

Safe at Home

With winter approaching, kids spend more time indoors and it is important to make any home where they spend time safe. Keep in mind that the youngest children are most at risk in the home, simply because they spend the most time there. Many children under age 5 spend the majority of their time at home. Parents and caregivers should take steps this winter to protect kids in their home.

One step is to **childproof** your home. The best way to find dangers a child might encounter is to explore the home at their level—by getting down on your hands and knees. Cover every room, asking yourself what looks tempting and what is within reach (between the floor and about 40 inches above). Also, check carpets for buried dangers like coins or pins.

Another important step is to understand that childproofing can never be 100 percent effective. That's why it's so important to **supervise** your children at all times, especially around water (kitchen and bathroom) and wherever known dangers exist.

Third, post emergency numbers by telephones. Post phone numbers for the poison control center (1-800-222-1222), pediatrician, police, fire department, emergency medical services and a neighbor by every telephone. Also, clearly post the home address so that parents, caregivers, and children can easily tell emergency personnel how to locate the home. •

Information courtesy of Safe Kids Worldwide



FAQs

- Q** What temperature should I set my hot water heater at to prevent burning my child?
A Hot water heaters should be set at 120 Fahrenheit or below to prevent scald burns to children.
- Q** Where can I get childproofing devices?
A Devices such as window guards, electric outlet covers and safety gates can be purchased at hardware stores, baby supply stores and through baby supply and safety supply catalogues and websites.
- Q** Where should I put a carbon monoxide (CO) detector in my home?
A CO detectors should be placed outside of sleeping areas and at least 15 feet away from fuel-burning appliances such as furnaces, wood stoves and fuel-burning kitchen stoves.

REPORTING ON CHILDHOOD INJURY

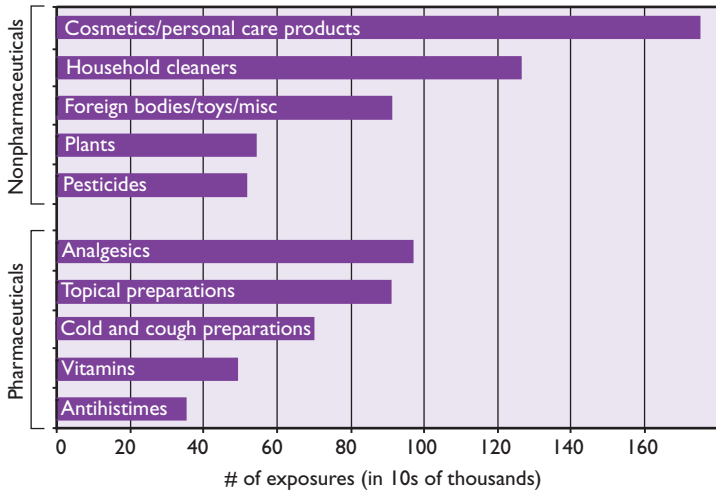
Poisoning

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Although poisoning is no longer a major cause of death in very young children, it remains an important cause of hospitalization and medical visits. In the United States, the American Association of Poison Control Centers reports over 1 million cases of poisoning in the under-5 age group annually. Calls to poison-control centers reflect the availability of hazardous substances in children's environments. Pharmaceutical substances account for the majority of pediatric exposures. Table 1 lists the top 5 most common pharmaceutical and nonpharmaceutical substances exposures. •

Top 5 nonpharmaceutical and pharmaceutical exposures (<6 years)



Source: American Association of Poison Control Centers, 2004

For more information, please contact:

Connecticut SAFE KIDS 860-545-9988

or your local SAFE KIDS Chapter or Coalition

Greater Waterbury Chapter 203-709-3655

supported by St. Mary's Hospital and Waterbury Medical Association

Valley Parish Nurse Community Chapter 203-732-1337

supported by Griffin Hospital

Windham County Chapter 860-456-6978

supported by Windham Hospital

Fairfield County SAFE KIDS 203-853-7115

supported by Danbury Hospital and Greenwich Hospital

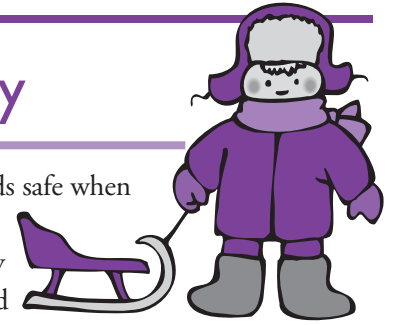
New London County SAFE KIDS 860-442-0733

supported by Lawrence & Memorial Hospital

Sledding Safety

Below are some tips to help kids safe when they sled this winter.

- Use equipment that is sturdy and safely constructed. Avoid equipment with sharp and jagged edges.
- Make sure sledding terrain is free of obstacles, far from traffic.
- Look for energy-absorbing pads on sled seats.



Keep Kids Safe License Plate Grantees



Congratulations to the Fall 2005 Keep Kids Safe License Plate grantees! In November, these groups received funds for their programs to keep kids safe from unintentional injuries.

- **New London Fire Department:** Carbon Monoxide Detector Program
- **Southington Police Department:** Motor Vehicle Safety (Dial-a-belt)
- **Valley Parish Nurse Community Chapter of CT SAFE KIDS:** Pedestrian Safety •

Car Seat Laws

When traveling this holiday season, make sure kids are riding safely in the car when they travel. Drivers are responsible for the laws of the state that they are driving in. Please visit www.iihs.org/laws/state_laws/restrain2.html for a list of car seat/booster seat laws by state. •

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