

# **Injury Prevention Fact Sheet Booklet**



**Arkansas  
Children's**

HOSPITALS • RESEARCH • FOUNDATION

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It only takes a moment for injuries to happen, but it only take a moment to prevent those injuries from occurring, such as putting on a helmet, properly supervising swimming children or ensuring a firearm is locked and properly stored.

# RECREATIONAL SAFETY:

## ATV (All-Terrain Vehicle)



### Operation Safe T.R.I.P.S.S.

- T:** Training - Take an ATV Safety Course.
- R:** Ride Off-Road - ATV Riders should ride on unpaved roads.
- I:** Impairment Danger- Never operate an ATV under the influence of alcohol/drugs.
- P:** Plan Ahead - Scout the area before riding an ATV.
- S:** Single Rider - Ride one person per single ATV.
- S:** Safety Equipment - Wear proper safety gear when riding an ATV.

### Rider Safety Tips:

- Take an ATV Safety Institute RiderCourse.
- Don't drink and drive. Driving an ATV takes all of your focus, alcohol and other drugs can lower your judgement, blur your vision, and slow your reaction time.
- Plan where you are going to ride, watch for wire fencing, tree stumps, and other dangers.
- Always keep direct supervision of riders under 16.
- Secure ATV keys until adult supervision is available for young riders.
- Wear a helmet, every rider, every time.

When riding, **ALWAYS** wear



ATV Helmet



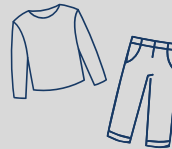
Boots



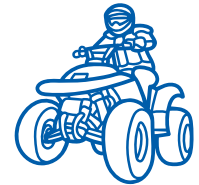
Gloves



Goggles



Long Sleeve & Pants



### Remember!

- **ALWAYS** ride with only **one rider** on a **single** ATV.
- **NEVER** drive ATVs on paved roads. ATVs are made for dirt roads and are hard to control on pavement.
- ATVs are not toys. **NEVER** let kids drive or ride adult ATVs. Engines 70cc and up are too fast for kids younger than 12 years old.



# RECREATIONAL SAFETY:

## WATER SAFETY



## Drowning Precautions

### Active Supervision.

Constant supervision is the only way to keep children safe in and around water. Your child should be within arms' reach. It only takes a few seconds for drowning to happen.

### Swimming Lessons.

For ages 1-4, learning how to swim can reduce the risk of drowning by 88%. Professionals say it is highly beneficial for children over the age of 1 to be in swimming lessons.

### Emergency Prepared.

Always keep a phone near to call for help if needed and learn CPR. Pool owners should keep a first aid kit and a reaching and throwing device for quick rescue.

### Limit Access.

Limit pool or spa area with fences, latches, and gates. These restrict access for children and provide a layer of protection to prevent drowning.

### Life Jackets.

Life jackets only work when they fit correctly. Wear a United States Coast Guard approved life vest when near and in water or on a boat.

## Personal Watercraft Safety (PWC)



- Must be at least 16 years old to drive a PWC.
- Everyone must wear a life jacket when on a PWC.
- Follow speed limits.
- Should not be driven where people are swimming.



### Arkansas' Law

- To operate any water powerboat powered by an engine you must be 16 years old.
- 15 years and under must be in direct supervision of an adult or trained professional.
- Operators must have a Boater Education card and must have it present.



# Bicycle Safety: Rider's Tips



## Know Your ABCs

Three things to check before every ride:

**A** **Air** - Are the tires properly inflated?

**B** **Brakes and Bars** - Are the brakes working and are the handlebars tightened at the right height?

**C** **Chain** - Is the chain tight and oily looking?

## Know Your Hand Signals

### The 2-4-1 Method



**2**

Two fingers above your eyebrow to the bottom of your helmet.



**4**

Four fingers to make a V-shape around the bottom of your ears.



**1**

One finger under the strap beneath your chin.



Turning Right




Turning Left



Stop Signal

Follow the rule to make sure your child's helmet is worn correctly. After fitting, have your child shake their head. If the fit is right, the helmet will stay on tight.





# CONCUSSION

## What is a Concussion?

A concussion is a type of **traumatic brain injury (TBI)** that is caused by a bump or a blow to the head. Seek medical attention right away if you suspect your child has a concussion. Signs of a concussion may not show up until days or weeks after the injury. Even a mild blow can be a serious matter.

## Signs of a Concussion:

- Appears dazed or stunned
- Is easily confused after head injury
- Forgets instruction
- Moves slowly or clumsily when walking
- Difficulty concentrating
- Changes in behavior or personality after head injury
- Unable to remember events before or after head injury
- Sensitivity to light

## If you think your child has a concussion:

- **Seek medical attention right away.** A medical professional will need to decide on the severity of the injury.
- **Keep your child out of play.** The brain needs time to heal after a concussion.
- **Alert your child's coach, sport trainer, and school nurse about your child's concussion.** School or recreational staff should be aware of your child's injury so they can monitor behaviors during activity.
- **Your child needs medical clearance.** After your child has healed from a concussion, they should receive clearance from a medical professional to return to normal sports and activity.



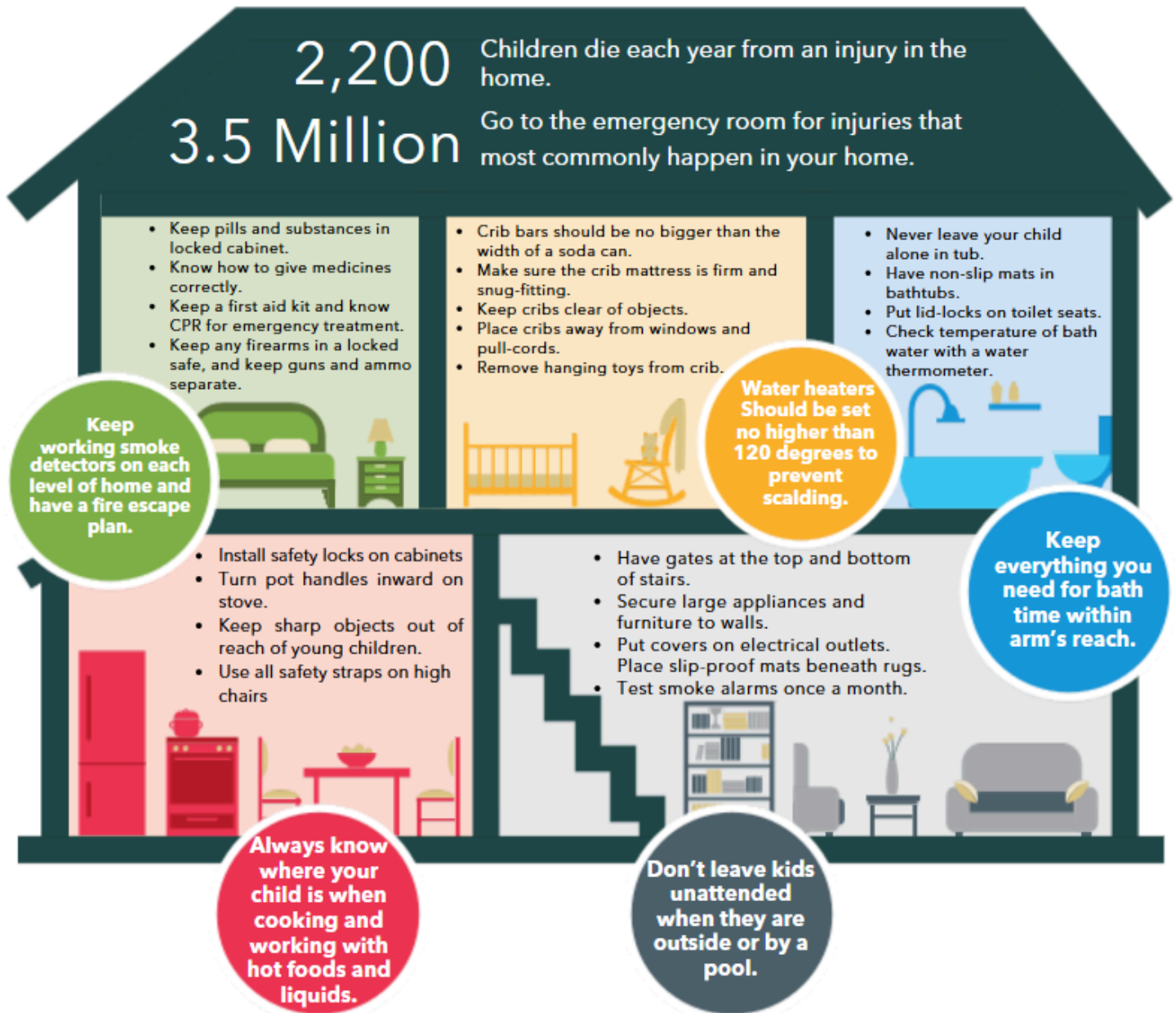
### Help Prevent Concussions

Talk with your child to ensure they are taking the right steps to prevent a concussion during sports and play. These steps include:

- Follows school rules for recreational safety.
- Practice good sportsmanship.
- Wear protective gear (helmets, padding, etc.) that is the right fit.
- Know the signs and symptoms of a concussion. Children should immediately tell an adult if they feel something is wrong.

### For more information visit:

[Https://www.cdc.gov/heads-up/](https://www.cdc.gov/heads-up/)



## Burn Prevention

**Be Prepared:** Keep working smoke detectors near all sleeping areas, and install alarms on every level of the home, including basements.

**Practice Safety:** Set your hot water heater temperature to 120 degrees or below to avoid scalds.

**If There is a Burn:** Place the burn under cool running water for 20 minutes. Cover the burn with a clean bandage.

**Seek medical attention if the burn is on the face, hands, lap, feet or if it is bigger than the size of a quarter or is blistered.**







## Toy Safety

**Age:** Make sure toys are safe for your child's age by checking the age limits on the package.

- Keep toys for older Children separate from toys for younger ones.
- Be aware of choking hazards for young children, like small parts or deflated balloons.
- Children should be supervised and wear helmets on riding toys like bikes and scooters.

**Assembly:** Read and follow all instructions when assembling toys.

**Recalls:** You can see if any toys you own have been recalled for safety issues by visiting [www.recalls.gov](http://www.recalls.gov).

**Magnets and Batteries:** Avoid magnets and coin lithium batteries. They can be easily swallowed and cause internal damage.

**Take your child to the ER immediately if you think they swallowed a battery.**

## Poison Prevention

**Safe Storage:** Keep vapes, medications, and household cleaners in a locked cabinet and out of reach for children.

Keep medicines in their original child-resistant containers and never use unsecured containers.

**Giving Medication:** Read the medicine label for instructions on how much and when to give the medicine.

### Know When to Call:

- If you suspect or know that there has been a poisoning and the person has **NOT** stopped breathing, collapsed, or had a seizure, call the Arkansas Poison Center for help.
- Save the Poison Center number in your cell phone. **1-800-222-1222**
- If the person stops breathing, has collapsed, or has had a seizure, **call 911**.

#### Arkansas Poison Center

A 24/7, free and confidential line staffed with poison experts and nurses.

Scan to learn more about poison prevention and safety.





## Safe Medication Storage and Disposal

### Do

- Place prescriptions in a safe, locked container
- Record time and dosage when you take or administer medication
- Ask your doctor how to safely take your medications
- Dispose of unneeded prescriptions in a Take Back Box
- Keep naloxone in the house if you are prescribed opioids
- Seek treatment if you have dependency on prescription or illicit opioids

### Do Not

- Keep medication accessible on countertops or in a dresser
- Forget to clean up spilled medication
- Throw medication in the trash
- Dump medication down the sink
- Flush medication down the toilet
- Forget to record dosage

No longer need a medication? Is any medicine at home expired? Safely dispose of it as soon as possible at a drug take-back site or event.

Learn more at [ardrugtakeback.org](https://ardrugtakeback.org) or scan the QR code below.



## Firearm Storage

The majority of minors who die by suicide with a firearm use one kept in their home; nearly 90% of firearms used in these cases are stored unlocked

- Never keep a loaded firearm in the house or car.
- Keep firearms unloaded and locked in a lockbox or gun safe.
- Ammunition should be locked up separately from firearms.
- Teach your children that if they find a firearm, never touch it, leave the area, and tell a trusted adult.



## Risk Factors:

- History of depression and other mental illnesses
- Substance use
- Sense of hopelessness
- Bullying
- Social isolation
- Discrimination
- Stigma associated with help-seeking and mental illness
- Other risk factors can be found at <https://www.cdc.gov/suicide/risk-factors/index>

## Ways You Can Help

- Develop coping and problem-solving skills
- Encourage connections to family, friends, and community
- Support access to healthcare
- Nurture supportive relationships with family members and other trusted adults
- Restrict access to weapons, toxic substances, or medications

## Start the Conversation

### Create a safe and open space with conversation starters

Ask about their day

"How was school? What's new?"

Start with one observation rather than unloading everything that concerns you

"It seems like you've been spending more time in your room. How are things going with your friends lately?"

Ask open-ended questions

"You seem stressed out lately. How has volleyball practice been for you?"

Reassure them they can trust you with anything shared

"I'm always here for you. What's on your mind?"

### Find the right moment

Start a conversation during a time when you are already in dialogue or spending time together (For example, in the car, or watching a TV show)

Find a moment when your child seems more open to having a discussion Describe what you've noticed in a non-judgmental way (Avoid judgmental phrases like, "You're too angry")

## Help is Available

### 988 Suicide & Crisis Hotline

**24/7** Call or text 988 in a mental health crisis or visit [988lifeline.org](https://988lifeline.org)

### Crisis Text Line

Text TALK to 741741 for free, 24/7 support via text

### Trevor Project

Chat/call/text line for LGBTQ+ youth; text START to 678-678 or visit [thetrevorproject.org](https://thetrevorproject.org)

### HealthyChildren.org by American Academy of Pediatrics

Information on supporting resilience and mental health in families

1

2



## Safe Seats Save Lives!

Choose a car seat based on your child's height, weight, and age.

### Remember

Take off bulky clothing before placing child in car seat!

## Four Steps to Child Passenger Safety



### Rear-Facing

Use until children reach the upper weight or height limit of their car seat. Keep child rear-facing as long as possible. **Check your car seat** - Rear-facing can be up to 40 lbs, some can go to 50 lbs.



### Forward-Facing With Harness

Children should ride in a forward-facing seat with a harness until they outgrow the weight or height limits of their seat. Check car seat labels for height and weight limits.



### Booster Seat

Use until the adult seat belt fits correctly. The seat belt should lie across the upper thighs (not the stomach) and the shoulder and chest (not the neck).



### Seat Belt For Life

Children should ride in the back seat until they are 13 years old. **Set an example of safe driving and riding by buckling up on every trip!**

## CHILD PASSENGER SAFETY CHECKLIST

### REAR-FACING

- ☐ Harness straps in slots at or below baby's shoulders.
- ☐ Keep shoulder straps snug, so you're not able to pinch the harness webbing between your fingers.
- ☐ Chest clip at armpit level.

### FORWARD-FACING

- ☐ Harness straps in slots at or above child's shoulders.
- ☐ Keep shoulder straps snug, so you're not able to pinch the harness webbing between your fingers.
- ☐ Chest clip at armpit level.
- ☐ Always attach top tether.

### BOOSTER SEAT

- ☐ Always use both lap and shoulder belt.
- ☐ Lap and shoulder belt fit correctly across the child's upper thighs and collarbone (not across the neck or face).

### SEAT BELT FOR LIFE!

- ☐ Child in back seat until 13 years old.
- ☐ Driver and all passengers buckled up.

### Have a car seat question?

Please call Arkansas Children's Child Passenger Safety Program at 501-364-3400.

### Need a Car Seat Check?

Scan to schedule an appointment





## Cell Phone Use

**Fact:** The risk of crash is 4x higher when using a phone.

**Risk:** Phones force people to take their eyes off the road, it is a serious risk for teen drivers.

**Arkansas Law:** Ages 14-17, cell phone use is restricted except for an emergency. It is illegal to actively use a mobile device that is not hands-free.

## Seat Belt Use

**Fact:** States with primary safety belt laws have higher seat belt use and lower fatality rates.

**Risk:** In 2023, more than half of teens killed in a car were not wearing a seat belt.

**Arkansas Law:** Any driver or passenger can be ticketed for not wearing a seat belt.

## Nighttime Driving

**Fact:** 71% of Arkansas's fatal car crashes in 2023 occurred between 3 p.m. and 6 a.m.

**Risk:** Low lighting and impaired driving increase accidents at night.

**Arkansas Law:** Those with an intermediate license are prohibited from driving between 11 p.m. - 4 a.m. unless with a licensed adult age 21 or older, or if driving to or from school, church related activity, or job.

## Age

**Fact:** Arkansas teen vehicle deaths are 2x higher than the U.S.

**Risk:** Teens are involved in 3x as many fatal crashes than other drivers.

**Arkansas Law:** ages 14-15 - learner's license  
ages 16 - 17 intermediate license  
ages 18 & over - unrestricted license.

## Passengers

**Fact:** Passengers are distractions.

**Risk:** Just one teen passenger increases significantly with each additional passenger, the risk goes up.

**Arkansas Law:** Drivers with an intermediate license are prohibited from having more than one unrelated minor passenger, unless with a licensed adult over 21.

## Impaired Driving

**Fact:** In 2023, 1/4 of crashes resulting in teen deaths involved alcohol and drugs.

**Risk:** Driving drunk, high, distracted, or drowsy are all forms of impairment and are illegal.

**Arkansas Law:** All drivers with a blood alcohol content (BAC) of .08 percent or higher are driving under the influence (DUI). Teen Drivers can be convicted of illegal consumption of alcohol with a BAC of .02 to less than .08.

# TEEN DRIVING: DISTRACTED DRIVING



## Types of Distractions

- Texting
- Grooming (applying makeup or brushing hair)
- Reading (including maps)
- Talking on the phone
- Talking to, and looking at passengers
- Eating & Drinking
- Watching a video
- Using a navigation system
- Changing the radio or song on your phone

## Distracted Driving = Less safe

- **1/3 of all drivers feel less safe** on the road today than they did five years ago. Many said distracted driving is the reason why.

## Prevent crashes

- Turn off cell phones or wait to check your messages until you are parked.
- Adjust the air conditioning or heat and radio while parked.
- Don't let your passengers distract you.

**37**

In 2022, 37 teens died in crashes involving a teen driver (15-18 years old) in Arkansas.



### Know the Law!

#### It is illegal to:

- Text while driving.
- Use a phone in school or construction zone.
- Use of a phone or making a hands-free calls other than an emergencies for teen drivers ages 14-17.
- Handheld device use for drivers 18 -20.





## Your Baby and Crying

It is not uncommon for babies to cry a lot in the first few months of life. In fact, babies can still be healthy and normal, even if they cry as much as five hours a day.

## Action Steps when Crying is Frustrating:

- Carry, Comfort, Walk and Talk with your baby.
- It is OK to put your baby down safely and WALK AWAY. Go back to check on your baby once you have calmed down.
- NEVER shake, hit or hurt a baby in any way.
- Remind yourself that these hard times will come to an end.
- Have your baby checked by your health professional.

**Learn more about coping with your baby's crying at [dontshake.org/purple-crying](https://dontshake.org/purple-crying).**

## Child Passenger Safety for Your Baby

**Make sure your baby is safe on the go by keeping them in a rear-facing car seat.**

- Harness straps should be in slots at or below baby's shoulders.
- Keep shoulder straps snug, so you're not able to pinch the harness webbing between your fingers.
- The chest clip should be at armpit level.

**Never leave a baby alone in a car, not even for a minute.**

- Create reminders like placing your purse/wallet or phone in the back seat.
- Make arrangements with your childcare provider to call you if your child is absent.





## Follow the ABCs of Safe Sleep:

Babies should sleep **A**lone, on their **B**ack, in a **C**rib, bassinet or pack 'n play.

## Create a Safe Sleep Environment:

### Share a room, not a bed.

- Give your baby their own safe sleep space in your room, separate from your bed.

### Place your baby on their back to sleep.

- For naps and at night, using a firm, flat, and level sleep surface, covered only by a fitted sheet.

### Nothing but baby in the sleep area.

- Remove everything from your baby's sleep area, except a fitted sheet to cover the mattress. That means no toys, blankets, pillows or other items.
- Avoid letting your baby get too hot, and keep their head and face uncovered while sleeping.

## More Ways to Keep Your Baby Safe:

- Stay up-to-date with doctor's appointments and vaccines.
- Breastfeed your baby and use a pacifier.
- Give babies plenty of "tummy time", always supervised.
- Place cribs away from anything the baby can reach, especially cords on window blinds.
- Once your baby is able to sit up, remove the mobile from the crib.
- Keep your home and car smoke/vape-free.

Every year in the US, approximately 3,500 infants die of sleep-related infant deaths, including sudden infant death syndrome (SIDS), and accidental suffocation and strangulation in bed.

You can help keep your baby safe by following the recommended safe sleep guidelines.

**Learn more from the American Academy of Pediatrics at [aap.org](http://aap.org).**

**For more information contact our  
Family Resource Center at  
501-364-3400 or visit  
[archildrens.org](http://archildrens.org)**



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