THINK SAFETY!

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Spring/Summer
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Let's get out, get active and stay safe this spring.

Dear NYC Families,

Welcome to the Spring/Summer 2011 edition of *Think Safety*, a newsletter created by Safe Kids New York City. Safe Kids NYC is a coalition of educators, health care professionals, and child advocates that is devoted to helping you keep the children you care about healthy and free from unintentional injuries. Unintentional injuries – burns and scalds, head injury and brain damage, drowning, sprains, strains, bruises and cuts – are a leading cause of death and hospitalization to children, but they are preventable if we are aware of the many safety tools available to us and know how to use them correctly. The articles you will read in this newsletter were written by experts in the injury prevention field – trauma coordinators from major hospitals in NYC, and health and safety educators.

We've been through a long, hard winter and are ready to enjoy being outdoors in the warmth of spring and summer. However, spring is also the start of trauma season, when we see injuries from sports, water activities and heat stroke spike. This edition of *Think Safety*, with its practical advice for spring and summer safety, provides important information about how to reduce the incidence of unintentional injuries to your whole family as you play outside, bike, swim, do sports and have fun at home and on the road. We will be back in the fall with our Fall/Winter edition, with more handy tips for safety to keep in mind as the weather turns colder.

Enjoy your spring and summer, and think safety!

All the best,

Marjorie Marciano

Coordinator, Safe Kids NYC

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Safe Kids
New York City

Our Activities

- Workshops for pregnant and new parents help young families learn how to be safe from the start
- Car safety seat inspection stations teach parents to correctly install car seats
- At programs and fairs at schools, after-school centers, camps, libraries and museums, children learn how to prevent injuries at home, at play and on the road

Safe Kids NYC is led by NYCDOT.

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Carrying Baby Safely

by Sae La Chin, CPST, President, SayBayBee

Carriers and Slings

Many new moms and dads use baby carriers and slings, and they are a good way to encourage a special a special closeness between the baby and parent. It is very important, however, to be sure that you use carriers and slings properly to ensure that your baby stays safe. The child safety experts at the Consumer Product Safety Commission (CPSC) recommend the following safety guidelines (www.cpsc.gov):

1. Be vigilant about checking the position of the baby in a carrier/sling.
2. Make sure you can always see the baby's face or eyes and she can see you.
3. Place her face at or above the rim of the sling so the baby's face is visible.

Parents need to take care of themselves, too. Here is a simple exercise for parents before wearing a carrier/sling:

Warm up your body by rolling your shoulders forward and backward, circle your head slowly to the right and left, and lift your face up to the ceiling and back down. Your goal is to take a moment to stretch, relax, and help your body adjust to parenting's physical demands.

Infant Car Seats on Strollers

Using an infant car seat on a stroller is one of the most common ways to travel with your baby. Follow these easy steps to make sure your infant car seat is properly placed on the stroller base:

1. Whenever possible, the infant car seat should face you when placed on the stroller. This gives the parent a clear visual of the baby at all times, allowing for eye to eye bonding.
2. Take advantage of the heavier weight infant car seats available on the market. This will prolong the use of your infant car seat on the stroller.
3. Make sure you use all the safety latches on the stroller base. Ask a sales representative to demonstrate all the safety features before you purchase the infant car seat and stroller base.

Take time to stretch, relax, and help your body adjust to the physical demands of parenting.

Baby carriers can encourage a special closeness between baby and parent.

Food Safety Tips

1. Keep Food Cold
2. Separate Food
3. Never Leave Food Out
4. Keep Food Hot
5. Wash Your Hands

Warm Weather Food Safety

By Lauren Schwartz
Public Education Coordinator,
NYC Poison Control Center

As the weather gets warmer, more of us spend time enjoying an outdoor picnic or barbeque at home or in the park. The Centers for Disease Control estimates that each year approximately 48 million Americans get sick as a result of the food they eat. Following are some tips for keeping yourself and your family safe while enjoying outdoor dining (Source: FDA):

KEEP FOOD COLD: Cold food should be stored at 40°F or below. Use a cooler with ice or frozen packs.

SEPARATE FOOD TO AVOID CONTAMINATION: Keep uncooked meat, poultry and seafood tightly wrapped to avoid leaking on food such as vegetables and fruit that will be eaten raw.

NEVER LEAVE FOOD OUT: Food should never be left outdoors for more than two hours and no more than one hour when the temperature gets to about 90 °F.

KEEP FOOD HOT: Cooked food should be kept at or above 140°F. If bringing hot food to your meal, eat it within two hours of buying it. When cooking on the grill, use a meat thermometer to check.

WASH YOUR HANDS: Always wash your hands thoroughly with soap and water for at least 20 seconds, especially before cooking and eating, and always after handling raw meat, poultry and seafood.

The FDA provides more food safety tips including a safe food temperature chart: http://www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm

The Poison Control Center specialists are available to answer questions 24 hours a day at 1-800-222-1222. Translator services are available. All calls are confidential and free of charge. Become a fan of the NYC Poison Control Center on Facebook at http://www.facebook.com/NYCPoisonPrevention. Poison prevention safety tips, consumer recalls and other information are posted regularly.

Planning a Trip to the Beach This Summer?

Beach and Water Safety Tips Every Parent & Caregiver Should Know!

by Christopher Sorrentino, RN, MS, Trauma Coordinator, Richmond University Medical Center

After a brutal winter, we are looking forward to a warm, sunny spring and summer. Let's put those snow shovels, snow blowers, and rock salt away…for now and get ready to gear up for a summer full of baseball games, barbecues, picnics, pool parties, and of course trips to the beach.

There are beautiful beaches in New York City and nearby on Long Island and at the New Jersey shore where we can have a wonderful time. However, as parents and caregivers, we also need to be aware that a day at the beach can present serious risks to children and teens and be vigilant as we supervise them in and around the water. Read through the following beach and water safety guidelines and share them with your family and friends this summer; they can work to replace a potential tragedy with memories of fun and celebration at the beach.

Beach & Water Safety

- Learn to swim
- Always swim near a lifeguard
- NEVER swim alone
- Children must be supervised closely even when a lifeguard is present
- Don't rely on flotation devices such as rafts or inner-tubes
- If caught in a rip current, swim sideways or parallel to the shore until free. Stay calm and swim with the current, not against it
- If you're unable to escape the current, float or tread water until the current weakens. Then swim at an angle away from the current toward the shore. Call attention to yourself—wave or shout for help.
- Be cautious when trying to help someone caught in a rip current – don't' become a victim yourself. Find a lifeguard or call 911.
- Swimming while under the influence of alcohol, illegal drugs and/or medications can cause impairment
- Protect your head, neck, and spine. DO NOT dive into unfamiliar waters – feet first, first time
- If you are in trouble, call or wave for help
- Follow all posted signs, regulations, and lifeguard directions
- Swim parallel to the shore if you wish to swim long distances
- Report hazardous conditions to lifeguards or any other beach personnel

7 TIPS for Family Beach Safety

1 KEEP KIDS WITHIN ARM'S REACH
Especially in the sea, but also on land

2 DON'T DIVE IN

3 KNEE DEEP IS TOO DEEP
Strong winds, waves and currents create dangerous rip currents

4 KNOW BEFORE YOU GO
Know your flags – red means stop, green means go

5 TAKE FREQUENT BREAKS
Every hour take a sun, water or bathroom break

6 GO WITH THE WIND
Lost children tend to take the course of least resistance, follow the wind to find your kid.

7 LOOK BUT DON'T TOUCH
Call local authorities to help injured or stranded animals

Source: Aquatic Safety Research Group, LLC

Keep your summer filled with memories of fun and celebration at the beach.

The Book Corner

By Louise Lareau, Supervising Children's Librarian, New York Public Library

Whether you want to go on a picnic or get your hands dirty, here are some children's books to inspire you. Go out and enjoy your favorite green space this season.

Bunting, Eve. *Flower Garden*. San Diego, CA: Harcourt Brace Jovanovich, 1994.

Ehlert, Lois. *Planting a Rainbow*. San Diego, CA: Harcourt Brace Jovanovich, 1988.

Jarrett, Clare. *The Best Picnic Ever.* Cambridge, MA: Candlewick Press, 2004.

Hutchins, Pat. *We're Going on a Picnic!* New York, NY: Greenwillow Books, 2002.

McClure, Nikki. *Mama, is it Summer Yet?* New York, NY: Abrams Books for Young Readers, 2010.

Woodson, Jacqueline. *We had a Picnic this Sunday Past*. New York, NY: Hyperion Books for Children, 1997.

Keep your grill outside in a well ventilated space.

Travel Safely in the Summer—and All Year Round

By Marjorie Marciano, CPST-I
NYC Dept. of Transportation Safety Education Division

Never Leave Your Child Alone in the Car

We are all aware of the need to buckle up and use car safety seats for our children when we travel, but we don't always think about other types of risks that children face in and around cars. Hyperthermia, or heat stroke, is a major risk to New York City children, especially in the warm months of spring and summer. Every year children across the United States die as a result of being left alone in cars – since 1998, an average of 38 children left alone in cars have died each year due to hyperthermia.

Why are children dying in this way? A child's thermoregulatory system is less able to cool their body than that of an adult. A child's temperature rises 3 to 5 times faster than an adult's, and this can be critical for a child left in a car on a warm day. When the temperature outside is 80, after only 10 minutes the temperature inside the car rises to 99 degrees. After 20 minutes, the inside temperature is up to 109 degrees, and after 30 minutes, it's 114 degrees inside the car – causing serious heat stroke conditions. A child's system is overwhelmed at 104 degrees, and death can occur when the body temperature reaches 107 degrees.

Parents leave their child alone "just for a few minutes" while they run in to buy a gallon of milk, other times they forget that their child is in the car seat in the back seat and leave the child for hours. There's no safe way to leave a child alone. Here are some tips to be sure this preventable tragedy doesn't happen to you:

- Leaving a window slightly open has no effect on the temperature inside the car.
- Place your cell phone, briefcase, pocket book, gym bag or whatever you need to carry from the car in the backseat. This will force you to open the back door and see your child as you retrieve your things.
- Set up a cell phone or "Outlook" reminder to be sure you dropped your child off at day care.
- Set up a routine with your day care center to have them call within a few minutes if your child is late.
- Teach children not to play in any vehicle. Lock all vehicle doors and the trunk, especially at home – cars are not playgrounds.

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Have Hot Fun in the Summer Without Getting Burned!

From Summer Fire Safety, Fire Department, City of New York, Fire Safety Education Unit

Every season brings its own safety hazards. During the summer months, there is an increased risk of fire associated with the use of barbecues. As you spring into summer, take the following precautions to protect yourself and your family.

Propane BBQ Grilling Operations

- Barbecue grills are designed for outdoor use only. Never barbecue in your trailer, tent, house, garage, or any enclosed area as carbon monoxide may accumulate and kill you.
- When the propane tank is connected, the grill must be kept outside in a well-ventilated space.
- When not in use, the propane tank valve must be turned to the OFF or CLOSED position.
- Position the grill in an open area at least 10 feet away from buildings, deck railings and out from under eaves and overhanging branches.
- Use barbecue utensils with long handles to avoid burns and splatters.
- Wear short or tight fitting sleeves and use flame retardant mitts.
- Have a charged garden hose or bucket of sand available to extinguish any small grill flare-ups.
- Once lit, never leave a grill unattended.
- Never store a propane tank indoors or below ground level.
- The storage of a spare propane cylinder is strongly discouraged. Find a local propane distributor who will exchange an empty tank for a full one on the spot.

Transporting Propane Tanks

- Precautions should be taken while transporting propane tanks (whether full or empty).
- Propane tanks should be secured in an upright position in the back seat of your car, or in the pickup bed of your truck, with transportation plugs on the outlet valve connection. Avoid having other passengers in the car, especially children. Never leave a propane tank unattended in your car.

Prohibited Use of Grills

It is strictly prohibited and illegal in New York City to:

- Store or use a propane grill on the roof of any building.
- Use a charcoal grill on the roof of any building.
- Store or use a propane grill on a residential property with a three or more family residence.
- Store or use a propane grill on the terrace or balcony of an apartment building.

The use of portable outdoor patio fireplaces, patio hearths, fire pits and chimneys are strictly prohibited and illegal in New York City.

Which Helmet is Which?

By Michelle Kaucic, MPA, Community Coordinator
NYC Department of Transportation Safety Education Division

All helmets are not created equal, but they all serve a very important function. During a fall or collision a helmet absorbs impact—protecting a person from head or brain injury.

We all know that helmets should be worn level and snug with properly adjusted and buckled straps. But did you know that different types of helmets protect the head from impacts common to particular activities?

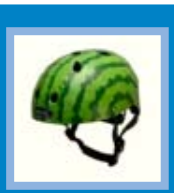
Which helmet is which? There are different types of helmets for wheeled activities, non-wheeled activities, motor vehicles, team sports and winter sports. The federal government regulates helmet standards for motor vehicles via the Department of Transportation (DOT- FMVSS) certification and for bicycles via the Consumer Product Safety Commission (CPCS) certification. CPSC certified bicycle helmets can also be used for recreational roller skating, in-line skating and non-powered scooter riding. BMX, mountain biking, trick rollerblading and skateboarding require helmets specific to those activities.

There are additional federal and voluntary standards for helmets for activities such as: ATV riding, go-carting, power scooters, horseback riding, rock wall climbing, baseball, football, hockey, lacrosse, skiing, snowboarding, snowmobiling, ice skating and sledding. If a package suggests a helmet is "hybrid" or is approved for multiple activities always check the certifications or standards to make sure your activity is included. Check out this helpful flyer from CPSC for information on specific standards:

www.cpsc.gov/CPSCPUB/PUBS/349.pdf

Do I need a new helmet? Bicycle helmets are designed to protect against one serious impact, while other helmets can survive multiple minor impacts. Always check the instructions provided by the manufacturer to find out when your helmet should be replaced.

Style or safety? You may find both in some models of helmets. When you find a helmet that suits your fancy, be sure to check for activity-specific certifications and standards. On your next walk or bike ride, see how many of these and other stylish helmets you spot!



www.spiukusa.com
www.nutcasehelemts.com

www.bernunlimited.com
www.bellsports.com

www.yakkay.com
www.s-onestore.com

"A rear-facing child safety seat does a better job of supporting the head, neck and spine of infants and toddlers in a crash..."

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Travel Safely in the Summer

Rear-Facing Until Two

In April 2011, the American Academy of Pediatrics (AAP) revised their car safety seat guidelines to advise parents to keep their toddlers in rear-facing car seats until age 2 or until they reach the maximum height and weight for their rear-facing seat. It also advises that most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age. New York State law requires that children up to age 8 ride restrained in a car safety seat or booster seat.

The previous policy, from 2002, advised that it is safest for infants and toddlers to ride rear-facing up to the limits of the car seat, but it also cited age 12 months and 20 pounds as a minimum. As a result, many parents turned the seat to face the front of the car when their child celebrated his or her first birthday. Now the AAP is recommending that parents move on to the next step – forward-facing – only when it's completely necessary because the child has fully outgrown the rear-facing limits of the seat.

Dr. Dennis Durbin, the lead author of the AAP policy statement, stated

> *"A rear-facing child safety seat does a better job of supporting the head, neck and spine of infants and toddlers in a crash, because it distributes the force of the collision over the entire body. For larger children, a forward-facing seat with a harness is safer than a booster, and a belt-positioning booster seat provides better protection than a seat belt alone until the seat belt fits correctly."*

The NYC Department of Transportation operates car safety seat inspection stations in every borough where families can learn how to correctly install their car seats from a certified child passenger safety technician. Check the DOT website at www.nyc.gov/dot or call 311 for more information on locations and appointments.

Contact Sports and Concussions

Be Aware of the Risks

by Audrey Dupree-Sealey, PhD, FNP , Assistant Director / Trauma Coordinator, Kings County Hospital Center

Contact sports like baseball, football, soccer, basketball, and diving are very popular with children and adults. As we play these sports, however, we may put ourselves at risk for traumatic brain injury. Repeated brain injuries can be serious and even fatal, and some types may not respond to medical treatment. However, recurrent brain injuries and second impact syndrome are highly preventable. Physicians, health and physical education instructors, athletic coaches and trainers, parents of children participating in contact sports and the athletes themselves all need to be aware of these recommendations:

- Provide good preventive education to the athletes, their parents, PE instructors, athletic coaches and trainers so they know the signs and symptoms of head trauma
- Wear the proper protective head gear
- Keep hydrated before, during and after the game
- Avoid prolonged exposure to the sun during sporting events
- Seek a medical evaluation right away if a head injury occurs

A concussion is a head-trauma-induced alteration in mental status that may or may not involve loss of consciousness. There are three categories of concussions. Definitions and treatment recommendations for each category are presented below.

Grade 1 Concussion:

Transient confusion with no loss of consciousness and abnormal mental status that lasts less than 15 minutes.

Management: The athlete should be removed from sports activity, examined immediately and at 5 minute intervals, and allowed to return that day to the sports activity only if post concussive symptoms resolve within 15 minutes. Any athlete who incurs a second Grade 1 concussion on the same day should be removed from sports activity until he or she has no symptoms for 1 week.

Grade 2 Concussion:

Transient confusion with no loss of consciousness and abnormal mental status that lasts more than 15 minutes.

Management: The athlete should be removed from sports activity, examined immediately and frequently to assess the symptoms, with more extensive evaluation if the symptoms worsen or persist for more than one week. The athlete should return to sports activity only if no symptoms appear for one full week. Any athlete who incurs a Grade 2 concussion on the same day as Grade 1 concussion should be removed from sports activity until there are no symptoms for 2 weeks.

Grade 3 Concussion:

Loss of consciousness that is either brief (seconds) or prolonged (minutes or longer).

Management: The athlete should be removed from sports activity for one full week with no symptoms if the loss of consciousness was brief, or two full weeks with no symptoms if the loss of consciousness was prolonged. If the athlete is still unconscious or shows abnormal neurologic signs at the time of the initial medical evaluation, he or she should be transported by ambulance to the nearest hospital emergency department. An athlete who suffers a second Grade 3 concussion should be removed from sports activity until he or she shows no symptoms for one month.

Signs of a Concussion

- Vacant stare (befuddled facial expression)
- Delayed verbal and motor responses (slow to answer questions or follow instructions)
- Confusion and inability to focus attention (easily distracted and unable to complete normal activities)
- Disorientated behavior (walking in the wrong direction; unaware of time, date and place)
- Slurred or incoherent speech (making disjointed or incomprehensible statements)
- Observable uncoordinated mobility (stumbling, unable to walk a straight line)
- Emotions out of proportion to circumstances (distraught, crying for no apparent reason)
- Memory deficits (repeatedly asking a question that has already been answered, or inability to memorize and recall three out of three words or objects in 5 minutes)
- Any period of loss of consciousness

Play safe and look out for the other guy!

Resource Guide

Check these resources for more information on injury prevention and safety.

- American Academy of Pediatrics, www.aap.org
- Center for Disease Control and Prevention National Center for Injury Prevention and Control, http://cdc.gov
- Children's Safety Network, www.childrenssafetynetwork.org
- National Safety Council, www.nsc.org
- Safe Kids USA, http://safekids.org/parents
- U.S. Consumer Product Safety Commission, http://cpsc.gov