

## Section D: Preventing and Responding to Injuries

### Preventing Injuries: D 3-27

#### **\*\*Additional Information about Responding to Injuries\*\* (D 3-27)**

- (Add to all situations) After every situation involving a poisoning or other injury, conduct a **review** of the situation and **determine ways to prevent** a reoccurrence.

#### **\*\*New Information about Poisoning/Syrup of Ipecac\*\* (D 10)**

- According to the American Academy of Pediatrics in a 2003 position statement, **syrup of ipecac** is no longer considered an appropriate remedy for the routine treatment of accidental poisonings. **It should be removed from all first aid kits.**

#### **\*\* New Information about Prevention of Suffocation and SIDS\*\* (D 14-15)**

- (Add) Ways to prevent suffocation (D14) - Do NOT put babies to sleep on chairs, sofas, waterbeds, or cushions. Standard adult beds are NOT safe places for babies to sleep in child care settings.
- (Replace paragraph after bullets – D14) While SIDS is not the same as suffocation, prevention measures for how a child should be put to sleep are the same for SIDS and suffocation. In 2005 the American Academy of Pediatrics (AAP) renewed their policy statement on SIDS. The AAP continues to recommend that babies be placed on their backs for all sleep. Side sleeping is not as safe as back sleeping and is not advised. The full policy can be viewed at <http://www.aap.org/healthtopics/sleep.cfm>
- (Replace) Ways to prevent SIDS (D15)
  - Infants **should always be put on their backs to sleep** on a firm mattress. The side lying sleep or stomach position is not as safe for the baby as sleeping on the back.
  - Tell each baby's parents or guardian that you put all infants to sleep on their back as recommended by the AAP. If the parent asks you to do something different require a signed note from the child's pediatrician stating what is recommended for their baby and why.

- Place each baby in his/her own safety-approved crib with a firm mattress and a well-fitting sheet. Do not allow babies or older children to share cribs. Do not put toys and other soft bedding (blankets, comforters, pillows, stuffed animals or wedges) in the crib with the baby.
- Keep babies' heads uncovered and avoid over bundling them in clothing and blankets.
- Protect the baby from getting too hot. Set the room temperature at a level that is comfortable for a lightly clothed adult and dress the baby lightly for sleep.
- Keep the childcare setting smoke free.
- Support parents who want to breastfeed or feed their baby breast milk.
- Check on sleeping babies frequently.

#### **Additional Information about Suffocation/Rescue Breathing (D 15)**

- (Add to #4) If a child shows signs of suffocation or is not breathing: **give 2 rescue breaths.**

#### **New Information about Choking (D 17)**

- If a conscious child (1-8 years old) chokes: Replace #4 with- **Follow the CPR guidelines for conscious choking infant.**
- If a conscious infant (Birth-1 year) chokes: Replace # 3 with- **Give back blows and chest thrusts.**

#### **Clarify Care of Animal Bites (D 20-21)**

- (Add the following information to #3): If bleeding is minor, wash the wound with soap and water and bandage. **Apply ice over the bandage to reduce swelling and pain.**
- (Replace #4 with): If bleeding is severe, **call 911**, apply direct pressure with a gauze pad or dressing and elevate the wound above the level of the heart to slow bleeding. *Note:* Wear latex-free disposable gloves if coming in contact with blood. Dispose of gloves in sturdy leak proof plastic bag. Wash hands after removing gloves.

### **Clarify Care of Cuts/Bleeding Wounds (D 23)**

- (Add the following information to # 3) If bleeding is minor, wash the wound with soap and water and bandage. **Apply ice over the bandage to reduce swelling and pain.**
- (Replace # 4) If bleeding is severe, **call 911**, apply direct pressure with a gauze pad or dressing and elevate wound above the level of the heart to slow bleeding. *Note:* Wear latex-free disposable gloves if coming in contact with blood. Dispose of gloves in sturdy leak proof plastic bag. Wash hands after removing gloves.

### **Correct Information under Lead Poisoning (D 27)**

- (Correction) Oregon Poison Center phone number is **1-800-222-1222**.

### **Clarify Information about the Use of Helmets (D 38)**

- (Add OAR symbol) As of January 2004, Oregon law now **requires** helmets for anyone under the age of 16 using a bicycle (includes tricycles), scooter, inline skates or a skateboard.

### **First Aid: D 38-41**

#### **New Information about Syrup of Ipecac (D 40)**

- Syrup of ipecac should be **removed** from first aid kits. It is no longer recommended.

### **Resources and Programs for Preventing and Responding to Injuries D 47 - 54**

#### **Update Preventing Injuries: D 47-48**

##### General injury prevention

- For information on injury prevention for school-age children, go to [www.safekids.org](http://www.safekids.org)

##### Playground safety

- For local playground falls prevention, go to [www.ohsu.edu/emergency/injuryfree/about.htm](http://www.ohsu.edu/emergency/injuryfree/about.htm)

## Child safety seats

- For local child safety seat information, go to Oregon's resource center at [www.childsafetyseat.org](http://www.childsafetyseat.org)

## Suffocation and SIDS Prevention

- American Academy of Pediatrics Policy Statement: Task Force on Sudden Infant Death Syndrome, The changing Concept of Sudden Infant Death Syndrome: Diagnostic coding Shifts, Controversies Regarding the Sleeping Environment, and New Variables to Consider in Reducing Risk. Pediatrics Vol. 116 No. 5 November 2005.
- American Academy of Pediatrics Health and Safety E-News February 2006. Reducing the Risk of SIDS.  
<http://www.healthychildcare.org/archive.cfm>
- These brochures can be down loaded from the American Academy of Pediatrics Website  
[http://www.healthychildcare.org/section\\_SIDS.cfm#pubs](http://www.healthychildcare.org/section_SIDS.cfm#pubs) :
  - A Child Care Provider's Guide to Safe Sleep Helping you to reduce the risk of SIDS
  - A Parent's Guide to Safe Sleep
  - Tummy Time

## Update Poison Prevention Resources (D 48-50)

### General Poison Prevention

- Oregon Poison Center: General information about poisonous materials and how to prevent unintentional poisonings. [www.oregonpoison.org](http://www.oregonpoison.org)  
For emergencies call **1-800-222-1222**
- National Safety Council: Poisoning prevention information and materials, e.g. Community Action Kit, "Poison Prevention: Read the Label First!" [www.nsc.org/issues/poison/index.htm](http://www.nsc.org/issues/poison/index.htm)
- For local Poison prevention resources, go to [www.ohsu.edu/poison](http://www.ohsu.edu/poison).

## Hazardous Materials

- Department of Environmental Quality (DEQ): Information on hazardous consumer products. List of hazardous waste collection events. 1-800-452-4011 or [www.deq.state.or.us](http://www.deq.state.or.us)
- Metro: Information on common hazardous ingredients, potential hazards, responsible use and storage, proper waste management and alternatives for most common hazardous household products. [www.metro-region.org](http://www.metro-region.org)
- Eco-Healthy Childcare: Eco-Healthy Childcare recognizes child care providers who take steps to provide a safe and eco-healthy environment for children. Childcare facilities that qualify receive a colorful sticker and poster to inform parents and others of their commitment to being eco-healthy. Go to [www.oeconline.org/teachers](http://www.oeconline.org/teachers) to learn how to qualify to become an Eco-Healthy Childcare provider.

## Lead Poisoning Prevention

- LeadLine: Information on lead poisoning and prevention. The service provides information on sources of lead; reducing lead hazards, blood lead testing and information for home repair and remodeling. The LeadLine service is available for English and non-English speaking callers. 1-800-368-5060 In Portland Metro Area: 503-988-4000. [www.leadline.org](http://www.leadline.org)
- Oregon Lead Poisoning Prevention Program: Information and educational materials on lead hazards, preventing lead poisoning and list of certified lead paint professionals 971-673-0429 or [www.healthoregon.org/lead](http://www.healthoregon.org/lead)
- Lead-Based Paint Program: Information and educational materials on lead-based paint hazards and how to prevent lead poisoning. List of certified lead-based paint professionals. (971-673-0440) or [www.healthoregon.org/leadpaint](http://www.healthoregon.org/leadpaint)
- Environmental Protection Agency (EPA) Lead Program: Lead poisoning prevention educational materials and publications at 1-800-424-LEAD (5323) or [www.epa.gov/lead](http://www.epa.gov/lead)

## **First Aid and Preparing For Natural Disasters: D 51-53**

### **Update Resources and Websites (D 51-53)**

- American Red Cross: First aid and disaster classes, educational materials, and supplies. To find local chapter: [www.redcross.org](http://www.redcross.org)
- National Federal Emergency Management Agency (FEMA): Disaster information and educational materials at 1-800-480-2520 or [www.fema.gov](http://www.fema.gov)
- State of Oregon Emergency Management: Oregon disaster news, information and trainings at
- Institute for Business and Home Safety: Educational materials and resources, including a Disaster Planning Toolkit at [www.ibhs.org](http://www.ibhs.org)

### **Pocket Materials**

- A Child Care Provider's Guide to Safe Sleep Helping you to reduce the risk of SIDS
- How Can I reduce the risk for infants in my care?