

“OK CHILD” Injury Prevention Program Newsletter

Oklahoma City Fire Department
 University of Central Oklahoma
 Safe Kids Oklahoma



Brrrrrr...Let's be smart in the cold!



Issue 7

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What to wear:

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. Choose boots that are large enough to comfortably accommodate two pairs of socks.
- Remove drawstrings from clothing which may get caught on tree branches or play equipment. Replace with velcro.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials. (AAP)

Additional Tips for keeping our kids warm during the winter, click on the following link:

[Healthy Children—Winter Safety](#)



Energy drinks and our kids.... Are they necessary?

Sports and energy drinks are heavily marketed to children and adolescents, but in most cases kids don't need them—and some of these products contain substances that could be harmful to children. (American Academy of Pediatrics)

AAP recommendations include:

- Pediatricians should highlight the difference between sports drinks and energy drinks with patients and their parents, and talk about the potential health risks.
- Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.
- Routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted, because they can increase the risk of overweight and obesity, as well as dental erosion.



Click on above picture for video on dangers of sports drinks and children

Button Batteries and Curious Children don't mix!!

Hard Facts:

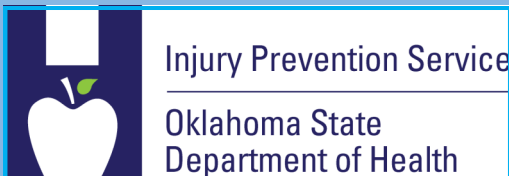
Each year in the United States, more than 2,800 kids are treated in emergency room after swallowing button batteries. That's one child every three hours. The number of serious injuries or deaths as a result of button batteries has increased nine-fold in the last decade. (Safe Kids Worldwide)

Please view the video on “Dangers of Button Batteries”



Click on above picture for video on the dangers of “Button Batteries”

Tips for preventing button battery injuries: [Safe Kids Worldwide—Button Batteries](#)



Furniture Tip-overs

1 CHILD DIES EVERY 2 WEEKS
When a TV, furniture or appliance falls on him or her

Why does it happen?

- 41% Other/Unknown
- 34% Climbing
- 14% Hitting, pulling or kicking
- 8% Playing nearby

Where does it happen?

- 45% Bedroom
- 24% Living Room
- 29% Other/Unknown
- 4% Kitchen

Who dies?

- 8% 0-1 years old
- 27% 1-2
- 24% 2-3
- 29% 3-5
- 10% 5-9

What falls on them?

- 70% Televisions and furniture
- 26% Furniture: dressers, tables
- 4% Appliances, etc.

How do victims die?

- 60% Victim crushed
- 18% Victim trapped, unable to breathe
- 10% Victim hit or struck
- 11% Other/Unknown

Injuries: about 3 per hour 71 per day 2,117 per month 25,400 per year

These tragedies can be prevented by taking low-cost steps to stabilize TVs, furniture and appliances.

ANCHOR IT AND PROTECT A CHILD

NSN NICHIE INCHBI HOOB SAFETY NETWORK
SAFE KIDS WORLDWIDE

Fidget Spinners and Safety

Safety Information Center: Consumer Product Safety Commission. Please, click on picture:



Click on above picture for video

HAPPY NEW YEARS!!

On behalf of all the team members from **OK CHILD**, we would like to wish everyone a safe and happy 2018.

We would also like to say "Thank You" to all of our teachers and injury prevention leaders.

Most importantly, we ask everyone to assist us with keeping our children safe and Happy!