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KEEP and POST :: From Nationwide Children's Ho

K.I.S.S. Your Kids ar

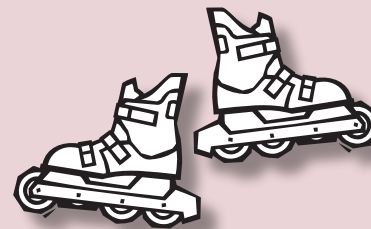
PREVENTION &

CAR SAFETY

- Fifty (50) kids are backed over by cars each week in the U.S.; most are run over by a family member. Walk around your car before getting in, and always check in all directions when pulling in or out of a driveway or parking space. Kids are short, and can be missed in the rearview mirror. Have someone else outside the car check for you too.
- Teach kids to never play in or around cars. They could get run over.

PLAY EQUIPMENT

- Never hang ropes on play equipment because kids can get tangled or trapped.
- Always wear your helmet when you are on wheels. Wear your pads (elbow, wrist and knee) when on skates and skateboards. Helmets off before you play on the playground!
- Make sure there is a soft surface on the ground at least 6 feet in all directions around swing sets and playground equipment.
- Have kids play on playground equipment that is right for their age group.
- Check that all equipment is anchored safely in the ground and in good condition: smooth edges, nothing to trip over, no missing pieces, and guardrails on all platforms and ramps. "S" hooks on swings should be closed.
- Questions about a playground's safety? Contact the owner or the Ohio Department of Health at <http://www.odh.ohio.gov>



Children can easily FALL out of WINDOWS!

Keep upstairs windows closed: if opened, open from the top, not the bottom

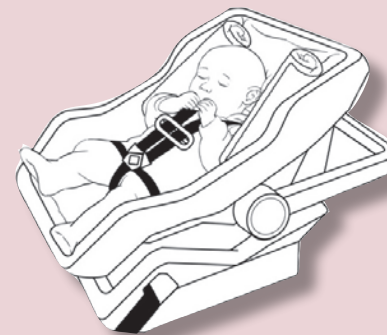
Screens can keep insects out, not children in.

If a child can climb it, keep it away from the windows! ONLY open windows kids CANNOT reach.

Set & enforce rules to keep children's play away from patio doors and windows.

Prevent Falls: If it's high up, it's high risk!

- Keep bouncy seats, portable swings or any baby seat or carrier on the floor, NOT on the counter, table, washer or dryer.
- Keep one hand on babies when they are on a changing table, bed, or couch.
- Always strap infants in when they are in an infant carrier.
- Don't use baby walkers.
- Keep kids from falling down the stairs: put up wall-mounted safety gates at the top and bottom of stairs.



Attach this PREVENTION Page (pink) to the TREATMENT Page (purple) that includes Dental Injuries, Head and Neck Injuries, and Broken Bones – and learn what to do if you get hurt!



Attach this TREATMENT Page (purple) to the PREVENTION Page (pink) that includes safety tips about Cars, Play Equipment, Windows, and Preventing Falls -- to help keep you safe!

) • Never leave your child alone around water • Have working smoke detectors and carbon monoxide detectors on every floor of your home • Always put

hospital and Kohl's :: Broken Bones, Head, Neck and Dental Injuries

and Keep Them Safe!

TREATMENT TIPS


DENTAL INJURIES

Losing a permanent tooth is a dental emergency.

- If a permanent tooth is knocked out:
 - Find the tooth and try to put the tooth back in the space it got knocked out of right away. Have the person hold the tooth in place.
 - Hold the tooth by the crown (shiny, smooth part), **NOT** the root (part that stays in the gums). If the tooth is dirty, gently rinse with water before putting it back in.
 - If the tooth cannot be put back in, put it in **COLD MILK** right away.
 - Bite on a gauze pad or piece of clean cloth to stop bleeding and pain.
 - Get to a dentist or emergency room **RIGHT AWAY!**
- Any other injuries to teeth, go to a dentist or emergency room right away.



HEAD AND NECK INJURIES

 **CALL 911 IF THE INJURED PERSON IS OR HAS ANY OF THESE:**

- **DO NOT MOVE THE PERSON UNLESS THEY ARE IN DANGER.**
 - If you need to move the person and they cannot walk, keep their head, neck and back in line with each other.
- Unconscious
 - Seizures
 - Unable to move a part of the body
 - Blood or watery fluid oozing from ears or nose
 - Headache or stiff neck
 - Vomiting, or feeling like vomiting
 - Irritable, fretful, anxious, or grouchy
 - Not behaving like themselves
 - Trouble walking
 - Blurred or double vision
 - Very sleepy or hard to wake up



BROKEN BONES

ALL BROKEN BONES NEED MEDICAL TREATMENT!

- For all broken bones:
 - Put ice wrapped in cloth on the area.
 - Keep the hurt body part in the **SAME POSITION YOU FIND IT.**
 - Keep the hurt body part still. Use a splint if you have one; a piece of cardboard works well.
 - **DO NOT MOVE THE PERSON UNLESS THEY ARE IN DANGER.**
 - If you need to move the person and they cannot walk, keep their head, neck and back in line with each other.
- Look for other injuries.
 - Do not stand, walk on or use the hurt body part until you are seen by a doctor.



 **CALL 911 AND KEEP PERSON LYING DOWN:**

- If you think the person hurt their head, neck or back.
- The hurt body part is blue or very pale.
- If a broken bone comes through the skin, **DO NOT PUSH THE BONE BACK IN OR WASH THE BODY PART.**



K.I.S.S. Your Kids (*Kohl's Is Sold on Safety*) is a seasonal safety education program that features coloring contests and free activity books. Nationwide Children's Hospital is able to provide this service through the generous support of Central Ohio Kohl's Department Stores.

The new "Play it Safe" video game, based on the activity books is now on line! Anyone can build a character and learn about safety at home, the pool, the park and at school by traveling through the safety adventures!

For more about this program, go to www.NationwideChildrens.org/KISS, contact KISS@NationwideChildrens.org or call (614) 355-0679. All coloring pages and activity books are also available to freely download and print.

To find a doctor or medical service, visit www.NationwideChildrens.org or call (614) 722-KIDS.



babies to sleep on their backs • Keep cords for blinds and curtains