

## Motor Vehicle Safety

For children between the ages of 3 and 14, accidental injury-related deaths happen most often when riding in a car. Children are more likely to be injured, suffer more severe injuries, or die in motor vehicle crashes when they are not properly restrained. According to the Center for Disease Control, car seats reduce the risk of death by 71% for infants and 54% for toddlers less than 4 years old.

With proper measures taken in advance, such as the proper use of child safety seats that are appropriate for a child's age, most accidental injuries and accidental injury-related deaths can be prevented. (John Hopkins Medicine).

### Oklahoma facts to think about:

- Motor Vehicle injuries are the leading cause of death among children in Oklahoma, as well as the United States aged 1 to 12.
- Placing children in a car seat that is the right size for their age, weight, and height reduces serious and fatal injuries by more than half. (Oklahoma State Department of Health—OSDH))
- The top three contributing factors of drivers with child passengers, infant to age 12, that were killed or seriously injured were: Unsafe Speed, Inattention, and Failure to yield. (Oklahoma Department of Public Safety)
- Reminder: NEVER leave a child alone in a car—even for a minute!! (OSDH)



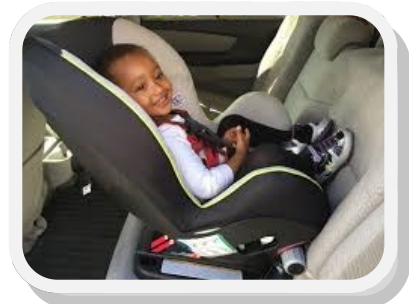
## Motor Vehicle Safety - Pre-K

### Safety Bullets

- Buckle your kids up for every trip; it's the **LAW!! All Children under age 2** must be rear-facing, **all children up to age four** must be in a harnessed car seat and **all children up to age 8** must be in a booster seat, unless they are over 4'9".
- Keep your child in the **back seat** at least through **age 12**. Remember, even passengers in the back seat **have to be buckled in** to reduce the risk of injury in a crash. (OSDH)
- Never leave children unattended in cars.
- Never ride in the back of a truck.

#### **Activity: Practice sitting in the back seat and putting on your seatbelt every time.**

- Use school chairs to simulate seats in a car. Keep the front seats (chairs) of the car open or occupied by an adult (teacher). Children practice sitting in the back seat and simulate "clicking in" their seat belt. Children will verbally say "Click".
- Props: Classroom chairs
- Visual Aids: Car seat and booster seat provided by teacher or parent.



**Lesson Title:** Safety Lights

**Safety Topic:** Motor Vehicle

**Grade Level:** PK-2<sup>nd</sup>

**Objectives:** Students will understand the basic concepts of motor vehicle safety, specifically the importance of seatbelt use.

**Oklahoma Health Education Standard(s):**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Quick Facts:**

- Never play in or around cars without adult supervision.
- Always wear a seatbelt and sit in appropriate equipment such as car seats and boosters, if recommended based on child height and weight.
- The backseat is the safest choice for children passengers.
- Keep hands and feet inside the vehicle at all times.
- Never enter or exit a moving car.
- Do not distract the driver. This includes yelling, misbehaving, and throwing objects.
- Motor Vehicle accidents are the leading cause of unintentional death in children and adolescents.

**Activity: Red Light Green Light: Safety Edition**

Begin the activity with all students lined up across the baseline. When the teacher says GREEN LIGHT, students will quickly walk towards the opposite baseline. When the teacher says YELLOW LIGHT, students will walk very slowly towards the opposite baseline. RED LIGHT tells students to freeze in place. PURPLE LIGHT tells students to dance in place. NIGHT LIGHT tells students to lie down and pretend to fall asleep. The teacher will randomly call out the different lights and students will participate accordingly. Once all students have reached the opposite baseline, the game will begin again. Before the game begins, remind students to first buckle their seatbelts.

**Lesson Title:** Car Safety 101

**Safety Topic:** Motor Vehicle

**Grade Level:** 3<sup>rd</sup>-6<sup>th</sup>

**Objective:** Students will understand the basic concepts of motor vehicle safety and will think critically through answering questions related to the topic.

**Oklahoma Health Education Standard(s):**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Equipment:**

- Hula-hoops (2)

**Quick Facts:**

- Never play in or around cars without adult supervision.
- Always wear a seatbelt and sit in appropriate equipment such as car seats and boosters if recommended based on child height and weight.
- The backseat is the safest choice for children passengers.
- Keep hands and feet inside the vehicle at all times.
- Never enter or exit a moving car.
- Do not distract the driver. This includes yelling, misbehaving, and throwing objects.
- Motor Vehicle accidents are the leading cause of unintentional death in children and adolescents.

**Activity: Hula Lines**

Have the class stand up and from a circle holding hands, everybody facing the inside of the circle.

Explain that the goal of the activity is to pass the hula-hoop around the circle without letting go of each other's hands. Once students get the hang of it, start another hoop so that there are two going at the same time. Then, divide students into 2 teams, and have each team make a straight line. Start one hoop at the end of each line and have each team race to get the hoop to the end of the line and back. Have students repeat facts and answer questions about motor vehicle safety during the activity.

## Friendly Review Questions:

1. When is it okay to leave a child alone in a car? **NEVER!**
2. Motor Vehicle injuries are the leading cause of death among children in Oklahoma, aged \_\_\_\_\_ years of age. **(1 to 12 years)**
3. Placing children in a properly sized car seat reduces serious and fatal injuries by \_\_\_\_\_. **(More than half)**
4. Keep \_\_\_\_\_ and \_\_\_\_\_ inside the vehicle at all times. **(Hands, Feet)**
5. Never play in or around \_\_\_\_\_ without adult supervision. **(any Vehicle)**



**OKLAHOMA'S CHILD PASSENGER SAFETY LAW** *Know the Ages & Stages*

BIRTH - 2 YEARS	2 - 4 YEARS	4 - 8 YEARS	8 YEARS +
			
<b>REAR-FACING</b> <small>INFANT   CONVERTIBLE   3-IN-1</small>	<b>FORWARD-FACING</b> <small>CONVERTIBLE   3-IN-1   COMBINATION</small>	<b>BOOSTER</b> <small>3-IN-1   COMBINATION   BOOSTER</small>	<b>SEAT BELT</b> <small>BACK SEAT FOR SAFEST TRAVEL</small>
<p><b>All children under age 2 must be properly secured in a rear-facing car seat.</b></p> <ul style="list-style-type: none"> <li>- Rear-facing is the safest way for small children to travel.</li> <li>- They should remain rear-facing until they reach 2 years of age or until they exceed the height or weight limit of the car seat.</li> </ul>	<p><b>All children under age 4 must be properly secured in a car seat with an internal harness.</b></p> <ul style="list-style-type: none"> <li>- A 5-point harness is the safest restraint system and should be used as long as possible (until the child exceeds the harness' weight limit).</li> </ul>	<p><b>All children at least 4 years old (but younger than age 8) must ride in a child passenger restraint system or booster seat, unless they are taller than 4'9".</b></p> <ul style="list-style-type: none"> <li>- A booster seat should be used until the child can properly fit into a seat belt.</li> </ul>	<p><b>All children taller than 4'9" (or age 8 and up) should be restrained in a seat belt.</b></p> <ul style="list-style-type: none"> <li>- Front seat airbags may hurt small children.</li> <li>- Riding in the back seat of the vehicle is the safest way for children to travel.</li> </ul>
 <p><b>FITS YOUR VEHICLE</b></p> <p>Not every car seat can be installed correctly in every car. Try before you buy.</p>	<p><b>KNOW THE LIMITS</b></p> <p>ALWAYS follow the weight and height limits of the car seat.</p>	<p><b>AGE IS IMPORTANT</b></p> <p>The younger children are, the more fragile they are, and the more caution they need.</p>	<p><b>EASY FOR YOU TO USE</b></p> <p>Try out the features of the car seat. Choose a car seat that will be easy for you to use correctly every time.</p>

Oklahoma's Child Passenger Safety Law, effective November 1, 2015, meets the recommendations of the American Academy of Pediatrics.



# What Does Oklahoma's Child Restraint Law Mean for You?



Effective November 1, 2015

A child under eight (8) must be properly secured in a child passenger restraint system. The law previously applied only to children under age six (6).

- **0-2 years:** Must be in a **rear-facing** car seat until at least two (2) years of age, or until the child reaches the weight or height limit of the car seat.
- **2-4 years:** Must be in a car seat until at least four (4) years of age.
- **4-8 years:** Must be in a car seat or child booster seat until at least eight (8) years of age unless the child is taller than 4'9".
- **8 years or taller than 4'9":** Must be in a seat belt.



For more information and recommended best practices in child passenger safety, visit [ohso.ok.gov](http://ohso.ok.gov)

## Helpful Resources

### Motor Vehicle Safety

Oklahoma State Department of Health: [https://www.ok.gov/health/Protective\\_Health/Injury\\_Prevention\\_Service/Fact\\_Sheets/](https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Fact_Sheets/)

Safe Kids Worldwide: <http://www.safekids.org/>

Oklahoma Highway Safety Office: <http://www.ok.gov/ohso/>

Centers for Disease Control and Prevention: [https://www.cdc.gov/motorvehiclesafety/child\\_passenger\\_safety/cps-factsheet.html](https://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html)

**SAFE  
K:DS  
OKLAHOMA**

Led by  
 the children's center  
REHABILITATION HOSPITAL



**Oklahoma  
State  
Department  
of Health**