

THINK SAFETY!

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Fall/Winter
2012 - 2013



Dear New York City Families,

Welcome to the Fall/Winter 2012-13 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 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 – health and safety educators, child protection attorneys, and trauma coordinators from major hospitals in NYC.

In addition to this newsletter, Safe Kids NYC presents special programs where children find out about fire safety, bike safety and helmet use, water safety, and pedestrian safety at schools, afterschool centers, safety fairs and more. Through workshops for pregnant and new parents, Safe Kids New York City partners with organizations such as Health Plus, Brookdale Hospital and Staten Island University Hospital to help young families learn about safety from the start with information about child passenger and pedestrian safety, poison prevention and home safety. Car safety seat inspection stations and special events, supported by Safe Kids Worldwide, provide young families with the opportunity to learn about correct car seat installation. By coordinating safety fairs for older adults, Safe Kids New York City also shares its important safety messages with seniors who may be caring for young children.


Safe Kids New York City reaches out to health care professionals, educators, law enforcement officers, social workers and family workers with injury prevention workshops and conferences. Annual professional conferences present information and strategies that can help families reduce injuries at home and on the road.

We will be back in the spring with our Spring/Summer edition, with more handy tips for safety to keep in mind as the weather gets warmer. Enjoy the fall and winter, and think safety!

Best,

Marjorie Marciano

Director, Safe Kids New York City

Safe Kids NYC is led by  NYC Dept. of Transportation.

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About 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, afterschool centers, camps, libraries and museums, children learn how to prevent injuries at home, at play and on the road

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- Safe Kids for Sandy's Kids



See and Be Seen on the Dark Days of Winter – and Throughout the Year

Marjorie Marciano, NYC Department of Transportation, Safety Education and Outreach

Whether it's daytime or night, dawn, dusk, cloudy, rainy or snowy, it's important to be seen by drivers. Remember, just because you can see a driver doesn't mean the driver can see you. Pedestrian-related crashes are one of the top five leading causes of injury and death to New York City children under age 14. But many of these injuries and deaths can be prevented if we think safety as we travel around the city.

Pedestrians and cyclists are especially at risk during late fall and winter. The lower angle of the winter sun increases the shadows cast by buildings and trees. Decreased daylight, shadows, and nightfall make it difficult for drivers to see people wearing dark or non-reflective clothing.

Be sure you dress and your children to be seen by drivers:

- You can be more easily seen during the day when you wear light colors or bright clothing. Wearing white does not guarantee drivers can see you. It's better to wear neon, fluorescent, or other bright colors when walking day or night.
- At night, wear something that reflects light, such as reflective or retro-reflective materials, tape or markings. Retro-reflective and reflective items give off light when headlights shine on them, and drivers can see them three times farther than they can see white.



Here are some other safety tips for pedestrians:

- **Cars and other objects can obscure a driver's view.** Cars, buses, mailboxes, hedges, or mounds of snow can block a driver's view. Even if a driver has stopped to let you cross the street, don't blindly accept the driver's offer because there may be another vehicle in the next lane overtaking the stopped vehicle. The second driver may not be able to see you because of the stopped vehicle.
- **Hold your child's hand while crossing and model safe behavior.** Children up to age 10 should cross with an adult; they don't yet have the ability to be able to cross safely on their own.
- **Stop and look for traffic in all directions before crossing the street, and look back again in the direction of traffic before crossing.** It's important to look in all directions, even on a one-way street. You never know when drivers may be backing up or bicyclists riding against traffic.
- **Don't rely only on traffic signs and signals.** Assuming that a signal will stop traffic puts you at risk. You must look for traffic even if you are in a crosswalk and you are crossing with the walk signal. A driver who does not see or pay attention to a sign or signal may also not be paying enough attention to see you.

Please join us in our efforts to keep New York City children safer.

Current Safe Kids New York City members include:

AAA New York
 Health Plus Amerigroup
 Bellevue Hospital Center
 Bike New York
 Brookdale Hospital Medical Center
 Elmhurst Hospital Center
 FedEx
 Jacobi Medical Center
 Jamaica Hospital Medical Center
 Kings County Hospital Center
 Lincoln Hospital Center
 Lutheran Medical Center
 Millennium Development Corporation
 Montefiore Children's Hospital
 Morris Heights Health Center
 New York Public Library
 NY-Presbyterian Hospital
 NYC Administration for Children's Services
 NYC Department for the Aging
 NYC Department of Education
 NYC Department of Health & Mental Hygiene
 NYC Department of Transportation
 NYC Fire Department
 NYC Health and Hospitals Corporation
 NYC Poison Control Center
 NYC Police Department
 NYC Police Museum
 North Shore/LIJ Lenox Hill Hospital
 North Shore/LIJ Staten Island University Hospital
 Richmond University Medical Center
 Roosevelt Island Public Safety
 St. Barnabas Hospital
 US Consumer Products Safety Commission

Call 212-839-4750 for more information

Tips for Choosing a Safe Daycare Provider

By Melissa Fiore Lippiello, Esq., Safety Liaison, ACS Office of Safety First

As summer fades into the past and autumn brings its own schedule of demands, many parents find themselves facing the task of finding good child care. If you're a New York City parent seeking center-based or family daycare, there are many different types of programs to choose from, depending on your child's age, needs, and location. Be sure to start your search as far in advance as you can because finding the right setting and provider may take some time, and quality providers often have long waiting lists.

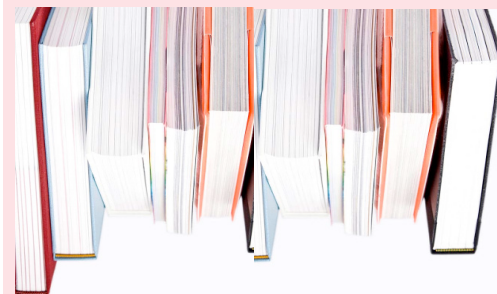
Once you've selected the type of program that works best for you and your child, it's important to visit and carefully screen possible providers for key indicators of quality:

- **Health and Safety:** although licensed providers in New York City are regulated by state and city health laws and inspected for health and safety standards by the Department of Health and Mental Hygiene, be sure to make your own observations of the safety of the environment. Look for clean and safe areas free from potential hazards and too much clutter. Ask about fire drills, emergency plans, and security measures when it comes to strangers. Ask to see the provider's license and any investigative reports from the past three years.
- **Caregiver Professionalism and Communication:** ask about the experience and education of the caregivers, as those with degrees and special training in working with children will be best able to help your child learn. Find out how long staff members have worked at the center/home, and about their turnover rate (caregivers that come and go make it hard on your child). Make observations that inform you about the caregiver's respect for the cultural, ethnic, religious, and lifestyle diversity of the families s/he serves. Find out if the caregiver communicates regularly with parents about their children's progress and experiences in child care.

- **Environment and Atmosphere:** observe whether the children appear happy, and if there is a variety of age-appropriate activities for them to engage in. Ask the provider about the type of learning environment they provide, if the children watch TV or videos, go outdoors or on field trips, and what a typical daily schedule looks like. Find out if there are enough adults to care for your child and what the provider's "adult to child ratio" is (the fewer children to each adult, the better for your child).
- **Child-Caregiver Relationship:** observe how the caregiver talks and interacts with children, and try to notice if those interactions reflect a respect for and an understanding of child behavior, and whether or not they align with your own philosophy about child-rearing. Make sure you are comfortable with the way the staff disciplines and resolves conflicts between children.

Ask for references, and feel free to discretely speak with parents on-site about their own experiences with the provider. In addition to your own observations at on-site visits, you can locate a permitted child care center in your neighborhood and review its history of inspections by visiting the New York City Department of Health and Mental Hygiene's website: <http://www.nyc.gov/html/doh/html/dc/dc-parents.shtml>. There you can also find additional advice about childcare choices, as well as resources to contact about child care financial assistance programs.

From phone calls and online research, to thorough face-to-face interviews of caretakers and multiple visits to child care centers, proper time, attention and legwork should be devoted to ensuring you have found a safe and positive environment for your child. Remember that good child care promotes healthy child growth and development.



The Book Corner

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

Denise Fleming is without a doubt one of my favorite children's authors. Denise uses colored pulp paper and stencils to create wonderfully rich illustrations. Her books are fantastic for reading aloud to the group or one-on-one. Visit your local library and check out some of these titles.

Barnyard Banter

Beetle Bop

The Cow Who Clucked

The Everything Book

In the Tall, Tall Grass

Lunch

Mama Cat has Three Kittens

Shout! Shout It Out!

Time to Sleep

Underground



Denise also has a great website at www.denisefleming.com.

Prevent Carbon Monoxide Poisoning

Lauren Schwartz,, NYC Poison Control Center

Odorless and colorless, carbon monoxide (CO) is a deadly gas produced by the incomplete burning of fuel. According to the CDC, each year more than 500 deaths result from unintentional CO poisoning and thousands are seen in emergency departments to be treated for CO poisoning. Although everyone is at risk, CO poisoning is the most dangerous for pregnant women, infants, older adults and people with health problems. Common sources of CO poisoning in the home include: heating systems that are not working properly, gas stoves used for heat, generators, clogged or dirty chimneys and cars running in an enclosed space.

The symptoms of CO poisoning are often similar to the flu (but without fever) and can easily be misdiagnosed. They include headache, nausea, dizziness, sleepiness and trouble breathing. To prevent CO poisoning, be sure that a CO detector is installed in the sleeping areas of the home. NYC law requires landlords to provide CO detectors in most residences but the occupant is responsible for maintaining them. Most CO detectors have a life span of approximately 5 - 7 years and will need to be replaced.

Remember to change the batteries in the CO detector twice a year—at the same time that you change the clocks in the fall and spring. If the CO detector sounds, do not ignore the alarm. Open all windows, leave the area, and call the Fire Department and your local gas company. If you are experiencing any serious symptoms of CO poisoning, call 911 right away. Call the NYC Poison Control Center at 1-800-222-1222 or 212-POISONS (212-764-7667) for further instructions. The registered pharmacists and nurses at the NYC Poison Control Center provide information and treatment advice about poisons inside and outside the home 24 hours a day/7 days a week. All calls are free of charge and confidential. Translator services are provided in more than 150 languages. Free educational materials are available in English, Spanish, Chinese, Creole and Russian. For more information, please download the brochure, You Can Prevent Carbon Monoxide Poisoning at the following link <http://www.nyc.gov/html/doh/downloads/pdf/poison/poison-brochure-CO.pdf>



To Prevent CO Poisoning:

- Be sure to have all chimneys and heating systems checked each year by a professional
- Never use the stove or oven to heat the home
- Never run a car in a garage or against a snow bank
- Never use a charcoal grill in your home, a garage or tent
- Install battery-back up CO detectors in the sleeping areas of the home
- Save the number for the NYC Poison Control Center in your cell phone 1-800-222-1222

Keep concentrated packets of laundry detergent locked up and out of reach of kids!

Liquid laundry packets are colorful and may be attractive to children; they are soft and fun-looking and may look like toys, candy or teething items. Poison Centers across the country have received calls involving ingestion of these products by children. These products can result in illness if ingested. Children have been hospitalized from ingesting the product due to loss of consciousness, excessive vomiting, drowsiness, throat swelling, and difficulty breathing (requiring intubation). Eye contact with detergent from ruptured packets has also resulted in medical treatment for severe irritation and temporary vision loss due to ocular burns. Because these packets dissolve quickly and release highly concentrated toxic chemicals when contacted with water, wet hands, or saliva, all consumers are strongly urged to always handle laundry packets carefully and with dry hands.

The Consumer Product Safety Commission recommends three safety steps to prevent unintentional injuries from single use laundry packets:

1. Do NOT let children handle laundry packets
2. Keep the liquid laundry packets sealed in their original packaging, and make sure they are locked up and out of a child's sight and reach
3. If swallowed or exposed to the eye, call the Poison Center immediately at 1-800-222-1222.

Call the Poison Center anytime you think a child has been exposed to any potential poison. For more information about these products and to download a fact sheet in English, Spanish or Chinese, click on the link at <http://www.nyc.gov/html/doh/html/poison/poison.shtml>

(Source: American Association of Poison Control Centers, US CPSC)



Is Your Home Electrically Safe?

Fire Department of New York, Fire Safety Education, "Winter & Holiday Fire Safety" Newsletter

The winter season brings about many changes in your home. The heating system kicks on and you prepare for the holidays by decorating and cooking holiday feasts. The winter and holiday season is also the fire season. More than one-third of home fires occur during the months of December, January and February. Most fires and injuries are preventable by taking precautions that can make the difference between a happy and safe holiday or a holiday tragedy.

FIRE REMAINS THE MAJOR CAUSE OF DEATH IN THE HOME, WITH YOUNG CHILDREN AND OLDER ADULTS MOST OFTEN THE VICTIMS.

Worn, damaged or improperly used electrical cords cause most home electrical fires. Take a few minutes this season to inspect the condition of your electrical cords, extension cords, plugs and outlets to make your home as safe as possible.



- Do all the electrical appliances and cords have the Underwriters Laboratories (UL) Mark?
- Are cords out from beneath furniture and rugs or carpeting?
- Do extension cords carry more than their proper load?
- Are any outlets or switches unusually warm or hot to the touch?
- Do all outlets and switches have cover plates?
- Is any cover plate discolored? (Discoloration could indicate that the wiring behind the plate is overheating.)
- Do all electrical plugs fit snugly into their outlets?
- Are any outlets overloaded with more than two appliances?
- Remember, extension cords are for temporary use only and not to be used as a permanent extension of a home's wiring system.

HOLIDAY TIPS!

- Carefully inspect new and used holiday lights for cracked or frayed wires.
- Do not use broken bulbs on Christmas trees.
- Do not use electric lights on metallic trees. (Use remote spot or reflective lights.)
- Do not use lighted candles or other flaming devices on or near your tree.
- Whenever possible, use decorations made with flame-resistant, flame-retardant or non-combustible materials.
- Unplug the tree lights when out of the room and before going to sleep.

Does Your Tween's Seat Belt Fit Right?

Marjorie Marciano, NYC Department of Transportation, Safety Education and Outreach

It's important that our older children and teens wear their seat belts correctly to ensure that they work most effectively to reduce the risk of injury. One way seat belts prevent injuries is by spreading the force of the crash over sturdy parts of the body, like the shoulder, collarbone, upper thighs and hips.



Here's how a seat belt should be worn. Check to see that your tweens and teens are wearing their seat belts correctly:

- The shoulder belt needs to go across the center of the shoulder – never behind the back or under the arm
- One seat belt per person! Sharing seat belts is risky. Make a plan with your child to come get them if s/he is offered a ride in a car where there aren't enough seat belts for every passengers
- Unused seat belts also can pose a danger of entanglement, like any type of cord. Let your children know they shouldn't play with unused seat belts

Toy Safety Tips for Winter Fun

Paula Gannon, NYC Department of Transportation, Safety Education and Outreach Division

A new report released by the US Consumer Product Safety Commission (CPSC) in November estimated that over 190,000 toy-related emergency department visits by children younger than 15 years of age occurred in 2011. Many of the incidents were associated with, but not necessarily caused by, a toy. For children younger than 15-years-old, non-motorized scooters continue to be the category of toys associated with the most injuries.

Dangers were also cited in association with high-powered magnets (aka, rare earth magnets) that can be swallowed and are currently prohibited in toys for children younger than age 14. Commonly known as “Buckyballs”, the magnet sets are marketed as desk toys and stress relievers for adults who use them to build shapes, and are sold in sets of 200 tiny magnets. Individual magnets can easily roll loose and find their way to the floor and into the hands and mouths of toddlers.

Based on the number of incidents involving young children accessing magnets intended for adults, as well as the growing number of teenagers misusing the product, CPSC has taken the extraordinary action of filing an administrative lawsuit to take these magnets off the market entirely. (<http://www.cpsc.gov/info/magnets/index.html>).

CPSC offers the following tips to avoid magnet ingestion injuries and advice on what to do if you suspect your child has swallowed magnets:

- Keep small magnets away from young children who might swallow them.
- Look out for loose magnet pieces – and regularly inspect toys and children’s play areas for missing or dislodged magnets.
- If you suspect that magnets have been swallowed, seek medical attention immediately.
- Look for abdominal symptoms, such as abdominal pains, nausea, vomiting and diarrhea.
- Note that in x-rays multiple magnetic pieces may appear as a single object.



<http://www.cpsc.gov/nsn/toysafety12.pdf> [Play it Safe poster (English)]

<http://www.cpsc.gov/nsn/toysafety12sp.pdf>

[Play it Safe poster (Spanish)]

Here are some safety tips that consumers should keep in mind this holiday season:

- Balloons - Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than 8-years-old. Discard broken balloons immediately.
- Small balls and other toys with small parts - For children younger than age 3, avoid toys with small parts, which can cause choking.
- Scooters and other riding toys - Riding toys, skateboards, and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times, and they should be sized to fit.
- Magnets - High powered magnet sets are dangerous and should be kept away from children under 14. Building & play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before they become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

Two-year-old Braylon Jordan swallowed eight magnets and spent two months in the New Orleans Children’s Hospital’s ICU. Much of his small intestines had to be removed. As of August 2012, Braylon could not eat anything through his mouth and was taking nourishment through a tunnel catheter in his chest. And he has to wear a colostomy bag day and night that collects his waste. He’s had six surgeries during the two months he was in intensive care, was sedated completely for three weeks and developed and infection of his bloodstream. Dr. Adam Noel of Louisiana State University Health Sciences Center, a GI, was one of Braylon’s surgeons. He explained the danger this way: “The compression of your tissue between the two magnets will cause a hole, and that hole occurs, we call that a perforation and this can be a very serious complication.”

The Recipe for Safe Holiday Cooking

By Ann Marie McDonald, St. Barnabas Hospital

The holiday season is a time of good cheer and family festivities, with lots of cooking and entertaining thrown in. The kitchen, always a favorite place for everyone to gather, is one of the busiest rooms in any household during the holiday season.

With all the hustle and bustle of the holiday festivities, things get hectic and people can become distracted, tired and rushed, setting the scene for accidents and injuries. But we can prevent accidents and injuries by taking a few easy steps can help us get ready for a safer holiday. First, we want to be aware of potential risks, like fires, burns, slips and falls, and child injuries. We can reduce these risks and injuries by remembering some simple safety tips that will help keep us and our children out of harm's way:

Prevent Fires

- Cooking fires are the #1 cause of home fires and injuries, and most fires in the home involve the stovetop.
- If you must leave the kitchen after you've started to cook, turn the stove, toaster oven, or grilling machine off. Do not leave the stove unattended
- Stay in the kitchen when cooking, especially if you are frying, grilling or broiling food
- Use a timer if you are baking, roasting or boiling and frequently check the food while cooking.
- Keep the cooking area clean; do not let grease build up
- Keep anything that may catch fire, including dishtowels, paper towels, oven mitts, and curtains, away from the stove.

Prevent Burns

- Wear the right clothing – do not wear anything loose, roll up your sleeves and tuck your shirt in
- Cook on the back burners
- Turn pot handles to the back of the range to prevent small children from grabbing them
- Keep any hot items away from the edge of the counter top

Slips and Falls

- Keep utensils and supplies that are used a lot within reach
- Clean up any spills immediately
- Wear correct rubber sole footwear in the kitchen to prevent you from slipping
- Remove any throw rugs or mats from the floor to prevent you from tripping

Child Injuries

- Young children are at high risk of being burned by hot food and liquids. Create a 3 foot "child free zone" around the stove, either verbally or by marking it off on the floor with tape
- Keep a close eye on children at all times if they are in the kitchen
- Never hold a child while cooking or carrying hot food or drinks
- Avoid using tablecloths and placemats if you have very young children at home. They can pull on the cloth or placemat and cause hot food to fall off and burn them

If you do have a cooking fire, follow these steps:

1. In case of an oven fire, keep the oven door closed and turn off the heat
2. Keep a lid nearby to cover small grease fires. Turn off stove and keep the pot covered
3. Get out of the kitchen
4. Close doors behind you
5. **Call 9-1-1**

The turkey is roasting, the sauce is simmering and the pie is baking. Remember to always add the one ingredient that all kitchens must have during the holiday season..... **SAFETY.**

Resources for more information:

www.nfpa.org

www.usa.safekids.org



The Pregnant Woman's Guide to Buckling Up

Parents Central, National Highway Traffic Safety Administration, www.safercar.gov/parents

Congratulations! You're pregnant, and you want to know if you should buckle up during your pregnancy – even when you're far along in your term. The answer is a resounding yes.

Buckling up is the single most effective action you can take to protect yourself and your unborn child in a crash.

During a crash, being buckled up helps keep you safe inside your vehicle. If you ride unbuckled, you could be thrown out of your car or collide with other passengers. Seat belts are also the best defense against impaired, aggressive, and distracted drivers.

What about the air bag?

Air bags are designed to work with seat belts, not replace them. In fact, if you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag, and a movement of such force could injure or even kill you. Also, if you're not buckled up, you could collide with other passengers or be ejected from the vehicle. [See www.safercar.gov for more on air bag safety]

How to ride safely:

Driver:

- Move your seat back as far as possible
- Make sure you can comfortably reach the pedals
- Keep at least 10 inches between the center of your chest and the steering wheel—throughout your pregnancy

Passenger:

- If possible, sit in the back seat; it's safer there

If sitting in the front seat, move the seat back as far as possible

Seat belt

Secure the lap belt below your belly so that it fits snugly across your hips and pelvic bone. Place the shoulder belt across your chest (between your breasts) and away from your neck. **NEVER place the shoulder belt under your arm or behind your back.**

General Reminder

Install your car seat at least 3 weeks before your due date and get it checked by a local certified car seat technician. Call 311 or go to www.nyc.gov/dot to find a car seat inspection station near you.



Safe Kids for Sandy's Kids

After learning about the extent of the storm's devastation in communities around the city, Safe Kids members began to talk about what we could do as a coalition to help storm victims. Working with Staten Island University Hospital, Safe Kids New York City and the Safety Education and Outreach Division of the NYC Department of Transportation put together an event for families in Staten Island who had lost their car seats as the storm flooded their homes, garages and cars. Many families felt trapped in shelters, hotels and other locations because they were unable to travel safely with their children.

Eric Cohen, the Trauma Coordinator at Staten Island University Hospital, organized events on November 17th at both the north and south hospital sites where families would receive new convertible car seats and booster seats. Certified car seat technicians from DOT worked with each family to show them how to correctly install and use their seats. Our technicians were worn out after demonstrating installation and correct use of 50 convertible car seats and 20 boosters, but worn out in a very satisfied way. We were all glad to have been able to help these families who have lost so much to at least be able to travel safely with their children.

