California State Assembly

Bonnie Lowenthal

Assemblymember, 54th District

Dear Parents:

As a parent and grandmother, I know firsthand the challenges parents face every day trying to keep their children safe and healthy.

You may not know that unintentional injuries are the leading cause of death among children. Moreover, each year, one-in-four children will be injured badly enough to require a doctor's attention.

Fortunately, most of these injuries can be prevented. The following safety tips will help you to prevent childhood injuries and deaths.

If you would like to be kept up-to-date on safety legislation, please call my district office at (562) 495-2915.

Sincerely,

Bonnie Lowenthal
Assemblymember, 54th District

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TAKE ACTION!

1. Take a first aid and a CPR course.
2. Post emergency numbers next to your phone.
3. Install window guards and stairway safety gates to prevent falls.
4. Keep small objects out of children's reach.
5. Keep common household poisons out of sight and out of reach.
6. Keep all medicines in child-proof containers, and properly dispose of old prescriptions.
7. Replace automatic garage doors that do not reverse when lowered onto a person or object.
8. Never shake an infant or young child.
9. Cover all electrical outlets that are not in use.
10. Keep matches and lighters out of reach of young children.
11. Plan a fire escape route and practice it with your children.
12. Install smoke detectors and test them monthly. Replace batteries once a year.
13. Supervise children while in and near water.
14. Use vehicle safety belts and child safety seats.
15. Teach your children how to cross the street safely.
16. Require your child to wear a helmet whenever riding a bicycle, skateboard, roller blades, or a scooter.

Child Safety Tips

COURTESY OF

ASSEMBLYMEMBER BONNIE LOWENTHAL

WATER SAFETY

POOL AND WATER SAFETY:

- Safeguard children from swimming pools with gates, four-sided fencing and a child-proof lock.
- Install a phone outside or use a cordless phone, so it won't be necessary to leave your child unattended to answer a call.
- Don't allow children under five in a spa or hot tub. Children are more sensitive to stress from hot water temperatures.
- Don't swim during lightning or thunder storms.
- Never allow children to ride on toys with wheels of any kind around the pool area.
- Use only battery-powered radios and televisions by the pool, and keep electrical appliances away from tubs and sinks. To prevent shocks, install ground fault circuit interrupters in bathroom and kitchen outlets.

TRAFFIC SAFETY

AUTO AND ROAD SAFETY:

Automobile accidents are one of the biggest dangers to your child's life. By using child safety seats, most auto injuries and deaths can be prevented. Children must also be taught safety rules for the road. This is especially important once they begin to ride their bicycles.

- Be sure children use seat belts and also understand why they are essential for safety.
- Secure all infants and toddlers in child safety seats.
- Teach children not to grab the steering wheel, throw toys or play with door locks, handles or the windows.
- Cross the street with your children before letting them cross alone. Teach children to look both ways before crossing and to never run into the road after a toy, pet or ball.
- Never leave a child alone in a motor vehicle.

POISONINGS

CHILDREN UNDER FIVE ARE THE MOST FREQUENT VICTIMS OF POISONINGS:

- Most home poisonings are caused by common household items such as medicines, makeup, cleaning products and plants.
- Display the phone number of your local poison control center next to your phone.
- Keep common household poisons and medicines out of the sight and reach of children.

IF YOU SUSPECT A POISONING:

- Stay calm and keep the child calm.
- Look in the child's mouth. Remove any remaining pills, pieces of plant or other objects.
- Take the child and the poison to a phone. Call the poison control center or your doctor. Be prepared to give the child's age and weight and the product name and the amount swallowed.
- Never give the child anything without first calling 911 and a poison control center or doctor. Good intentions could cause more harm, as certain poisons require specific antidotes.

DID YOU KNOW...

- Young children can drown in less than two inches of water in a matter of seconds.
- Some children are burned because they believed that clothes protect them from flames.
- Drinking mouthwash could cause a young child to fall into an alcohol coma.
- A child can fall out of a window that is open only five inches.

FALLS

PREVENT FALLS FROM FURNITURE:

- Don't leave babies alone on beds, changing tables or sofas.
- Always strap children into highchairs and strollers.
- Set highchairs away from walls, tables and counters to prevent children from pushing themselves over.

PREVENT FALLS DOWN STAIRS:

- Keep stairs well lit and clear of clutter. Don't let children play on stairs.
- Use a safety gate at the top of stairs if there are infants and toddlers in your home. Use accordion gates with openings large enough to prevent trapping a child's neck.

PREVENT FALLS FROM WINDOWS:

- Don't rely on screens to prevent falls. Screens are made to keep bugs out, but they aren't strong enough to keep children in.
- Move chairs and other furniture away from windows to discourage young climbers.
- Install window guards, which are inexpensive and available at most hardware stores. However, don't put guards on windows that open onto fire escapes.
- Windows which open only 5 inches still pose a danger to children under the age of 10.

SCALDS & BURNS

PREVENT SCALDS IN THE KITCHEN:

- Keep hot foods and drinks away from the edge of tables and counters. Do not put them on a tablecloth that little hands can yank.
- If you are holding something hot, don't hold your child as well.
- When you cook, keep your child away from the stove. Turn pot handles toward the back of the stove. If possible, use rear burners.

PREVENT SCALDS IN THE BATHROOM:

- Always check the water temperature before placing your child in the tub. A child's skin is more sensitive to heat than an adult's.
- Supervise kids in the tub. Young children can turn the hot water on by themselves.

BICYCLE SAFETY

SAFETY ON WHEELS:

- California law requires that all children under the age of 18 wear a bicycle helmet when cycling.
- Wear bright clothing and avoid riding at dusk or at night.
- Make sure your child knows the rules of the road before they venture out to more populated roadways. Teach them to "stop, look and listen."
- Don't carry a baby on your bicycle.