

# HOME ENVIRONMENT:

## Is your home child safe?

1. Do you use the child safety caps on your prescription medicines?  
\_\_\_yes\_\_\_no

Although nothing is completely childproof, child resistant closures (often called child safety caps) have been shown to greatly reduce the number of child poisonings.

2. Do you have a working smoke detector? \_\_\_yes\_\_\_no

Early warning devices such as smoke detectors can alert residents in case of a fire and help keep the fatality rate from residential fires down.

3. Have you turned your hot water heater down to 120 degrees F?  
\_\_\_yes\_\_\_no

26,000 homes in Alabama have tap water that is too hot. Water that is 150 degrees F can cause a third degree burn in only two seconds. It would take at least five minutes of contact with 120 degree F water before any burn occurs.

4. Do you buckle up safely on every trip by using car seats, boosters or safety belts properly? \_\_\_yes\_\_\_no

Using car seats, boosters and safety belts can save lives. 82 percent of the parents in Alabama do not properly buckle up their children.

5. Do you have the Poison Information Center phone number on your phone or posted near every phone in your house? \_\_\_yes\_\_\_no

The Poison Center is available to you 24 hours a day at 1 (800) 222-1222.

6. Is there a soft surface under your child's playground equipment?  
\_\_\_yes\_\_\_no

Pebbles, mulch or manufactured soft surfaces can reduce the chance of injury but nothing can take the place of direct adult supervision.

# Common Injury Types by Age

## INFANTS (BIRTH TO ONE YEAR)

Infants are at a high risk of choking and all caregivers should learn CPR.

- SAFE SLEEP
  - ABCs of safe sleep:
    - Alone: infants should be in their OWN bed
    - Back: infants should sleep on their backs
    - Crib: cribs should have only a fitted sheet in them (no toys, blankets, etc)
- CHOKING
  - Children can choke on small detachable parts of toys (frequently of an older child's toy, pins, buttons, beads, etc).
  - Plastic bags can suffocate a child and should be kept away.
- MOTOR VEHICLE CRASHES
  - Children should ride in a rear facing car seat in the back seat away from airbags. For more details see pg. 5.
- FIREARMS
  - Firearms should be kept LOCKED, UNLOADED with ammunition stored and locked separately

## PRESCHOOL (AGES 1-5)

Injuries are the leading cause of death in preschoolers, causing more death and disability than all the contagious diseases combined. The preschooler is the great explorer – curious, impulsive, independent, fearless and fast.

- DROWNING
  - Children should always be supervised near or around water. A home pool, it should have a 4 sided fence with a latched gate.
- MOTOR VEHICLE CRASHES
  - Children should ride in rear facing car seats until they reach the limit. Once forward facing, keep them in a harness as long as they are within the limits of the car seat. For more details see pg. 5.
- POISONING
  - Preschoolers love to touch and taste so the risk of poison injury is higher in this age group.
- CHOKING
  - Hotdogs, peanuts, popcorn and hard candy often cause choking in this age group.
- BURN INJURIES
  - Scald injuries are common for this age mostly from food or liquids.

- FIREARMS
  - Firearms should be kept LOCKED, UNLOADED with ammunition stored and locked separately

## **ELEMENTARY (Age 6-12)**

- MOTOR VEHICLE SAFETY
  - Children should ride in the back until they are 13 years of age.
  - Children need to be in booster seats until the lap and shoulder belt fit them properly to prevent injury in a crash. Lap only belts have caused severe injury to children and should be avoided when possible.
  - An alarming number of this age group are hurt on All Terrain Vehicles (called ATVs, 3 wheelers and 4 wheelers). American Academy of Pediatrics recommends no child under 16 use ATVs because they lack sufficient strength, coordination and judgment to operate them safely.
- PEDESTRIAN
  - Children under 10 should not be allowed to cross the street alone.
  - Children need to be taught the rules of the road before being allowed to ride on paved roadways.
  - Bicyclist must wear a helmet at ALL times.
  - Helmets protect a child's head and brain any time they are on wheels – skateboarding, skating, hoverboards, scooters, etc.
- BURNS
  - Children need supervision while in the kitchen (microwaves, stove, etc)
- DROWNING
  - Swimming lessons are very important. Close adult supervision while near or around any water is still a must.
- CHOKING
  - Latex balloons are a serious cause of choking and should not be used around children. Mylar balloons are a safer option.
- FIREARMS
  - Firearms should be kept LOCKED, UNLOADED with ammunition stored and locked separately
- SELF INFLICTED HARM
  - Strangulation, ingestion and shooting do occur in the pediatric age group. For more details see pg. 7.

## **TEENAGERS (AGES 13-19)**

- **MOTOR VEHICLE CRASHES**
  - Leading cause of teens needing hospitalization due to injuries.  
Be aware of the state Graduated Drivers' License Laws  
[www.alea.gov/dps/driver-license/license-and-id-cards/graduated-driver-license](http://www.alea.gov/dps/driver-license/license-and-id-cards/graduated-driver-license)
- **FIREARMS**
  - Firearms should be kept LOCKED, UNLOADED with ammunition stored and locked separately
  - If your teen is dealing with behavioral health issues, it is recommended to temporarily remove all firearms from the house
- **DROWNING**
  - Drownings often occur in lakes and other bodies of water without adequate supervision or use of lifejackets.
- **BURNS**
  - Bonfires and burning trash are common injuries for teens.
- **POISONINGS**
  - Alcohol and drug abuse are common in this age group.
  - Poison and perscription medication ingestions are common methods for teen suicide attempts.
- **SPORTS INJURIES**
  - This is the most common non-fatal type of injury in teens with injuries including concussions and broken bones.
  - Please follow all safety recommendations for the sport

# WHAT YOU CAN DO TO PROTECT YOUR CHILD?

Read the following pages to see what **YOU** can do to protect your child against these threats to **YOUR** children!

## 1. MOTOR VEHICLE CRASHES

### Alabama Facts

In Alabama, motor vehicle crashes are one of the leading cause of death for children.

Car Seats decreases the risk of fatal injury by 71 percent among infants and 54 percent among toddlers. Booster seats reduce the risk of non fatal injuries by 45 percent among 4 to 8 year old children when compared to the seat belt alone.

Car seats and booster seats are often used incorrectly. One study found that almost 46 percent of observed child car seats and booster seats were misused. Misuse increases risk of death or injury.

Parents should check the instruction manual and the labels on car seat to find the weight and height limits. When a child is approaching one of those limits, it is time to start transitioning to the next stage.

### Alabama Child Restraint Law

Effective July 1, 2006, children are required to be properly buckled in the appropriate child restraint. This includes

**BIRTH to AGE 2 or 20 POUNDS\*\***

Infant only and convertible car seats in the rear facing position

**AGE 2 or 20# to AGE 5 or 40#**

Convertible car seats in the forward facing position or forward facing with harness car seats

**AGE 5 to 40# to AGE 6**

Booster seats

**Age 6 and up**

Seat belts

**\*\*NHTSA and AAP recommend All infants and toddlers should ride in a rear-facing car safety seat as long as possible, until they reach the highest weight or height allowed by the seat's manufacturer.**

Never place a rear facing infant or toddler in front of an active airbag. This can be deadly!

Select a car seat based on your child's age and size.

Children under 13 years of age should ride in the back seat.

For information regarding individual car seats and tips for what car seat may be best for your child, please go to:

[Healthychildren.org](http://Healthychildren.org) or  
[safekids.org](http://safekids.org) "Ultimate Car Seat Guide"

## 4 STEPS FOR CHILDREN

Protect your children by changing car seats as they grow:

Guidelines from the National Highway Traffic Safety Administration (NHTSA)

Visit the sites below for more detailed instructions about what type and when to change car seats.

[www.safekids.org](http://www.safekids.org) - click on the Ultimate Car Seat Guide

[www.nhtsa.gov](http://www.nhtsa.gov) - click on Information for Parents and Caregivers (bottom of page)

## NEED HELP WITH YOUR CAR SEAT?

Call 1-800-504-9768 to find a car seat inspection station close to you.

**OPEN: Monday thru Friday: 8:30 am -4:30 pm**

Please leave a message if no answer during business hours.



## 2. FALLS

- Most injuries in preschoolers from falls involve stairway and steps, while falls from furniture like beds, tables and chairs are common.
- Use only CPSC (Consumer Product Safety Commission) approved high chairs to prevent falls.
- Baby walkers do not help with early walking and can be dangerous around stairs.
- Use window and stairway guards to prevent serious falls in preschoolers.
- Never leave an infant unattended on changing table, bed or crib with the guard rail lowered.



## 3. CHOKING

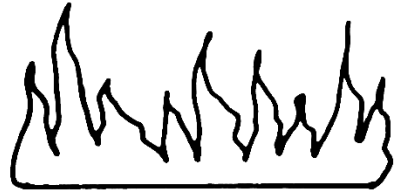
- Foreign objects sucked into the windpipe is a common injury death in infants.
- Beware of small detachable parts on toys; the government regulates size of infants' toys but not those of older brothers and sisters.
- Cut food into bite size pieces and encourage children to chew thoroughly. Playing, singing and other activities should not be allowed while eating.
- Keep coins, peanuts, latex balloons, beads, watch batteries, safety pins and baby powder away from infants and small children.
- Chewable medicine should only be used for children over 3 years of age.



- If your child chokes, do not blindly stick your finger down the throat for a foreign object; this may only force the object farther down the throat.
- LEARN CPR and make sure all caregivers know what to do for a choking victim.

#### **4. BURNS**

- Smoke detectors can save lives. Check them every month and change batteries twice a year when you change your clocks. There should be one on every level of your house and outside bedrooms.



- Teach children to STOP, DROP and ROLL if their clothes are on fire.
- Make and PRACTICE escape plans in case of a house fire. Teach children to crawl under the smoke.
- Almost half of fatal fires are started by cigarettes. Cigarette smoke is harmful for kids so smoke outside only if you must smoke.
- Keep cords of Crock-Pots and irons from hanging down in reach of a toddler. Keep handles of pots and pans turned inward on the stove and out of reach of little hands.
- Turn hot water temperature down to 120° F to prevent scald burns (30 seconds of 130° F water can cause a third degree burn).
- Store gasoline in well ventilated areas, out of sight and out of reach of curious toddlers. Gas fumes can travel along garage floors and be ignited by a pilot light from heating or hot water heaters.

#### **5. SELF INFLICTED HARM**

- Strangulation, ingestion, shooting and cutting does occur in the pediatric age group.

For more information or assistance call the Suicide prevention number:

**1-800-273-8255**

# POISON



## Checklist for Poison Proofing Your Home

### HOUSEHOLD

- Household products such as detergents, drain cleaners and dish washing compounds from under the sink.
- No medicines on counters or open areas, refrigerator top or windowsills.
- All cleaners, household products and medications out of reach.
- All cleaners, household products and medications in original, safety-top containers.
- Child safety latches on all drawers or cabinets with harmful products.

### BATHROOM

- Medicine chest cleaned out regularly.
- Old medicines flushed down toilet or participate with local drug take-back program.
- All medicines in original safety-top containers.
- All medicines, sprays, powders, cosmetics, fingernail preparations, hair care products and mouthwash, etc., out of reach.

### BEDROOM

- No medicines in or on dresser or bedside table.
- All perfumes, cosmetics, powders and sachets out of reach.

### LAUNDRY AREA

- All bleaches, soaps, detergents, fabric softeners, bluing agents and sprays out of reach.
- All products in original containers.
- All products out of reach.

### GARAGE/ BASEMENT

- Insect spray and weed killers in locked area.
- Gasoline and car products in locked area.
- Turpentine, paints and paint products in locked area.
- Chemicals in the original containers.

### GENERAL HOUSEHOLD

- Alcoholic beverages out of reach.
- Ashtrays empty and out of reach.
- Plants out of reach.
- Paint in good repair.
- All household and personal products out of reach.

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## Poison Center

NATIONWIDE, STATEWIDE and LOCAL  
CALL TOLL-FREE

1 (800) 222-1222

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# Poison Prevention

Thousands of children are unintentionally poisoned each year. Any non-food item is a potential poison. Many of these children die from swallowing medicines, polishes, insecticides, antifreeze, drain cleaners, plants and other household and garage products. It is the responsibility of every adult to make sure that children are not exposed to potentially toxic substances.



Follow these rules against poison so that you can do your part in preventing unintentional poisonings in your home:

1. Request “safety-lock” tops on all prescription drugs.
2. Keep household cleaners, bug sprays, medicines and garage products out of reach and out of sight from your child. Lock these products up whenever possible.
3. Never store food and household cleaners together.
4. Always store medicines in their original containers and throw out medicines no longer in use (Contact your poison center for medication disposal or participate with local drug take-back program.).
5. Do not take medicines in front of your child because children love to imitate “Mommy” and “Daddy.”
6. Never call medicine “candy.”
7. Read the label before taking medicine. Never take medicine which is not labeled for you or is not labeled at all. Never take medicine in the dark.
8. If you are interrupted while using a medicine or household product, take it with you. It only takes a few seconds for your child to get into it.
9. Anticipate what your child will do. For example, if you have a crawling infant, keep household products stored above the floor level, not beneath the kitchen sink.
10. Be alert for repeat poisoning. A child who has swallowed a poison is more likely than not to attempt it again within a year.
11. Keep the phone number of your doctor, Poison Center, hospital and police near the telephone. Contact the Poison Center at 1-800-222-1222

## Nontoxic or Not Poisonous Plants

African violet (Saint Paulia)	Nandina
Aluminum plant (Pilea)	Norfolk pine
Bloodleaf plant (Iresine)	Palm
Christmas cactus	Patient Lucy (Impatiens)
Coleus	Prayer plant (Leuconea)
Corn plant (Dracaena)	Primula
Dusty miller (Cineraria)	Purple passion
Devil's walking stick (Aralia)	Schefflera
Gardenia	Snake plant (Sansevieria)
Hibiscus	Spider plant (Chlorophytum)
Jade plant (Crassula)	Swedish ivy (Plectranthus)
Kalanchoe	Umbrella plant (Schefflera)
Lady's slipper (Calceolaria)	Velvet plant, Purple passion plant (Gynura)
Monkey grass (Liriope)	Wandering Jew, Inch plant (Tradescantia)

## Toxic or Poisonous Plants

Common Name	Botanical Name	Poisonous Part(s)
Aloe .....	Aloe vera .....	all parts
Asparagus.....	Asparagus officinalis .....	uncooked young shoots
Azalea.....	Rhododendron species .....	all parts
Bitter sweet.....	Solanum dulcamara .....	leaves and fruit
Black locust .....	Robinia pseudoacacia .....	seeds, bark, foliage
Boxplant.....	Buxus sempervirens.....	leaves, stems
Buckthorn .....	Rhamnus cathartica .....	fruit, leaves, bark
Calamondim orange .....	Citrofortunella mitis.....	fruit peels, thorns
Castor.....	Ricinus.....	seeds
Chinaberry .....	Melia azedarach .....	berries
Chokecherry .....	Prunus virginiana.....	seed or pit
Cotoneaster .....	Cotoneaster.....	fruit, berries
Crocus .....	Colchicum autumnale.....	all parts, especially bulb
Cyclamen.....	Cyclamen species .....	tuber, root
Daffodil .....	Narcissus species .....	all parts, especially bulbs
Deadly nightshade.....	Atropa belladonna .....	all parts
Dogbane .....	Apocynum cannabinum.....	all parts
Dumbcane .....	Dieffenbachia species .....	all parts
Elderberry .....	Sambucus species .....	leaves, shoots, bark
Elephant ear .....	Xanthosoma species .....	all parts
Engleman ivy (Virginia creeper) .....	Parthenocissus quinquefolia .....	berries
Eyebane .....	Euphorbia maculata .....	all parts
Four o'clock .....	Mirabilis jalapa.....	root, seeds
Foxglove.....	Digitalis purpurea .....	all parts

Ground ivy.....	Glechoma hederacea.....	all parts
Holly.....	Ilex aquifolium.....	leaves, berries
Horsechestnut-buckeye.....	Aesculus species.....	flowers, sprouts, nuts
Hyacinth.....	Hyacinthus orientalis.....	bulb
Hydrangea.....	Hydrangea species.....	leaves, buds
Iris.....	Iris species.....	bulbs, stems, leaves
Jequirity bean.....	Abrus precatorius.....	bean, if chewed
Jerusalem cherry.....	Solanum pseudocapsicum.....	all parts
Jimson weed.....	Datura stramonium.....	all parts
Juniper.....	Juniperus.....	all parts
Kentucky coffee tree.....	Gymnocladus dioicus.....	seeds
Larkspur.....	Delphinium species.....	all parts, especially young plants
Lily of the valley.....	Convallaria majalis.....	all parts
Mistletoe.....	Phoradendron flavescens.....	all parts, especially berries
Mushrooms.....	many types.....	all parts
Night blooming jessamine.....	Cestrum nocturnum.....	all parts, especially berries
Nightshade.....	Solanum species.....	leaves, berries, green fruit
Oak.....	Quercus species.....	raw acorns, young shoots
Oleander.....	Nerium oleander.....	all parts, especially seeds
Philodendron.....	Philodendron.....	all parts
Poison hemlock.....	Conium maculatum.....	all parts, especially roots
Poison ivy.....	Toxicodendron radicans.....	sap from all parts
Poison sumac.....	Rhus vernix.....	sap from all parts
Pokeweed.....	Phytolacca americana.....	all parts
Snow on the mountain.....	Euphorbia marginata.....	all parts
Sumac, poison.....	Rhus vernix.....	leaves, fruit
Tomato.....	Solanum lycopersicum.....	leaves
Tulip, blue.....	Tulipa genus.....	whole plant, especially bulbs
Water hemlock.....	Cicuta douglasii.....	all parts, especially roots
Yews.....	Taxus species.....	all parts

This list is a collection of common toxic plants. It is not a list of all poisonous plants. CALL THE ALABAMA POISON INFORMATION CENTER, CHILDREN'S OF ALABAMA RIGHT AWAY IF ANY ARE EATEN.

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## Poison Center

NATIONWIDE, STATEWIDE and LOCAL  
CALL TOLL-FREE

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## Safety Tips for ATV Riders

# S.T.A.R.

1. Always wear your helmet
2. One person at a time
3. Ride the right size machine
4. Always wear protective gear
5. Never ride on the road
6. Take a safety course
7. Tell someone where you are going
8. Respect private property
9. Never use alcohol or drugs
10. Always obey the rules



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