	Unintentional Injury 45,942	Influenza & Pneumonia 56,979
9	Circulatory System Disease 458	Benign Neoplasms 47	Septicemia 35	Cerebrovascular 48	Complicated Pregnancy 178	Cerebrovascular 508	HIV 1,246	Septicemia 2,445	Septicemia 5,345	Nephritis 39,080	Nephritis 47,112
10	Neonatal Hemorrhage 389	Perinatal Period 45	Benign Neoplasms 34	Benign Neoplasms 31	Chronic Low. Respiratory Disease 155	Influenza & Pneumonia 449	Influenza & Pneumonia 881	HIV 2,378	Nephritis 4,947	Septicemia 28,815	Suicide 41,149

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



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



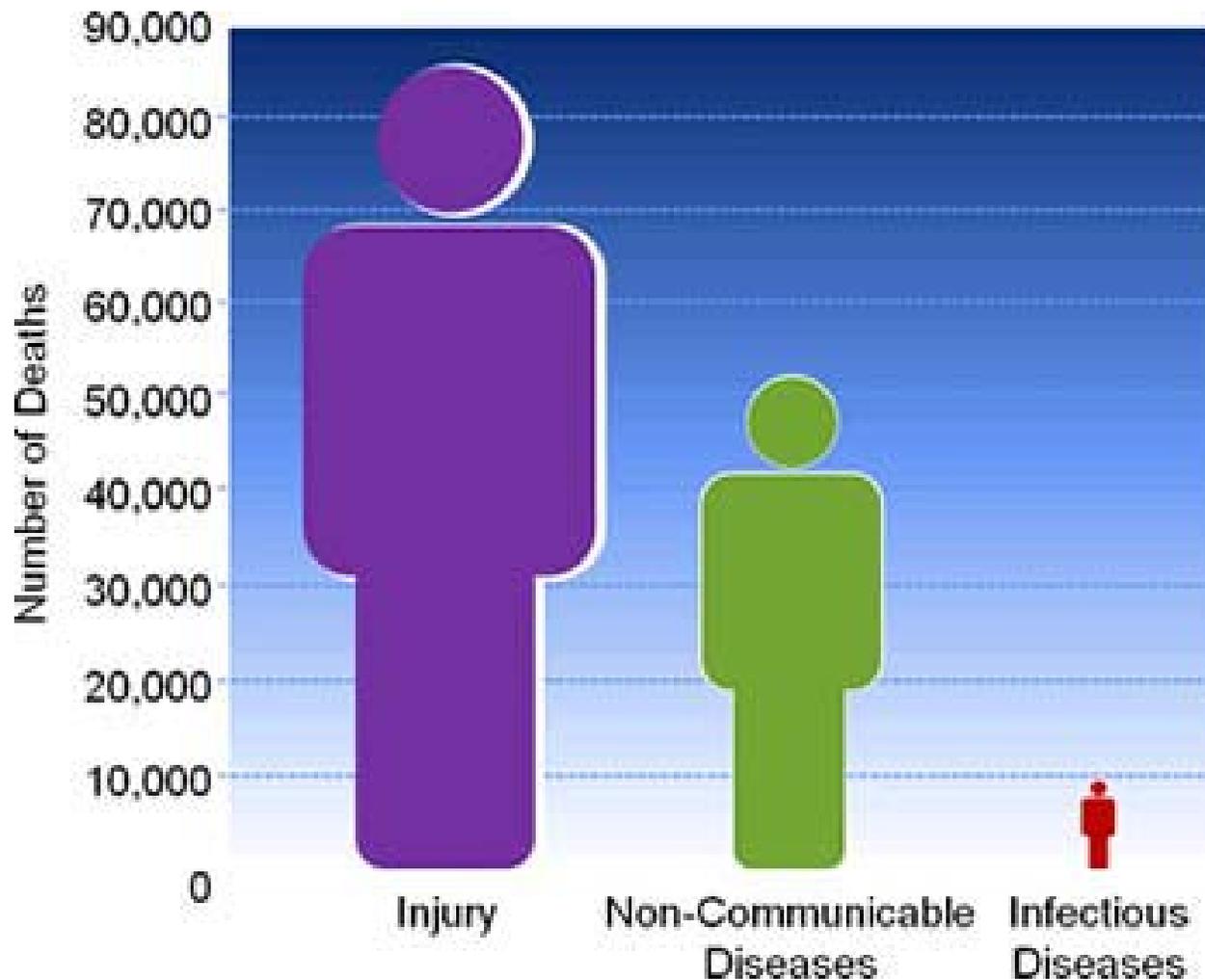
For every **1** child that dies there are...

25 hospitalizations

925 treated in ER

Many more treated in doctors' offices

Injury Deaths Compared to Other Leading Causes of Death for Persons Aged 1-44, US, 2007



Children 0-4, Leading Causes of Unintentional Injuries, 2010-2013 in Oregon

Rank	Mechanism	Deaths	Hospitalizations	TOTAL
1	Falls	3	665	668
2	Poisoning	1	352	353
3	Fire/flame	8	93	101
4	Suffocation	53	40	93
5	Struck by/against	3	76	79
6	MV Traffic-ALL (bike/ped/occupant)	11	66	77
7	Natural Environment	4	60	64
8	Drowning	18	26	44
9	Other Specified	0	162	162

Falls Includes

- In Home: (Stairs, chair, bed, furniture)
- Out of building/structure: (Window Falls)
- One level to another
- Playground
- Scooter, skates, skateboard
- Slipping, tripping, collision



Suffocation Includes

Hazardous sleep

environments such as:

- Car seats
- Cribs/playpens
- Couches, chairs, recliners, swings & bouncy chairs
- Soft bedding, pillows, toys, bumpers, blankets
- Bed-sharing



Choking, hanging issues

such as:

- Drawstrings on clothing
- Window blind cords
- Toys
- Food
- Small toys, balloons, magnets, buttons



Motor Vehicle Traffic Includes

- MV/Occupant (use of car seats, wearing safety belts, driving without distraction)
- MV/Pedestrian
- MV/Pedal cyclist
- Pedestrian
- Pedal cyclist



Child Development and Injury Risk

- As a child grows from infancy through early adolescence, it's important to promote safety.
- A child's developmental stage is the key to identifying which types of injuries are of greatest risk to him or her.



Newborns



- Spends about 16 hours a day sleeping
- Awake time can be busy
- Newborn's movements and activity are reflexes or involuntary
- As the nervous system begins to mature, these reflexes give way to purposeful behaviors
- A newborn's head sags when lifted up and needs to be supported
- A newborn's movements are jerky and erratic



Infants – Birth to 12 months



- Have a slower digestion rate than adults
- Breathe more quickly than adults, putting them at a higher risk of inhaling harmful gasses faster
- Have been observed making 10 hand-to-mouth movements per hour
- Have thinner and more sensitive skin that can burn in approximately 1/4 of the time it takes to burn an adult's skin



Top 5 Injuries to Infants 0-1

Injury Cause	Setting/Description	Evidence-based Practice/Strategies
Falls	Home: Stairs, chairs, bed, furniture, one level to another	Stair gates, stationary walkers.
Poisoning	Home: household, medicine	Poison Control Centers; child resistant packaging; locked up and away
Suffocation	Home: sleep environments; choking	Safe sleep environments; soft foods, appropriate sized toys, clothing with no draw strings, blinds/cords up and away
Fire/Flame	Home: fire/flame and scald injuries	Working smoke alarms, child resistant lighters, smoke alarm distribution, reduce temp in hot water heater; non-spill coffee cups.
MVT Occupant	Community: Car crashes	Medical visits encouraging restraint use, car seat distribution (low-cost), community clinics to reduce misuse.

Keeping Baby Safe

Supervise, Supervise and Supervise!

- Prevent falls
 - Never leave a baby unattended on changing tables, beds or other furniture. Keep one hand on baby while changing diapers
 - Install stair gates
 - Use stationary play centers instead of baby walkers
- Prevent poisoning
 - Follow instructions and read labels when giving medicines to baby
 - Use child-resistant packages
 - Program cell phones for Poison Control - 1-800-222-1222
 - Lock up medicines, household cleaners, poisons and dangerous items
- Prevent suffocation
 - Safe Sleep guidelines: Face up, face clear, smoke free, baby near
 - Check cribs at www.cpsc.gov for recalls and retro-fit kits
 - Remove blankets, toys, bumpers, quilts from sleep area



Keeping Baby Safe

Prevent burns

- Set the water heater at 120 degrees Fahrenheit or lower
- Test the bathwater with a wrist or elbow before placing the baby in the water
- Avoid holding baby while cooking or carrying hot foods and liquids
- Never microwave a baby's bottle. Heat bottles with warm water and test them before feeding baby



Prevent Motor Vehicle Occupant Injuries

- Use a rear-facing car seat in the back seat until baby is at least age 1 and 20lbs or to the upper weight/height limits of the seat
- Work with a Child Passenger Safety Technician to check the car seat

Additional Concerns

- Install smoke alarms and carbon monoxide detectors
- Secure TV's and furniture to the wall



Children 1 to 4 years old



- Like to imitate older playmates, may go beyond their physical abilities
- Want to role play adult activities and use adult tools and objects
- Are more likely to get hurt at a playground when playing on equipment designed for older kids
- Lungs are still developing and they breathe more quickly than adults
- Have thinner skin that burns more deeply and quickly at lower temperatures than adult skin
- Are more likely to start fires with matches, lighters and other heat sources



Top 5 Injuries for Children 1-4

Injury Cause	Setting/Description	Evidence-based Practice/Strategies
Falls	Home and Community: Windows above 6 feet from the ground and playgrounds	Window stops and guards. Acceptable playground surfaces - wood fiber, mulch, pea gravel, sand, poured-in-place rubber, rubber mats or rubber tiles.
Poisoning	Home: household, medicine	Poison Control Centers; child resistant packaging; locked up and away.
Fire/Burn	Home: fire/flame and scald injuries	Working smoke alarms, child resistant lighters, smoke alarm distribution, reduce temp in hot water heater; non-spill coffee cups.
Struck by/against	Home and Community: vehicles, bicycles, lawn mowers, falling objects like tv's and furniture.	Driveway safety, pedestrian and bicycle safety, securing tv's and furniture, supervision around other children while playing with bats, balls, etc.
MVT Occupant	Community: vehicle crashes	Medical visits encouraging restraint use, car seat distribution (low-cost), community clinics to reduce misuse.

Keeping 1- to 4-year olds safe

Supervise, Supervise and Supervise!

Prevent Falls

- Install window locks and guards with emergency releases
- Install stair gates
- Use stationary play centers instead of baby walkers
- Use playgrounds that are age-appropriate and have safe surfacing
- Remove toys or things that attract children from top of furniture
- Place furniture away from windows and secure it to the wall

Prevent Poisoning

- Follow instructions and read labels when giving medicines to the baby
- Use child-resistant packages
- Program cell phones for Poison Control - 1-800-222-1222
- Lock up medicines, household cleaners, poisons and dangerous items out of baby's sight and reach



Keeping 1- to 4-year olds safe

Prevent Fire and Burns

- Install smoke alarms and carbon monoxide detectors
- Lock up matches and lighters out of sight and reach
- Set the water heater at 120 degrees F. or lower
- Make the stove area a "kid-free" zone - cook on back burners and turn handles away from the front



Prevent Struck by and Against Injuries

- Walk all the way around a parked car before driving
- Wear appropriate safety equipment – helmets, pads

Prevent Motor Vehicle Occupant Injuries

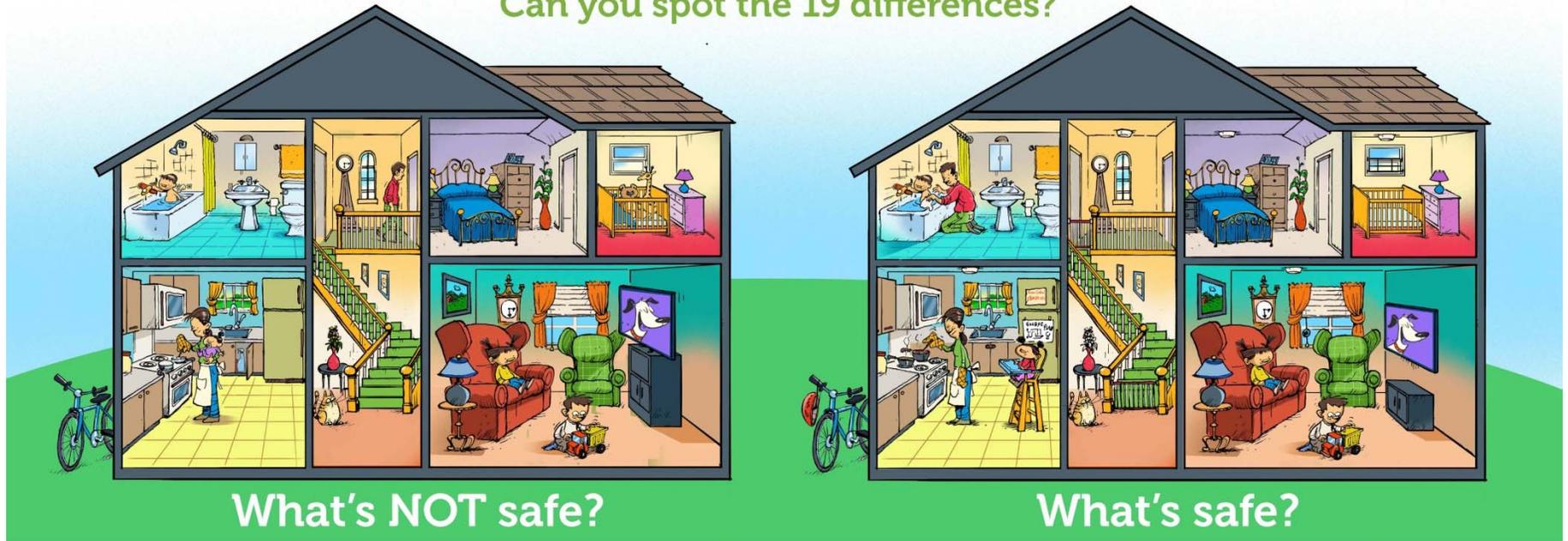
- Never leave a child alone in a car.
- Use a car seat rear-facing up to two years of age & forward facing to 40 pounds or the weight limit of the seat.
- Keep kids in the back seat of the car.
- Work with a Child Passenger Safety Technician to check car seat.





Home Safety Challenge

Can you spot the 19 differences?



Safe Kids Worldwide's home safety program is generously supported by Nationwide.

MIECHV: Healthy Families Oregon

<https://public.health.oregon.gov/HealthyPeopleFamilies/Babies/HomeVisiting/MIECHV/Pages/miechv-hfo.aspx>

Appendix E: Safety Checklist (samples)

Home Safety Checklist

Do you know how safe your home is for your baby or young children? Use this checklist to help you spot what parts of your home are safe and where you can make it safer.

1 Safe Sleep

- Is your baby always placed on his/her back to sleep?
- Is your baby sleeping alone in a crib-type bed for nighttime and naps at home and away from home?
- Have you checked your baby's bed to make sure there are no broken or missing crib slats? Crib slats must be no more than 2 3/8 inches apart (size of the top of a pop can).
- Is the crib mattress firm and fitted snugly inside the crib (no extra room around edges)?
- Is your baby's crib empty of pillows, comforters, stuffed toys, bumper pads and other soft items?

3 Safe Storage

- Are there safety latches or locks on cabinets and drawers that contain potentially dangerous items? These items include:
 - Vitamins
 - Cigarettes
 - Plastic bags
 - Matches and lighters
 - Knives, scissors, razors blades, and other sharp objects
 - Cleaning supplies, pesticides, and other poisonous materials – keep these in their original containers
 - Guns and ammunition – must be stored separately
 - Medications, including over-the-counter medicines

Remember: Child-resistant packaging is not child proof.

2 Bathroom

- When your child is in the bathtub, is an adult always present?
- Is your hot water heater set to never go above 120°F?
- When you run your child's bathtub, do you test the temperature first with your wrist or elbow?
- Are there non-skid strips or a mat on the bottom of the bathtub?

4 Kitchen

- Are small appliances in the kitchen (coffee maker, toaster) and bathroom (hairdryer, curling iron) unplugged and put away? If they cannot be stored in a cabinet or drawer, push them to the back of the counter.
- Are back burners on the stove top used for cooking?
- Are pot handles turned toward the back of the stove?




Safety Checklist

Please Note: This list is to be used by age. Continue referring back to previous age groups as your child gets older. Example: If your child is 16 months, you should do everything on the list from birth to 17 months. Children's development and activity levels are different; your child may need you to take additional safety measures. Share this list with all your childcare providers.

Birth-2 Months

- ___ Crib free of soft toys, extra blankets, pillows.
- ___ Firm mattress.
- ___ Slats of crib less than 2 3/8" apart.
- ___ Put me to sleep on my back, do not over dress me.
- ___ Do not leave me alone in a car.
- ___ Watch me when pets are near.
- ___ Keep me away from anyone who is smoking.
- ___ Always hold my bottle, propped bottle can choke me.
- ___ Avoid carrying me while holding hot liquids.
- ___ Heat bottle in hot water, never in microwave.
- ___ Protect me from places I might wiggle and fall from: couch, bed, changing table, etc.
- ___ Know CPR.
- ___ Support my head always.
- ___ Never shake me even playfully.
- ___ Water heater set at 120 degrees.
- ___ Use car seat facing backward.
- ___ Always watch me in the bath.
- ___ Have smoke detectors that work, change batteries once a year.

5-6 Months

- ___ Walkers are not safe at any age.
- ___ Remove poisonous plants – Call Oregon Poison Center at 1-800-222-1222 for information.
- ___ Keep all medicines, chemicals, poisons, cosmetics out of the reach and in original containers.
- ___ Keep me away from your feet when you cook.
- ___ Turn pot handles to the back of the stove.
- ___ Cover electrical outlets.
- ___ Protect me from falling from windows, balconies, stairs and furniture.
- ___ Keep hanging items such as tablecloths, electrical cords, curtain and mini-blind cords out of reach.
- ___ Protect me from choking on foods such as hot dogs, whole grapes, candy, peanut butter, peanuts, popcorn, chips (all foods should be mashed).
- ___ Be careful with things for baby to chew on that can break off like teething biscuits.

3-4 Months

- ___ Lay me on the floor to play, my back is not ready for me to be propped up.
- ___ Keep anything that fits through a toilet paper tube away from me.
- ___ Keep string, plastic bags, and balloons not blown up or broken away from me (They can get caught in my throat and suffocate me).
- ___ Watch me, in/near water, when I play and when I begin to crawl.
- ___ No TV before age 2.

7-9 Months

- ___ Childproof latches on cabinets and drawers.
- ___ Screen fireplaces, wood stoves and space heaters.
- ___ Keep sharp objects (scissors, knives, etc...) out of reach.
- ___ Pad sharp corners or edges of furniture, fireplaces.
- ___ Remove guns from home or place your guns with safety lock in a locked gun safe.
- ___ Lock bullets separately.
- ___ Keep bathroom door closed, keep toilet lid down, and never leave me alone in bathtub or bathroom.
- ___ Childproof caps on all medication.

Continued on back...



Is your home "Baby-Proof?"
SAFETY CHECKLIST

Protect your baby from unnecessary injury: Check your home for these safety hazards

Household Safety

- Post #11, Poison Control 800-222-1222, and emergency contact numbers near every phone.
- Lock all medicines (including vitamins and fluoride) and cleaning products in cabinets out of reach at all times.
- Always use manufacturer's guidelines when setting up new equipment. If using secondhand equipment, ensure it meets all current safety requirements and has not been recalled by the Consumer Product Safety Commission: www.cpsc.gov.
- Consider removing guns from your home. Guns should always be stored unloaded and locked, with ammunition locked away separately.
- Provide a smoke-free environment for your child.

Fall Prevention

- Avoid placing bouncy chairs and car seats on furniture, counters, or shopping carts. When using the seat of a shopping cart, fasten the seat belt securely.
- Your baby may learn to roll without warning – always keep baby within reach when he or she is on a changing table, bed, couch, or other high furniture.
- Baby walkers are no longer recommended due to fall hazard and reachability of dangerous objects. Use stationary activity centers as a safer alternative.
- Use anchors and straps to secure heavy furniture to the wall and keep it from tipping.
- Use corner cushions or table bumpers to cover sharp edges on furniture.
- Install window guards to keep windows from opening more than 4 inches.
- Block access to stairs by installing gates at the top and bottom. Top-of-stair gates should be securely mounted to a wall or restraint, not pressure-mounted.

Child Passenger Safety

- Oregon Law states that infants must ride rear-facing in an infant or convertible car seat until they are 1 year old AND 20 pounds.
- Children should ride rear-facing in their child safety seat until they reach the upper height or weight limit of the seat. Children riding in a forward facing seat with a harness should remain in that seat until they reach the upper height and weight limits of the seat, before graduating to a booster seat.
- Children over 40 pounds OR who have reached the upper weight limit of their car seat's harness system, must use a booster seat until they are 4'9" tall OR age 8.
- The back seat is the safest place for children under 12, and car seats should NEVER be installed in front of an active airbag.

For additional information or to have your child's car seat inspected, please contact the Tom Sargent Safety Center.

Water Safety

- Baby baths are not safety devices. Never leave a baby unattended in or near water.
- Install toilet lid locks or block access to the bathroom. Drain all collective water sources (tubs, sinks, buckets) when not in use.
- When swimming or boating, always wear a life jacket, and ALWAYS SUPERVISE! Inflatable swimming aids are not a safe substitute.

Fire Safety and Burn Prevention

- Install electrical covers on unused outlets and tuck cords away. Keep appliances unplugged and away from water.
- Install a smoke alarm on the ceiling of every bedroom.
- Install a carbon monoxide detector on every level of your home. Test all detectors once each month.
- Turn your hot water heater down to 120 degrees to prevent scalding.
- Avoid placing bouncy chairs and car seats on furniture, counters, or shopping carts. When using the seat of a shopping cart, fasten the seat belt securely.
- Babies under 6 months old should not be in direct sun for prolonged periods. When outside, dress babies in light clothing with hats that shade their faces and necks. If sun is unavoidable, use sunscreen (SPF 15 or higher) and re-apply every two hours.

Choking and Suffocation Prevention

- Infants should ALWAYS be put to sleep on their backs on a firm mattress.
- Keep all window blind cords out of reach.
- Keep all choking hazards out of reach, including uninflated balloons, coins, plastic bags, and small toys intended for older children.
- Supervise children closely during meals and eat all food into pieces smaller than 1/2 inch.

For more information and tips on making your home safer, stop by the Tom Sargent Safety Center.
Mon-Fri 10 a.m. - 4 p.m.
Childproofing products are on display and available for purchase.

Tom Sargent Safety Center
CHSU Doernbecher Children's Hospital, Lobby
1610 S.W. US Veterans Hospital Rd.
Portland, OR 97239
503-418-8566
safety@chsu.edu
www.ohsuhealth.com/childid/safety
503-360-1410



Emerging Safety Concerns

- TV and Furniture Tip Overs
- Liquid Detergent Packets
- Liquid Nicotine and E-cigarettes
- Marijuana, especially edibles

TV and Furniture Tip Overs

The threat is serious

- On average, one child dies every two weeks when a TV or furniture falls onto him or her.
- 42 percent of tip-over fatalities occur in a bedroom.
- 81 percent of tip-over fatalities occur in the home.

Prevention Tips

- Remove tempting object from the top of TV's and furniture
- Anchor top heavy furniture
- Secure TV's



Anchor It, www.anchorit.gov – Campaign developed by the Consumer Product Safety Commission

[Video](#) [Video 2](#)

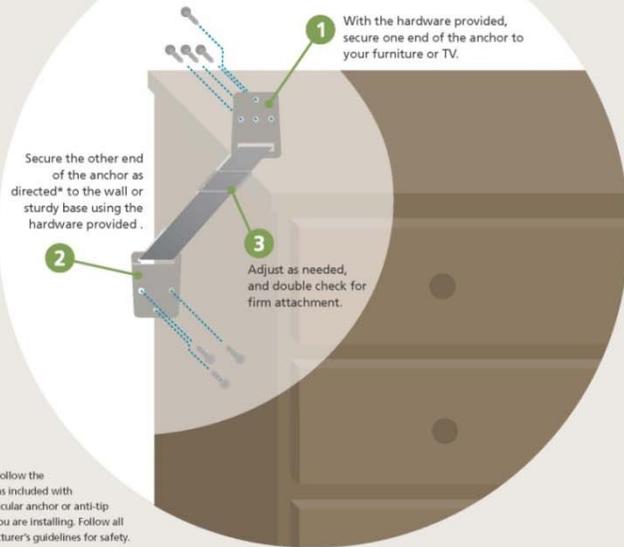
Anyone Can Anchor It!



Every 24 minutes, tipped furniture or a fallen TV sends an injured child to the emergency room. Get on top of it before they do. Learn how to secure your furniture and TVs to protect children.

Anchoring Is Easy:

It's easy, inexpensive, and only takes a few minutes. Just a few simple steps and basic tools could save a child from injury.



* Always follow the directions included with the particular anchor or anti-tip device you are installing. Follow all manufacturer's guidelines for safety.

What You Need:

A variety of products are readily available to fit your budget and help secure items in your home, from wall- and furniture-mounted straps to anti-tip brackets.



What Needs to Be Secured?



Dressers



TVs



Large Furniture

AnchorIt.gov



The Anchor It! campaign is the U.S. Consumer Product Safety Commission's call to action to help ensure parents and caregivers learn about these dangers in the home and take simple, low-cost steps to prevent these tragedies.



www.AnchorIt.gov



- * Anchor TVs and furniture to prevent them from tipping.
- * Avoid keeping attractive items, such as toys and remotes, in places where kids might be tempted to climb and reach for them.
- * Store heavier items on lower shelves or in lower drawers.
- * Place TVs on a sturdy, low base and push the TV as far back as possible.
- * Recycle unused TVs; and if moving TVs to another location, anchor the TV to the wall.



Dressers

TVs

Large Furniture



www.AnchorIt.gov

Flier and Tip cards are available at www.anchorit.gov in English. Spanish version will be available soon.

Liquid Detergent Packets

Concern with highly concentrated single-load liquid laundry detergent packets. Children who have gotten the product in their mouths have had:

- excessive vomiting, wheezing and gasping
- get very sleepy
- breathing problems serious enough to need a ventilator to help them breathe

Children who have gotten the product in their eyes have had:

- scratches to the eyes

Prevention Tips

- Always keep detergent containers closed, sealed and stored up high, out of the reach of children
- Follow the instructions on the product label
- If exposed, immediately call Poison Control - 1-800-222-1222



Photo - Iowa Statewide Poison Control Center

Liquid Nicotine and E-cigarettes

Slightly more than half of reported exposures to e-cigarette devices and liquid nicotine occurred in children under age 6. Children coming in contact with e-cigarette devices or liquid nicotine:

- become very ill
- some required Emergency Department visits
- most significant symptoms are nausea and vomiting



Prevention Tips:

- Protect skin when handling the products
- Keep e-cigarettes and liquid nicotine out of sight, locked up and out of the reach of children
- Follow specific disposal instructions to prevent exposure to children and pets from residue or liquid left in the container
- If exposed, immediately call Poison Control - 1-800-222-1222

Marijuana & Marijuana Edibles

Study by the Rocky Mountain Poison and Drug Center shows the relaxation of marijuana laws in Colorado has caused a spike in the number of children treated for eating marijuana laced cookies, candies, brownies and beverages.

Children who ingested these exhibited:

- respiratory problems
- extreme sleepiness
- difficulty in walking
- lethargy

Many of these children underwent a battery of expensive tests to diagnose the problem because history of exposure was not given, or medical professionals were not familiar with marijuana causing these symptoms.

Prevention Tips:

- Legislation regarding child proof packaging and designs that do not appeal to children
- Public education regarding potency and safe storage



Tone of Injury Prevention Messaging

- Communicate accurate information that will save lives
- Present information in a way that will resonate with parents and change behavior
- Let parents and caregivers know we understand raising kids is a tough job
- When it comes to keeping kids safe, they're not alone
- Information is proven and practical

Oregon Laws

- **Seatbelts**—effective 1990, require all passengers to buckle up
- **Safety Helmets**—effective 1994 & 2004, helmets on all children under age 16 on bikes, scooters, skateboards, skates.
- **Life jackets**—effective 1998, required on children age 12 and under on any boat
- **Cribs**—effective 2001, illegal to resell a crib that doesn't meet current safety standards. New CPSC Standards since 2011.
- **Smoke and CO alarms**—effective 2002 & 2009, required in homes
- **Child restraints** – effective 2011, children must be restrained in an approved child safety seat until they weigh 40 pounds. Infants must ride rear-facing until they reach both one year of age **and** over 20 pounds. Child passengers over 40 pounds or who reach the upper weight limit of their car seat's harness system must be restrained in a booster seat until they are 4'9" **or** 8 years of age.

RESOURCES

- Car Seat Check-up Event Calendar: Oregon Impact, www.oregonimpact.org/car-seat-resources/#csa
- Reduced Cost Helmets: www.helmetsrus.net
- Smoke & CO alarms: local fire department
- Safe Sleep Brochure: <https://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Documents/safe-sleep-brochure.pdf>
- Poison Center: www.ohsu.edu/poison/
- Safe Kids Worldwide: www.safekids.org
- Safe Kids Oregon: www.safekidsoregon.org
- Window Safety: www.stopat4.com

Expertise and Low Cost Safety Items

- Safety Center at Legacy Emanuel

<http://www.legacyhealth.org/health-services-and-information/health-services/for-children-a-z/safety-programs/the-safety-center.aspx>

- Tom Sargent Safety Center at OHSU

<http://www.ohsu.edu/xd/health/services/doernbecher/patients-families/safety-center/index.cfm>

Safe Kids Oregon

- <http://www.safekidsoregon.org/>