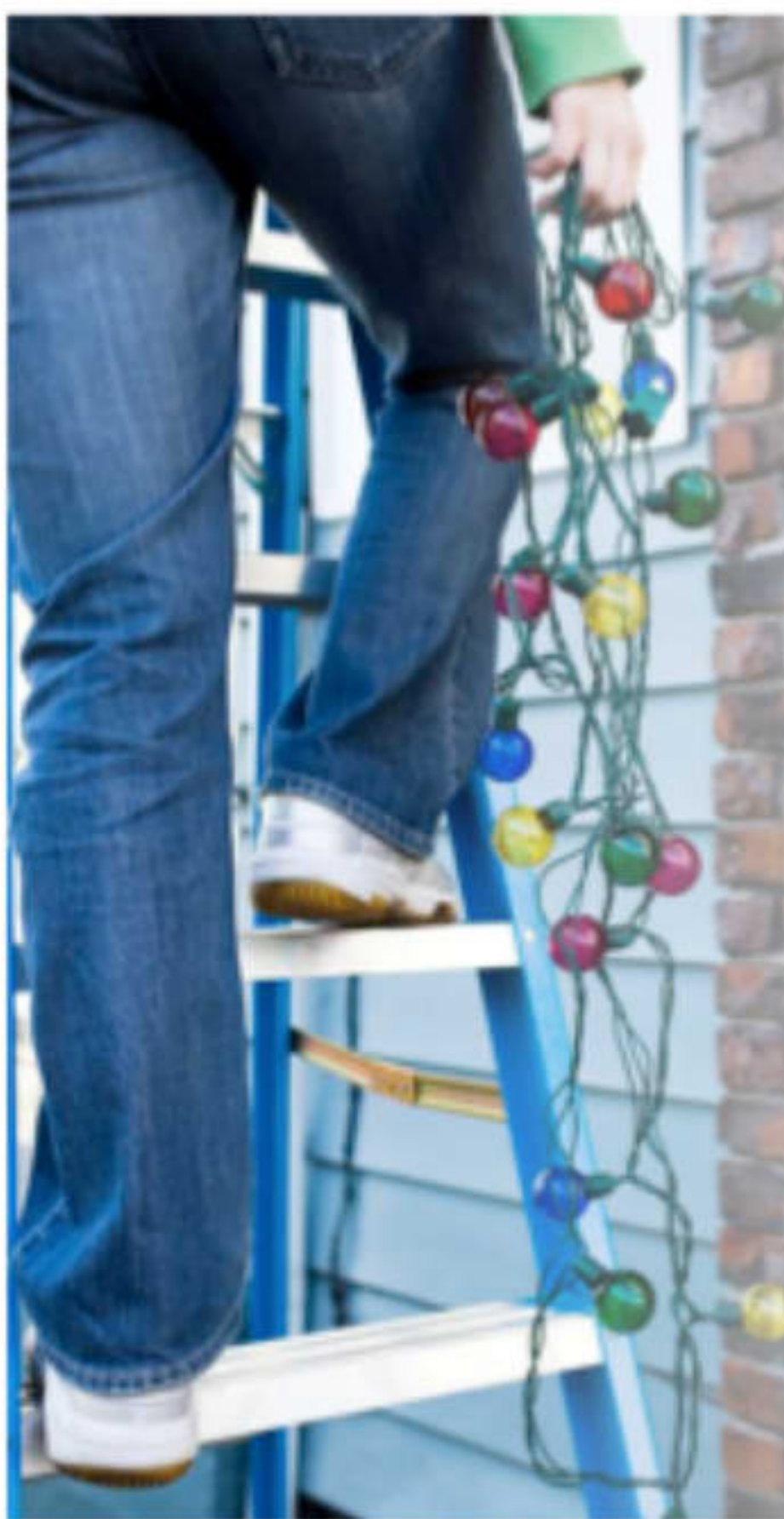


# Falls from Ladders

## PREVENTION

You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death. (OSHA.GOV)

### SAFETY TIPS



- 1) Position portable ladders so the side rails extend at least 3 feet above the landing
- 2) Secure side rails at the top to a rigid support and use a grab device when 3 foot extension is not possible
- 3) Make sure that the weight on the ladder will not cause it to slip off its support
- 4) Before each use, inspect ladders for cracked, broke, or defective parts
- 5) Do not apply more weight on the ladder than it is designed to support



# Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



## PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



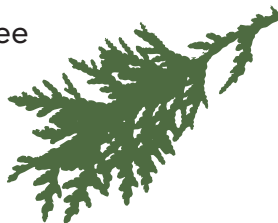
## PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



## LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



## After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

## FACTS

- ! **Almost one third** of home Christmas tree fires are caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes more than **one in every five** of the fires.



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



# CHRISTMAS TREE SAFETY

Each year, fire departments respond to an average of 210 structure fires caused by Christmas trees. Carefully decorating Christmas trees can help make your holidays safer. (nfpa.org)

## PICKING THE TREE

- If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire retardant.
- Choose a tree with fresh, green needles that do not fall off when touched.

## PLACING THE TREE

- Before placing the tree in the stand, cut 1" - 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

## LIGHTING THE TREE



- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

## AFTER CHRISTMAS



Get rid of the tree when it begins dropping needles. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.





## HALLOWEEN TIPS FOR CHILDREN

1. Have kids use glow sticks or flashlights to help them see and be seen by drivers
2. Children < 12 years shouldn't be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.
3. Popular trick-or-treat hours are 5:30 PM to 9:30 PM, so be especially alert for kids during these hours.
4. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic, as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
5. When selecting a costume, make sure it's the right size to prevent trips and falls.
6. Decorate costumes and bags with reflective tape or stickers, and if possible, choose light colors.
7. Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.
8. Choose face paint and makeup whenever possible, instead of masks, which can obstruct a child's vision.
9. Look for non-toxic designations when choosing Halloween makeup.
10. Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
11. Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.



12. Swords, knives, and similar costume accessories should be short, soft, and flexible





# **FIREWORK SAFETY TIPS**

- **Enjoy public fireworks rather than your own firework show**
- **Children under the age of 12 should not handle fireworks**
- **Sparklers burn at 1200°F – 2000°F, that's as hot as lava!!!**
- **Keep a good distance between people, pets, and lit fireworks**
- **Never light fireworks indoors**
- **Always keep a bucket of water ready**
- **Never relight or look into a firework that did not go-off**



# PROTECTING OUR FAMILIES

## Spring Poison Prevention Pointers

(NAPS)—It is important to keep safety in mind as you begin your spring cleaning and gardening. Many of the products used, such as garden chemicals, paint thinner, bleach and furniture polish, are poisonous. Almost anything can be a poison if it's used the wrong way, by the wrong person, or in the wrong amount. In case of a possible poisoning, call the Poison Help line at 1-800-222-1222 to talk to a poison expert.

You can also protect yourself and those around you by exercising a little caution. Here are some simple tips to help you clean safely:

- Keep household cleaning products and other chemicals in the containers they came in, and always store them away from food and out of the reach of children.

- Read and follow directions for use and disposal of cleaning products, and never mix chemicals, including household cleaners, or detergents.

- Turn on fans and open windows when using chemicals or household cleaners. Don't sniff containers to see what is inside.

- When spraying chemicals, direct the nozzle away from people and pets.

- Bug and weed killers can be taken in through the skin or inhaled and can be poisonous too. Even leather shoes and gloves do not offer full protection, so stay away from areas that have been sprayed for at least an hour.

- Wear protective clothing when using any spray products. If pesticides are splashed onto the skin, rinse with soap and running water. Wash your clothing after using chemicals too.

- Tell your children that they should ask a grown-up if they're not sure if something is danger-



**Cut this out and post it by your phone.**

ous. Tell them to stay away from things used to clean the house, clothes, or car.

- If you suspect someone has been poisoned call the Poison Help line right away at 1-800-222-1222, to talk to a poison expert. It doesn't have to be an "emergency" to call. No matter where you are in the U.S., the Poison Help line at 1-800-222-1222 will connect you to your local poison control center.

Poison centers are not just for parents of young children. They are for everyone who needs advice, including adults and health care providers.

Nurses, pharmacists, doctors and other experts specially trained in poisoning answer the phone 24 hours a day, 365 days a year. The call is free and confidential, and you can get help in 161 languages. Services are also available for the hearing impaired. Post the number by your home phone and program it into your cell phone for quick access.

Keep these tips in mind as you start your spring cleaning. If you would like to learn more about the Poison Help line at 1-800-222-1222, visit the Poison Help Web site at [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov) or [www.PoisonHelpEspañol.hrsa.gov](http://www.PoisonHelpEspañol.hrsa.gov).



# SAFETY SENSE

## Outdoor Summer Safety

(NAPS)—Summer is a great time to enjoy outdoor activities. So whether you're swimming, barbecuing, or dining outdoors the following tips will help ensure that you, your family, and friends enjoy every moment.

- Be sure everyone can identify dangerous plants such as poison oak, ivy and sumac. If someone touches one of these plants, rinse the area right away with soap and running water for at least five minutes.

- Never underestimate the power of an insect bite or sting. Insect stings may cause serious problems and even death for those with allergies. Go to a hospital right away if you develop hives after a sting, or have dizziness, breathing trouble or swelling around the eyes and mouth.

- Be sure to check the label on insect repellent. Select a product that is safe for the age of the user. Follow the directions for application on the label.

- Lighter fluid, gasoline, torch and lamp oils can be deadly if swallowed. Watch children closely at all times when these are being used.

- Use camp stoves, grills, and generators outside, never inside buildings or tents.

- Inhaling chlorine products can irritate the respiratory system. Homeowners who have swimming pools should store pool chemicals in a safe and secure place, out of children's reach.

- Always wash hands and counters before preparing food and clean utensils for cooking and serving. Additionally, make sure you wash hands, cutting boards, utensils and dishes with hot, soapy water after handling raw meat, poultry or seafood.



- Store, cook and reheat food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F and do not let food sit out at room temperature for more than two hours.

- Watch for signs of food poisoning including fever, headache, diarrhea, stomach pains, nausea and vomiting.

- Do not leave products containing alcohol where children can reach them. Alcohol can be dangerous to children, leading to respiratory depression, coma or even death. Signs that a child may have consumed alcohol include sleepiness.

Even with the best care and safeguards, accidents do happen. If you suspect a poisoning, don't wait to see what happens. Call the 24-hour Poison Help line at 1-800-222-1222 to reach your local poison control center. Poison control centers are staffed by nurses, pharmacists, doctors and other specially trained poison experts. Calls are free and confidential, and help is available in 161 languages. Services are also available for the hearing impaired. Post the number by your home phone and program it into your cell phone for quick access. If you would like to learn more about the Poison Help line, visit the Poison Help Web site at [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov).



# Firearm-Related Injury Prevention in Children

## Resource Page

The Southwest Texas Regional Advisory Council with the TSA-P Hospital and EMS Agency Medical Community has developed this resource to keep children safe - **Gun Injury Prevention for Children.**

### Information:

- Everyone in the community should be vigilant about gun safety.
- Parents should have conversations with their children regarding gun safety
  - Inform children if they find a gun to do 4 things:
    1. stop
    2. don't touch the gun
    3. leave the room
    4. tell an adult
  - Repeat gun injury prevention messages to children frequently, especially during summer and school breaks when kids may be spending more time away from home
  - Discuss movies, games, television versus real life events regarding injuries which can occur with guns
- Parents and caregivers should ask questions about gun availability before allowing their children to play or stay elsewhere. Are guns present? How are they stored? Gun owners should *'lock and unload'* when kids are present.

### Resources for Gun Injury Prevention

#### **Safe Kids**

[http://www.safekids.org/safetytips/field\\_risks/guns](http://www.safekids.org/safetytips/field_risks/guns)

#### **Children's Safety Network**

<http://www.childrenssafetynetwork.org/injurytopics/firearms>  
<http://www.childrenssafetynetwork.org/publications/firearm-factsheet-children>

#### **STRAC Website**

[www.strac.org](http://www.strac.org)





# CHILD ACCESS to FIREARMS in the US

**1 in 3** homes with children\* have firearms Schuster (2000)



**21 million** children\* live in homes with firearms Schuster (2000)



Schuster (2000) estimates:

**12.8 million children\* (61%)** live in homes with **locked** firearms

**5.7 million children\* (27%)** live in homes with **unlocked** firearms stored without ammunition

**2.6 million children\* (12%)** live in homes with **unlocked** firearms that were loaded or stored with ammunition

Estimates based off of 21,133,000 from Schuster (2000) Table 3

## Children often find or handle firearms in the home without their parents' knowledge

According to Baxley (2006):



**3 in 4** children ages 5-14 knew where firearms were hidden in the home

**BUT**

**39%** of their parents mistakenly thought that their child **did not** know the location of firearms



**1 in 3** children ages 5-14 had handled a firearm in the home

**BUT**

**22%** of their parents mistakenly thought that their child had **never** handled a firearm



**By the age of 3, some children are strong enough to pull the trigger of a handgun**

**90%** of 7- to 8-year-olds

**70%** of 5- to 6-year-olds

**25%** of 3- to 4-year-olds

Naureckas (1995)

**\*In this infographic, children are defined as under 18, unless otherwise specified**

For evidence-informed strategies for prevention, visit our resource guide:

[ChildrensSafetyNetwork.org/firearm-resource-guide-2013](http://ChildrensSafetyNetwork.org/firearm-resource-guide-2013)

To view detailed sources for this infographic, please visit:

[ChildrensSafetyNetwork.org/publications/firearms-child-access-infographic](http://ChildrensSafetyNetwork.org/publications/firearms-child-access-infographic)

[www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org)



Children's Safety Network



# FIREARM-related fatalities • HOMICIDE, SUICIDE, & UNINTENTIONAL in US CHILDREN & YOUTH

Homicide is the **second** leading cause of death among youth\*

From 2005-2010:



WISQARS (2005-2010)

From 2005-2010, **83%** of all youth\* homicides involved a firearm



WISQARS (2005-2010)

Youth\* make up **29%** of homicides and **35%** of firearm-related homicides, but only **14%** of the population



WISQARS (2005-2010)

From 2005-2010, firearms were used in **nearly half** of all suicides by youth\*



WISQARS (2005-2010)

More than **1 out of 3** suicides of those under age 18 occurred the same day as a crisis (such as an argument with a parent or a break-up)



SPRC (2002)

When someone under the age of 19 uses a firearm to complete suicide, it usually belongs to a family member



In **2 out of 3** cases, the firearm was kept unlocked

SPRC (2002)

**177**

**64**

On average, **177 youth\*** and **64 children\*\*** die of unintentional shootings every year

WISQARS (2000-2010)

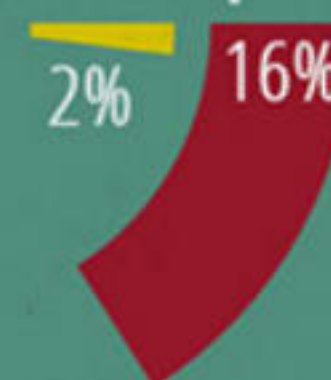
Preventing unintentional fatal shootings of children\*\* and youth\* in the US could have saved over



in 2005 alone

WISQARS (2005)

Unintentional shootings make up **16%** of firearm-related deaths in children\*\* compared to **2%** for the general public



WISQARS (2005-2010)

\*Youth are defined as ages 15-24  
\*\*Children are defined as ages 0-14

For evidence-informed strategies for prevention, visit our resource guide:  
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[www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org)



Children's Safety Network



# THE MAGNITUDE OF FIREARM-RELATED FATALITIES IN CHILDREN & YOUTH

In 2010, **6,581** children and youth ages 0-24 died from firearm-related injuries in the US WISQARS (2010)

**380**  
deaths were  
children ages  
0-14

**6,201**  
deaths were  
youth ages  
15-24

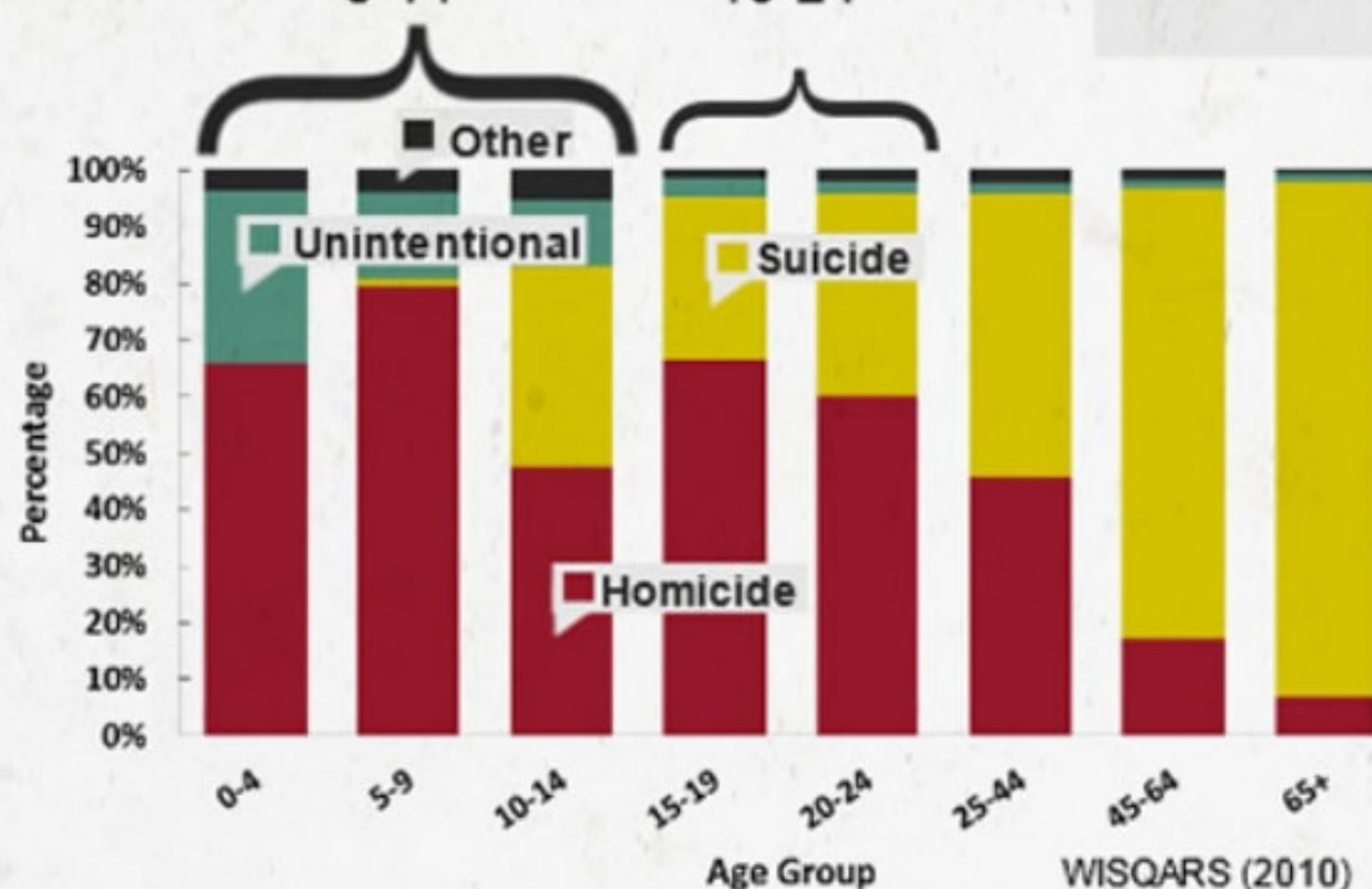
Homicides: **4,108 (63%)**

Suicides: **2,127 (32%)**

Unintentional: **207 (3%)**

Other: **139 (2%)**

WISQARS (2010)



Of the homicides where type of firearm was known, at least **72%** involved **handguns**

Supplementary Homicide Report (2011)

**Youth ages 15-24 are more likely to die from firearm-related injuries than children or adults**



Firearm-related injuries account for **1 out of 5** fatalities of youth ages 15-24

CDC WONDER (2010)

For evidence-informed strategies for prevention, visit our resource guide:

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Children's Safety Network

[www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org)



# Playing Football

*What every coach  
and parent should know*



DR. SANDRA BOND CHAPMAN

*Founder and Chief Director, Center for BrainHealth*

CENTER FOR

**Brain** Health®

THE UNIVERSITY OF TEXAS AT DALLAS

[www.CenterforBrainHealth.org](http://www.CenterforBrainHealth.org)



The benefits  
of youth football  
to health and well-  
being exceed the  
risk of permanent  
brain injury.

In most cases,  
concussions can  
be treated, and  
cognitive function  
can be regained.



## *Myth:* Brain damage is always permanent

"A concussion, a typically mild and common type of brain injury, usually results in only temporary disruption of brain functions as long as there is adequate recovery time and no repeated injury. Even after more serious brain injury...research indicates that—especially with the help of therapy—the brain may be capable of developing new connections and 'reroute' function through healthy areas."

Source: [www.brainfacts.org/Diseases-Disorders/Injury/Articles/2011/Brain-damage-is-always-permanent](http://www.brainfacts.org/Diseases-Disorders/Injury/Articles/2011/Brain-damage-is-always-permanent)

## What science says about concussions

In the last 5 years, scientists have proven that engaging in brain training can build resilience and achieve brain regeneration after injury.

**In most cases, an individual will fully recover after a concussion given proper management, therapy and time to heal.** Monitoring cognitive and emotional symptoms annually is key to addressing any later-emerging deficits. Having a clear process for handling concussions increases the likelihood of recovery and improvement.

*View Guidelines for Treating Concussions on the back of this brochure.*



## Key facts about brain injuries

A concussion is a mild injury to the brain; most often the damage is not permanent. Early recognition is crucial to prevent further injury and ensure the best course of treatment.

Five to 10 percent of athletes will experience a concussion in any given sport season.\* The risk of suffering a concussion exists in most activities. Falls, not sports, are the leading causes of concussions.<sup>†</sup> Motor-vehicle collisions cause more severe injuries than concussions suffered in football.

Concussion prevention and care have improved significantly thanks to scientific advancements, heightened awareness and more stringent return-to-play guidelines.

Participating in football and other team sports provides important emotional and academic benefits that can build a healthy foundation for life.<sup>‡</sup>

\* [www.concussiontreatment.com/concussionfacts.html](http://www.concussiontreatment.com/concussionfacts.html);

<sup>†</sup> [www.cdc.gov/traumaticbraininjury/causes.html](http://www.cdc.gov/traumaticbraininjury/causes.html);

<sup>‡</sup> [www.iahsaa.org/resource\\_center/Academic\\_Assistance/Benefits\\_Sports.htm](http://www.iahsaa.org/resource_center/Academic_Assistance/Benefits_Sports.htm)



## *The Science of Youth's Developing Brain*

Twelve- to 25-year-olds are the most vulnerable to risk-taking behaviors. Addictions developed during these years are far more difficult to break than addictions developed later in life. For example, 80 percent of adult smokers become addicted to nicotine by age 18.

From the ages of 12 to 25, the brain is in a rapidly developing state. The emotional brain and the brain's frontal lobes, the source of control and reason, are immature and often prevent young people from making wise choices and saying no to risky behaviors, especially in emotionally charged contexts.

An unbalanced dopamine system leaves adolescents with a sense of low self-worth regardless of their talent and achievement. Adolescents then offset this sense through thrill-seeking behaviors which set up a vicious cycle that increases dopamine in the brain's reward system. Once stimulated, the adolescent is motivated to seek more and more addictive risk/reward-seeking behaviors.

## **Playing football and other sports provide rich and proven opportunities that:**

- Inspire youth to embrace and optimize their emerging potential
- Prevent and mitigate risks of lifelong addictions to nicotine, alcohol and drugs
- Ward off depression by increasing dopamine through thrills of camaraderie and jointly shared purpose
- Expose young people to healthy role models, such as coaches and mentors outside the family circle
- Strengthen a committed connection to schoolwork and activities
- Reduce addiction to gaming technology
- Provide regular exercise to stay physically and mentally fit while elevating mood
- Strengthen cooperation, social cognition and friendship skills
- Build leadership skills through actions and empathy
- Maintain better sleep habits at a time of life when the sleep cycle is disturbed and more sleep is required





# GUIDELINES *for* TREATING CONCUSSIONS

Having a clear process for handling concussions increases the likelihood of recovery and improvement. Some guidelines are below. Guidelines are listed on the CDC website at [www.cdc.gov/concussion/HeadsUp](http://www.cdc.gov/concussion/HeadsUp).

- A. Treat brain injuries with the same care you would treat other serious injuries. A player who breaks an ankle would not be sent out to play the next day.
- B. After an injury, have the player immediately see a qualified medical professional—preferably a neurologist with experience in concussions—for diagnosis and treatment.
- C. Remove the player from play until symptoms have disappeared.
- D. Restrict the player from strenuous activity and weightlifting.
- E. Remove the player from complex mental activity, such as school work and tests, for 1 to 3 weeks, with gradual return depending on the individual's rate of recovery.
- F. Restrict use of screens—computer, phone, video games and texting—for approximately 3 weeks; these can delay the brain's healing process.
- G. Keep the player from driving while symptomatic.
- H. Limit the player's intake of caffeinated drinks.
- I. As symptoms improve, make incremental academic adjustments with a gradual "return to learn."

## BEST PRACTICES

- Prior to starting play each season, establish baseline cognitive performance so that if a player is injured, there will be a clear target for recovery.
- At the end of regular-season play, comprehensively reassess cognitive performance to determine whether the player maintained his or her baseline performance.
- Monitor cognitive and emotional symptoms annually, even if the player has recovered, to immediately address any later-emerging deficits.

*Note: If the concussion symptoms have not been alleviated after 3 weeks of rest, specialists should be consulted to determine next steps and therapy to achieve better recovery.*