



Banner Children's

Cardon Children's
Medical Center



Injury Prevention at Cardon Children's Medical Center

The Injury Prevention program is a free health and safety program offered through Banner Children's at Cardon Children's Medical Center, the leading provider of pediatric health care in the East Valley.

The Injury Prevention program sends safety advocates out to visit schools, church and community groups, as well as health fairs and safety fairs to give the East Valley community easy-to-follow advice about being safe.

One of its most important programs is the annual drowning prevention campaign that provides lifeguard whistles and safety information to more than 100,000 homes in the Valley, door-to-door.

Not just for Children

Cardon Children's Injury Prevention program provides education for children of all ages and their parents. Some adult programs include: infant safety, child seat safety and general home childproofing.

Injury Prevention program services are provided free of charge. The program is made possible by the generous contributions of the Cardon Children's Medical Center Volunteer Department and community donors. Call 480.412.3306 to schedule a presentation. Evening as well as daytime presentations are available.

What does Injury Prevention do?

Our goal with Injury Prevention is to share information on preventable injuries and deaths for children. Injury Prevention covers such topics as:

- Bicycle helmet safety
- Car seat/vehicle safety
- Fire safety
- Gun safety
- Hand washing/germs
- Poison prevention
- Stranger danger
- Water safety



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BannerHealth.com/CardonChildrens

**For more information,
please call: 480.412.5437**

Injury Prevention Tips from the Experts at Cardon Children's Medical Center

General House Safety Tips

All homeowners should do the following to keep their family, friends and loved ones safe:

- Install a Carbon Monoxide detector. (Check batteries twice a year)
- Install and maintain a smoke detector. (Check monthly)
- Keep a fire extinguisher on hand.
- Plan a fire escape route.
- Assemble a first aid kit.
- Post emergency numbers next to the telephone or on the refrigerator.
- Learn CPR.

Before Your Baby Arrives

To keep your baby safe, look around your house for simple changes you can make today, before the baby arrives.

Around the House

- Install child proof locks on all cabinets containing poisons, glass and/or sharp objects.
- Cover sharp edges with padding or bumpers.
- Cover outlets using safety plus or outlet covers.
- Set your hot water heater to 120 degrees Fahrenheit.
- Install anti-scalding devices and cushioned faucet guards on your faucets.
- Purchase an infant bathtub with slip-resistant features.
- Purchase toilet locks. Toddlers are top heavy and can easily drown.

In the Baby's Room

- Make sure the mattress fits snugly within the baby bed.
- Avoid fluffy bedding like pillows, baby bumpers and/or comforters.
- Slats should be no more than 2 3/8 inches apart with no cutouts that can trap a baby's head.
- Cut looped window blind cords or use safety tassels and inner cord stops.
- Place the crib away from the window.
- Make sure your changing table has a safety strap and use it every time the baby is on the table.

Room to Room

- Use window guards, window stops, and safety netting on windows, decks and landings.
- Move gas fireplace keys out of reach or block the switch from easy use.
- Secure furniture that can tip over to the wall or to the floor, such as bookcases, entertainment centers or chest of drawers.

- Keep television and other heavy item on sturdy furniture that is low to the ground and push it back as far as possible.
- Put tall lamps behind furniture.
- Store all exercise equipment in a room that can be locked away. If this is not possible, store all weights on the floor and anchor all equipment to the floor and/or walls.
- Wrap all cords with cord detanglers or use cord shorteners – including cords behind the television, under the computer desk and on window treatments.
- Purchase gates for stairways, balconies and around fireplaces.
- Tape down loose rugs.
- Fence in the swimming pool and install a lock on the pool gate. Make sure the fence is not accessible by yard furniture, pet doors or windows.
- Check outdoor play equipment, fences and gates for damaged wood, protruding bolts or loose nuts.

When Your Baby's a Toddler

Once your baby is mobile, it gets more difficult to keep track of him or her all the time. Remember that old adage, "Silence is Golden"? Not if you have a toddler! Here are some rules of thumb when it comes to dealing with a mobile child:

- Children can drown in as little as 2 to 3 inches of water so that means in sinks, toilets, buckets and fountains, as well as bathtubs and swimming pools.
- Never leave a child alone on beds or sofas, high chairs or changing table or any spot they can fall. Always use the safety strap when available.
- Lock dog food containers or place the containers in cabinets, closets or garage.
- Update your car seat per the size and age of your child according to guidelines from the American Academy of Pediatrics.
- Install finger guards on door frames to protect from slamming doors.
- Use a DVD or VCR guard. Put passwords on the television and computers.
- Install grip and twist door knobs on closet doors and doors to the outside and to the garage.
- Purchase a lock for any front load washer or dryer.
- Make sure your car doors are always locked, even in the driveway or garage.
- Hang all bicycles out of reach of children so they can only be used with a parent or an adult.