UCLA Health Care Institute

Home Safety & Injury prevention

NCECHW
Webinar
Ariella Herman, Ph.D.
UCLA Anderson School

School readiness begins with health!
Imagine a World Where Every Kid is a Safe Kid
Objectives

- Identify the most common injuries among infants, toddlers and preschool children
- Explore ways to engage families in a collaborative discussion about home safety
- Review sample safety checklists you can use with families to help them recognize hazards
- Review prevention strategies to reduce the risk of injuries to children
Poll

How do you share health information with families?

- Newsletters
- Bulletin board
- Meetings
- Emails
- Do not share
Poll

How much time do you spend talking to families about home safety?

- Less than 15 minutes
- 30 minutes
- More than 30 minutes
- Just give family a checklist
- Do not discuss
Why talk to families about injuries?

Because injuries are

- Predictable and preventable
- Not just a part of growing up
- Can happen to anyone
- A serious problem and a high priority

Unintentional Injury results from an unintended incident
EVERY HOUR ONE CHILD DIES OF AN INJURY

ABOUT 1 IN 5 CHILD DEATHS IS DUE TO AN INJURY

EVERY 4 SECONDS A CHILD IS TREATED FOR AN INJURY IN AN EMERGENCY ROOM

* “Child Injuries” refers to unintentional injuries that occur among children and teens 0-19 years *
Unintentional injury **Deaths** that commonly happen in the home, 2013, children 12 and under

Every year, more than 2,200 children die from injuries that happen at home.

Top Causes of Non-fatal Injuries that Commonly Happen in the Home and lead to an **ED visit** (children under 12) 2014

![Bar chart showing the number of ED visits for different causes of non-fatal injuries in the home. The top cause is falls, with 2,000,000 ED visits. Other causes include being struck by or against objects, fire/burn, poisoning, and suffocation.]

3.5 Million children go to the emergency room for injuries that happen at home.

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Leading Causes of **Fatal injuries** in the home for children birth to 4

**Age <1**
- Suffocation: 81.50%
- Drowning: 3.50%
- MV Traffic: 6.80%
- Fire/burn: 2%

**Ages 1-4**
- Suffocation: 9.60%
- MV Traffic: 24.60%
- Drowning: 31.30%
- Fire/burn: 10.80%

INJURY
The #1 killer of children in the United States.

**Fall**
Falling is part of learning. Use safety gates and create fall-safe environments.

**Fire/Burn**
There are many places in the home where children can get burned. Keep children away from hot ovens and stoves.

**Poisoning**
Young children want to touch, taste and smell the things around them. Keep chemicals out of the reach of children.

**Motor Vehicle**
Always use child safety seats. They protect your child from injury.

**Suffocation**
Many things can cause a child to stop breathing. Learn about safe sleeping choking hazards.

**Drowning**
Young children love water. The best way to keep children safe is to watch them at all times.

Remember: Injury Prevention Starts At Home!

Resource: CDC Vital Signs
Does Your Home Look Like This?

Safety Should begin at home
Learn how to prevent childhood injuries at home:

- Burns
- Poisonings
- Falls
- Choking
- Drowning
- Suffocation

PROTECT THE ONES YOU LOVE
Prevent Burns at Home

What You Need to Know

- FIRES can kill children.
- EVERY DAY, 2 children die as a result of burns.
- Babies and young children are very vulnerable to burns, especially scalds from hot water and liquids.
Common Causes of Burns

- **Hot** Liquids, Steam and Hot Foods
- Chemicals
- **Hot** Pots and Pans
- Electrical Currents
- Heating Appliances

Prevent Burns at Home
You Can Prevent Burns at Home

**Remove Items that Burn**
- Keep matches and lighters out of reach of children
- Install and maintain a smoke alarm

**Cover Electrical Outlets**
- Place covers over electrical outlets (Children can stick metal objects in electrical outlets, causing electrical burns)

**Avoid Hot Spills**
- Never leave your child alone in the kitchen
- Turn pan handles on the stove inward and use back burners when cooking
- Never hold your child when you have hot liquid in your hands or when you are cooking over the stove

**Reduce Water Temperature**
- Set the hot water heater to 120F or less (Ask a friend or landlord if you need help)
- Test bath water temperature before putting your child in it
What You Need to Know

- **POISONINGS** can kill children.
- **EVERYDAY,** 2 children ages 0-19 die.
- A poison is any substance that is harmful to your body if too much is eaten, inhaled, injected, or absorbed through the skin.
- More than half of all poison exposures occur in children under the age of 6.
Prevent Poisoning

Which of these should be locked up and kept away from children?

All of Them!

Keep these items out of reach of children to prevent poisonings!
Prevent Poisonings at Home

Common Causes of Poisoning
Children can be poisoned by many things found in the home. Keep all of these things out of children’s reach!

Cleaning supplies

Fertilizer

Pesticides for control of bugs

Peeling paint (can have lead!)

Mouthwash

Vitamins and Prescription Medications

Antifreeze, Paints, Alcohol
You Can Prevent Poisonings at Home

- Keep all medicines and cleaning supplies in containers with safety caps and store them in a locked cabinet.
- Buy and install a Carbon Monoxide (CO) detector in your home to save your child from CO Poisoning.
- Act fast if you think your child has been poisoned! Call the Poison Control Centers 1-800-222-1222.

Poison Control Centers - Emergency number

1-800-222-1222

http://www.cpsc.gov/onsafety/2011/03/prevent-a-poisoning/
Do you know where the children find these medication?

http://www.youtube.com/watch?v=QOtBnKXiTQk

http://www.safekids.org/meds-info2013
Can you tell the difference?
Pills or Candy?
Apirin-free nighttime pain relief

Sweet and Sour Candies
Pills or Candy?
Ibuprofen

Chocolate Peanut Butter Candies
Pills or Candy?
Sweet and Sour Candy

Chewable acetaminophen
Prevent Falls at Home

**Fall**
- Falling is part of learning. Use safety gates and create fall-safe environments.

**Fire/Burn**
- There are many places in the home where children can get burned. Keep children away from hot ovens and stoves.

**Poisoning**
- Young children want to touch, taste, and smell the things around them. Keep chemicals out of the reach of children.

**Motor Vehicle**
- Always use child safety seats. This protects your child from injury.

**Drowning**
- Young children love water. The best way to keep children safe is to watch them at all times.

**Suffocation**
- Many things can cause a child to stop breathing. Learn about safe sleeping choking hazards.

**Remember: Injury Prevention Starts At Home!**

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**Unintentional Fall-Related Injuries**

- **43%**
  - **Are children under 4**

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**2.5 Million**
- Children are treated for falls in the emergency room every year

**Among children age 5 and under, window falls account for roughly 3,300 injuries**

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**Common Places Infants Fall**

- **Furniture**
  - Infants can lose their balance and fall off chairs and tables

- **Baby Walker**
  - Infants can fall out of a walker while reaching for something

- **Stairs**
  - Infants can climb up stairs, and tumble down them

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http://www.safekids.org
Over one half of childhood fall-related injuries occur at home.

True Or False?

True!

Young children are most at-risk from falls associated with furniture, stairs and baby walkers.

Falls can occur anywhere in your home.
Common Causes of Falls
Young children are most at-risk from falls associated with furniture, stairs and baby walkers. Falls can occur anywhere in your home.

- Falling down stairs
- Slipping in the bathtub or shower
- Slipping on spilled liquid
- Falling out of a high chair or stroller
- Falling out of an open window

Prevent Falls at Home
**Prevent Falls Everywhere**
- Remove clutter from hallways and stairs
- Clean up spills right away
- Install gates at the top and bottom of stairs
- Strap child in at playground

**Prevent Falls in the Bathroom**
- Install no-slip shower stickers or a bath mat
- Install a hand safety rail
- Watch your child CONSTANTLY when the child is in the bathroom

**Prevent Falls Out the Window**
- Falls from windows are very dangerous
- Install window guards
- Don’t let children play next to windows

**Prevent Falls From High Chairs or Strollers**
- Watch your child constantly when he or she is in a high chair or stroller
- Always use the safety belt in your child’s high chair and stroller

**Always watch your child closely!**
Can You Find 10 Safety Hazards?
Prevent Choking at Home

Do you know the main type of foods for which children are taken to the emergency room?

**ER Visits for Choking by Type of Food 2001-2009**

- Hard Candy: 16,168
- Other Candy: 13,324
- Meat: 12,671
- Bone: 12,496
- Fruits and Veggies: 10,075
- Formula/milk/breast milk: 6,985
- Seeds/nuts/shells: 6,771
- Chips/pretzels/popcorn: 4,826
- Biscuits/cookies/crackers: 3,189
- Hot dogs: 2,660
- Bread or pastries: 2,385
- French fries: 874

*Links to sources of information about choking hazards for children.*
Prevent Choking at Home

What You Need to Know

• At least one child dies from choking on food every five days in the U.S., and more than 10,000 children are taken to a hospital emergency room each year for food-choking injuries.
• Some of the leading causes of choking are gum/candy and coins.
• Children under age 5 are at greatest risk for choking injury and death.

Common Causes of Choking

FOOD can be dangerous for a child just learning to swallow properly, especially when it is the wrong size or shape and can block the child’s airway.

- Popcorn
- Hot dog
- Hard candy
- Nuts
- Grapes
You Can Prevent Choking at Home

Don’t Let Your Child Put Small Things in The Mouth
Always Watch Your Child Closely
Toys, household items and foods can all be a choking hazard

- Coins, buttons, small toys with pieces that can be pulled out, balloons, marbles, beads

Model Safe Eating

- Don’t let your child eat when they are walking, jumping, riding in a car or playing
- Never leave a young child unattended while eating
- Cut your child’s food into very small pieces
- Teach your child to chew his or her food well before swallowing

Be Careful What You Feed Your Children

- For example, avoid fish with bones, popcorn, hard candy, nuts, hot dogs, grapes
More Dangers to think about!

- Button batteries can cause choking and serious chemical burns—they are used in so many places.

- [http://www.youtube.com/watch?v=Z0wiYLPYMEY&](http://www.youtube.com/watch?v=Z0wiYLPYMEY&)

If a child swallows a battery, go to the emergency room immediately. Do not let the child eat or drink until an X-ray determines if a battery has been ingested. Do not induce vomiting.
More Dangers to think about!

• Pushpins from bulletin boards can puncture body organs

• Jewelry worn by children can be swallowed

• Children strangling on cords from curtains
Prevent Drowning at Home

DROWNING IS THE LEADING CAUSE OF INJURY-RELATED DEATH AMONG CHILDREN BETWEEN 1-4 YEARS OLD

82% OF THOSE VICTIMS ARE UNDER THE AGE OF 2

PLACES OF DROWNING INSIDE THE HOME

67% Bathtubs
33% Toilets, Buckets, Other

IT ONLY TAKES 20 SECONDS TO DROWN

INFANTS CAN DROWN IN AS LITTLE AS 2 INCHES OF WATER
Prevent Drowning

Did You Know?
Drowning is a leading cause of injury death at home among children 1 - 4 years of age.

Children can drown in as little as:

a. One inch of water
b. Three inches of water
c. Six inches of water
d. All of the above

The Correct Answer Is:
A child can drown in as little as

1 inch of water
Prevent Drowning at Home

Common Causes of Drowning

- The toilet
- The bathtub
- Big swimming pool
- Little swimming pool
- Water collected on the ground or in a bucket
You Can Prevent Drowning at Home

Safety in the Bathroom

- Use toilet safety locks
- Do not let your child play in the bathroom
- When your child is in the bathroom make sure to watch him or her closely

Safety Around All Water

- Watch your child closely
- Empty buckets after use
- Clean up liquid spills right away
- Prepare for an emergency by learning cardiopulmonary resuscitation (CPR)
- Keep the bathroom door closed and install a safety latch

Safety When Swimming

- Always watch your child when he or she is playing in water
- Turn little pools upside down when kids are done
- Don’t count on plastic arm floats to keep your child safe in the pool
- Never leave toys in the pool where a child would be tempted to get them
Prevent Suffocation at Home

What You Need to Know

• **Suffocation is a leading cause of injury death** among infants.
• Suffocation causes a person to die because he or she can’t get enough air to breathe.
• Infants are most at risk for suffocation while sleeping. Toddlers are more likely to suffocate from choking on food and other objects, like small toys.
Prevent Suffocation at Home

Common Causes of Suffocation

If your child gets stuck inside one of these places, he or she may not be able to breathe (suffocate)

- Trunk of your car
- Washer and dryer
- Toy Chests

Your child can suffocate when sleeping if pillows, stuffed animals and other soft things block his or her mouth and nose

- Soft bed
- Soft sofa
- Stuffed toys in playpens and cribs can be dangerous
You Can Prevent Suffocation at Home

**Don’t Let Children Play in Unsafe Places**
- When the door of the washer or dryer closes it can prevent your child from having air to breathe
- When the lid of the toy chest closes it can also prevent your child from having air to breathe
- Also, if the trunk of your car closes it can prevent your child from having air to breathe

**Remove Stuffed Toys from Your Child’s Crib and Playpen**
- Check on your child when he or she is sleeping
- Never place your infant face down on soft sleeping surfaces
- Make sure your child’s face is not next to stuffed animals when he or she is sleeping

**Don’t Let Children Play with Plastic Bags**
- Keep plastic shopping bags, trash bags and dry cleanings bags away from your child. The bag can get caught around his or her head or in the mouth

**Don’t Let Children Sleep on Soft Surfaces**
- Don’t let toddlers sleep on couches, regular beds or other soft surfaces
- Do not use a pillow until your child is at least 2 years old
Can You Find the Safety Hazards?
Can You Find the Safety Hazards?
Can You Find the Safety Hazards?
Can You Find the Safety Hazards?
Can You Find the Safety Hazards?
Can You Find the Safety Hazards?
Childhood Injuries are the #1 Cause of Death Among Children!

Each year, 3.5 million children are treated in emergency departments because of injuries!

More than 3,000 die as a result of their injuries – One Child Injury Death Every 2 Hours
Let’s check our knowledge

• What is the leading cause of unintentional injury related death among children 1-4?
  a. Falls
  b. Drowning
  c. Burns
  d. Poisonings

• How often should you check the batteries in your smoke alarm?
  a. Every month
  b. Every six months
  c. Every year
  d. I don’t need to check the batteries

• Which of the following is a choking hazard to children under age 5?
  a. Peanut butter
  b. Grapes
  c. Hot dogs
  d. All of the above

• Medicines and cleaning products account for a large percentage of child poisonings. How should you store your medicines and cleaning products?
  a. I leave them out in view by the sink.
  b. I place them in a drawer or cabinet.
  c. I store them in an out-of-reach area with child-proof locks.
  d. I put them in my purse.
Thank You!

http://www.youtube.com/watch?v=K-h6XAIMDlc
Modeling a parents’ training to raise awareness of the hazards in the home

**The toolkit that you will receive contains:**

1. Home safety slide deck ( emailed to you)

2. Home safety brochure (English/Spanish) can be downloaded from the website & Hardcopies

3. Home safety checklist ( emailed to you)

4. Home safety survey ( emailed to you)
Home safety materials for staff & families

Keep Your **Home** Safe

AND

Keep Your **Child** Safe

**Home Safety Checklist**
How to Do a Home Safety Check

• Walk through each room of your house.
• As you go, check “yes” or “no” for each question.
• Take action on the “no” answers to make your home safer!

Bathroom and Laundry

• Have you stored away sharp tools (for example razors or scissors)? □ □
• Do the floors, bath tubs, and showers have no-slip stickers or mats to prevent slipping and falling? □ □
• Are hair dryers and other appliances put away out of reach of children? □ □
• Have you moved medications, cosmetics, shampoos, lotions, and soaps out of reach? □ □
• Are all bleaches, detergents, and other cleaning products stored away? □ □
• Do you always empty the bathtub after each bath time? □ □
Kitchen

- Are silverware, knives, matches and other dangerous objects out of reach of children?
  - [ ] Yes
  - [ ] No

- Are plastic bags out of reach or tied in the middle?
  - [ ] Yes
  - [ ] No

- Have you installed safety latches on cabinet and pantry doors?
  - [ ] Yes
  - [ ] No

- Do you cook with pot and pan handles facing in?
  - [ ] Yes
  - [ ] No

- Do you keep your child away from the stove when you are cooking?
  - [ ] Yes
  - [ ] No

- Do you always use the seat belt when your child is in the high chair?
  - [ ] Yes
  - [ ] No

- Do you lock up cleaning supplies and other poisonous products?
  - [ ] Yes
  - [ ] No
### Living Room

- **Are window curtain/blind cords out of reach or hidden?** [ ] YES [ ] NO
- **Are candles, ash trays, lighters, and matches out of reach?** [ ] YES [ ] NO
- **Are there screens around fire places and heaters?** [ ] YES [ ] NO

### Child’s Bedroom

- **Is the bed placed away from the window?** [ ] YES [ ] NO
- **Are window curtain/blind cords out of reach or hidden?** [ ] YES [ ] NO
- **Is there a nightlight?** [ ] YES [ ] NO
- **Is the crib free of thick blankets, pillows, and stuffed animals that could suffocate a child?** [ ] YES [ ] NO
<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are pesticides, fertilizers, paint, and other chemicals out of reach of children?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your child ever go around wading pools, drains, or ponds without you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are there any poisonous plants in the home or garden?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are your garbage cans securely covered?</td>
<td></td>
<td></td>
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<tr>
<td>Do you have ladders laying out in the open?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do I let my child play in the street without me?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Throughout Your Home

• Have you placed safety covers over any unused electrical outlets?  
  YES  NO

• Have you checked that all of your smoke detectors work?  
  YES  NO

• Is the hot water heater set no higher than 120 degrees?  
  YES  NO

• Are there safety gates at each set of stairs to prevent falls?  
  YES  NO

• Have you tied up long cords?  
  YES  NO

• Have you put the phone number for the Poison Control Center near the phone?
Keep Your Home Safe
AND
Keep Your Child Safe

Home Safety Survey
PREVENTING INJURIES IN YOUR HOME
You Can Prevent Accidents!
Pay Attention and Take Action—NOW is the time!

Please circle the right answer for each question:

1. Can children hurt themselves in their homes? Yes ___ No ___
2. Do you believe your children are safe in your home? Yes ___ No ___
3. Have you ever taken your child to the ER for an injury? Yes ___ No ___
4. Have you ever gone to the ER with a family member, other than your child, for an injury? Yes ___ No ___
5. After returning from the ER for injury care with a family member and/or child, did you take any action in your home to prevent future injuries? Yes ___ No ___
6. Do you believe that you can take steps to make your home safer for your child? Yes ___ No ___

Burns
7. Children can be burned by hot water. What temperature should your hot water thermostat be set at to prevent burns?
   a. 120 degrees
   b. 135 degrees
   c. 175 degrees
   d. It doesn’t matter

8. Touching things that are hot can cause burns. What else can cause burns?
   a. Ice cream
   b. Chemicals
   c. DVDs
   d. Pillows

Poisonings
9. Items I use every day, such as mouthwash or medications, can poison my child: True ___ False ___
10. If you think your child may have eaten something poisonous, what should you do?
    a. Make your child drink water
    b. Observe your child for 2 hours before calling the doctor
    c. Immediately call 1-800-222-1222 to speak with the Poison Control Center
    d. Shout at your child
Falls
11. You hate to see your child injured. How can you prevent your children from serious falls in your home that can injure them?
   a. Clean up spills right away
   b. Install gates by all stairs in and around the home
   c. Watch your child constantly when he or she is in a high chair or stroller or on a bed
   d. All of the above

12. A child can die from head injuries associated with a fall:  True ___ False ___

Choking
13. More than ________ children are taken to a hospital emergency room each year for food-choking injuries.
   a. 10,000
   b. 1,000
   c. 100
   d. 10

14. Children never choke on food items so you only need to worry about them choking on household items:  True ___ False ___

Drowning
15. Common causes of drowning in the home include:
   a. Small pool of water on the floor or in a bucket
   b. Sitting on the couch
   c. The toilet
   d. a and c

16. A child can drown in less than one inch of water:  True ___ False ___

Suffocation
17. Suffocation is when:
   a. A person laughs too hard
   b. A person cannot get enough air to breathe
   c. My child sleeps too long
   d. None of the above

18. Common causes of suffocation include:
   a. Stuffed toys in playpens and cribs
   b. Fruits and vegetables
   c. Getting dressed
   d. Dirt and germs

We hope you will feel more confident about safety in your home after this training. Keep your children SAFE!
This survey does not cover all important safety topics. It is important to remember many children are injured in cars and from guns. Additional precautions are needed for these topics.
YouTube Videos
To reinforce Home Safety

**General**
Imagine a World Where Every Kid is a Safe Kid

**Batteries**
Emmett's Story - The Dangers of Swallowing a Coin Lithium Battery - See more at:

Protect Your Child From Swallowing Coin Lithium Batteries - See more at:
[http://www.safekids.org/video/protect-your-child-swallowing-coin-lithium-batteries#sthash.OLZEt6mJ.dpuf](http://www.safekids.org/video/protect-your-child-swallowing-coin-lithium-batteries#sthash.OLZEt6mJ.dpuf)

**Poison**
Keeping kids safe around laundry detergent packets:

Mantener seguros a los niños alrededor de los paquetes de detergente
[http://www.safekids.org/video/mantener-seguros-los-ninos-alrededor-de-los-paquetes-de-detergente#sthash.W3ZXsmzN.dpuf](http://www.safekids.org/video/mantener-seguros-los-ninos-alrededor-de-los-paquetes-de-detergente#sthash.W3ZXsmzN.dpuf)
Videos in English & Spanish

Child safety in the kitchen:
https://www.youtube.com/watch?v=PBYla5IDtPM
https://www.youtube.com/watch?v=JIuYLQDJoD8

Child safety in the family room:
https://www.youtube.com/watch?v=7JvFQwexS40
https://www.youtube.com/watch?v=L1SxfVrxAtw

Child safety in the bathroom:
https://www.youtube.com/watch?v=r_LhteFYNyc
https://www.youtube.com/watch?v=hWO0cy6utqQ
Contact Information

For information or questions related to this presentation, please contact:

Ariella Herman, Ph.D.
Aherman@anderson.ucla.edu
(310) 825-5681