



Al Jalila Children's
Specialty Hospital

الجليلة للأطفال
المستشفى التخصصي

INJURY PREVENTION






MAKE YOUR HOME SAFE

- Avoid baby walkers
- Install smoke detectors throughout your home, at least one on every level and outside bedrooms. Check them monthly to be sure they are working.
- Use safety plugs in all unused electrical outlets so your child can't stick his finger or a toy into the holes, or , block access to them with furniture.
- Put carpet on your stairs.
- install safety gates at top and bottom of stairs. Avoid accordion style gates, which can trap an arm or a neck.
- Keep all houseplants out of reach, make sure they are not harmful.

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- Check your floors for small objects that a child might swallow, such as coins, buttons, beads, pins, and screws.
 - Use cushioned corner- and edge-protectors that stick onto the furniture.
 - Keep computers out of reach so that your child cannot pull them over on himself. Cords should be out of sight and reach.
 - Never put chairs, sofas, low tables, or anything else a child might climb on in front of a window.
 - Keep detergents and laundry cleaners out of reach of your children
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• Bathroom safety:

- + Don't leave a young child alone in the bath ,never leave water in the bathtub when it is not in use.
- + Install no-slip strips on the bottom of the bathtub. Put a cushioned cover over the water faucet so your child won't be hurt if he bumps his head against it. Close the lid of the toilet, and get a toilet lid lock.
- + Keep the hottest temperature at the faucet less than 120 degrees Fahrenheit (48.9 degrees Celsius) . teach your child to start the cold water before the hot.
- + Keep all medicines in containers with safety caps. store all medicines and cosmetics high and out of reach in a locked cabinet.



+ Store toothpaste, soaps, shampoos in a hard-to-reach cabinet equipped with a safety latch or locks.

• Backyard safety:

+ Assign a responsible person to supervise outdoor play.

+ Check your yard for dangerous plants.

+ Teach your child never to pick and eat anything from a plant, without your permission.

+ Don't allow children to play on a lawn treated with herbicides or pesticides for at least 48 hours

+ Don't use a power mower to cut the lawn



when young children are around

- + Never have your child on a riding mower even when you are driving. It is safest to keep young children indoors while the lawn is being mowed

ENSURE SAFETY PLAYING


- + Use helmets while biking and skating. choose the right size of bicycle
- + Swimming safety:
 - never leave children alone near open lakes or swimming pools, nor near water in homes (bathtubs, spas).
 - For backyard pools, use 4 sided fencing
 - learn CPR and keep a telephone and emergency equipment at poolside.
 - Use Life Jackets and Life Preservers

+ Try to avoid sun burns:

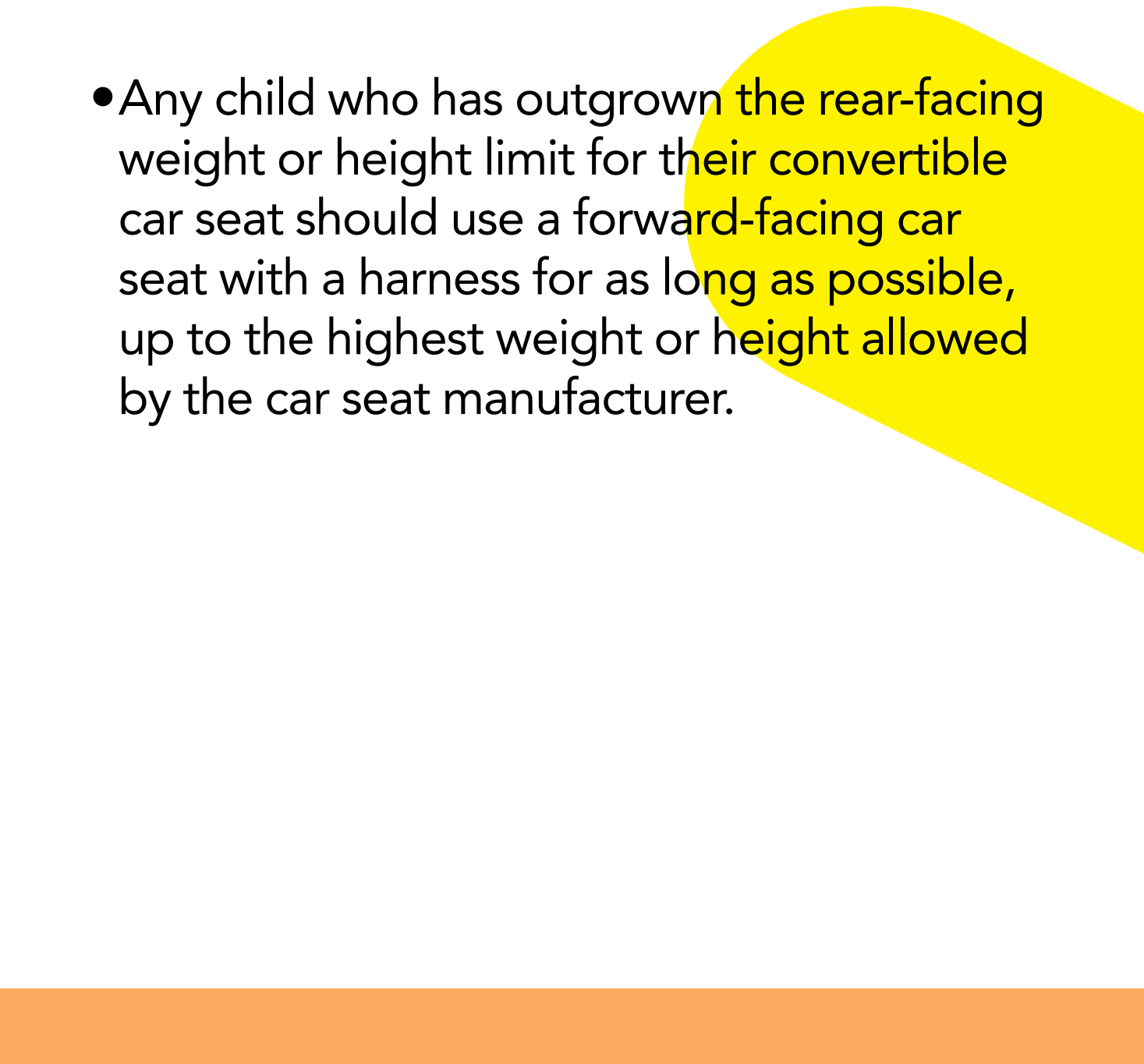
- Dress lightweight cotton pants, long-sleeved shirts, and hats.
- Limit your sun exposure between 10:00 am and 4:00 pm when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection. Use child-sized sunglasses with UV protection for your child.
- Use sunscreen.

ON THE ROAD SAFETY:

- + Drive responsibly (don't text and drive, don't drive under influence of alcohol)
- + Always place your child in a car seat



+ Make sure you are using the car seat correctly:

- All infants and toddlers should ride in a rear-facing car seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer.
 - Any child who has outgrown the rear-facing weight or height limit for their convertible car seat should use a forward-facing car seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.
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