

“OK CHILD” Injury Prevention Program Newsletter

www.okchildinprev.com

Oklahoma City Fire Department
University of Central Oklahoma
Safe Kids Oklahoma



Fire Prevention Week

“Not every hero wears a cape - Plan and Practice your Escape” (NFPA)

Issue 11

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Did you know?

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. **Escape planning and practice can help you make the most of the time you have**, giving everyone enough time to get out.

Plan ahead for your escape. [Make your home escape plan](#) and practice today. (NFPA)



[\(Click on above picture for safety video\)](#)



SPARKY!

Be a hero. . . .

How do you define a hero? Is it...a person who is courageous and performs good deeds? Someone who comes to the aid of others, even at personal risk?

A hero can be all of those things. A hero can also be... someone who takes small, but important actions to keep themselves and those around

them safe from fire. When it comes to fire safety, maybe you're already a hero in your household or community. If not, maybe you're feeling inspired to become one. It's easy to take that first step - [make your home escape plan!](#)

(NFPA)

For additional information on Fire Prevention Week, please click on this link:

<https://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week/About>

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Did you test your smoke alarm?	
Do you have an exit plan?	
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Be Safe!!	

Smoke Alarms are saving lives!!

If you know of anyone who needs a helping hand with smoke alarms, please let us help.

The Oklahoma City Fire Department has a program called “Project Life” that assists citizens in Oklahoma City who own their

homes. To get information on our smoke alarm program, please go to www.okc.gov and under “Departments”, click on “Fire” and select “Free Smoke Alarms—Gratis Alarmas de Humo”

Outside of Oklahoma City:

If you live outside of OKC, try contacting your local fire department and ask about their smoke alarm program.

Pedestrian Safety

PEDESTRIAN SAFETY

Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

The Hard Facts

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.

Top Tips

Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.

Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.

It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.

Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.

Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars. (Safe Kids Worldwide)



AWESOME Video from Safe Kids Baltimore on Pedestrian Safety! Share with your students. (Click on picture)



The scariest thing about Halloween is Child Pedestrian Fatalities!!

Pedestrian deaths double on Halloween night each year!

Halloween Safety (AAA Exchange): Please click on picture for safety tips.



Thanksgiving and Christmas

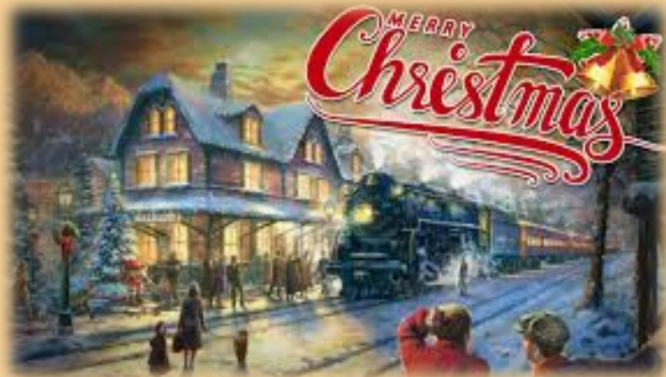
- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

(National Fire Protection Association)



OK CHILD wishes everyone a very safe and enjoyable Holiday Season!

Enjoy your time with your family and friends!



Please "Click" on the picture above for Holiday Safety Tips from the National Safety Council.