



# *Safety Precautions*

Training Review Module

3 Clock Hours



**Child Food Program of Texas**

P.O. Box 5465, Katy, TX 77491  
Tel: 281.395.7000; Toll-Free: 877.395.6560  
Fax: 281.395.7002  
[www.childfoodprogramoftexas.org](http://www.childfoodprogramoftexas.org)

## ***Instructions For Completing This Training Module***

---

1. After reviewing this material with your day home representative, please read and study the material carefully.
2. Complete the test for the material and return it to Child Food Program Of Texas at your convenience. There is no deadline to have this test back to us.
3. When we receive your completed test, we will evaluate it and then send you a certificate for 3 clock hours for completing this material.

## ***Objectives***

---

1. To provide information regarding safety precautions and emergency precautions.
2. To provide information on measures to prevent accidents and injuries.
3. To provide information on how to deal with and plan for accidents, injuries and emergencies.

## ***Table of Contents***

---

1. Arrivals and Departures	
Starting Each Day	Pg 3
Ending Each Day	Pg 3
2. Falls, Bumps, and Cuts	
Babies	Pg 4
Toddlers	Pg 4
Older Children	Pg 4
Indoor Accident Prevention	Pg 4
Safety Rules	Pg 4
Hazardous Conditions	Pg 5
Safety Evaluation	Pg 5
Outdoor Accident Prevention	Pg 6
3. Suffocation and Strangulation	
Bedding	Pg 7
Household Objects	Pg 7
Toys	Pg 7
Foods	Pg 7
Furnishings	Pg 7
4. Animal Bites	
Safety Guides	Pg 8
Animal Bites	Pg 8
5. Insect and Snake Bites	
Insects	Pg 9
Snakes	Pg 9
6. Poisoning	
Household Chemical Products	Pg 10
Drugs	Pg 10
Cosmetics, Lotions, and Other External Preparations	Pg 10
Pesticides	Pg 11
Petroleum Products	Pg 11
Fume Poisoning	Pg 11
Plant Poisoning	Pg 11
Food Poisoning	Pg 13
Lead Poisoning	Pg 13
Poison Prevention	Pg 14
7. Water Safety	
Wading Pools	Pg 15
Swimming Pools	Pg 15
Swimming Lessons	Pg 15
8. Automobile Injury Prevention	
Rules	Pg 16
Safety Precautions	Pg 16
9. Fires, Burns, and Electric Shock	
Preventing Fires and Burns	Pg 17
Preventing Electric Shock	Pg 17
10. Planning for Emergencies	
Fire	Pg 18
Severe Weather Conditions	Pg 18
First Aid	Pg 18

# Arrivals and Departures

---

## *Starting Each Day*

---

You are responsible for the children in your care from the time they arrive until the time they leave. Because of this, insist that children be delivered to your door, not just dropped off at the gate or sidewalk, unless an adult is there to greet them. Parents should be responsible for seeing that their children are safely in your care before leaving them.

## *Ending Each Day*

---

You also should have parents tell you who will pick up their child in the afternoon. Do not allow anyone other than an authorized person to take any child in your care. You or another adult with the center should see that a child leaves your care with the right person.

# Falls, Bumps, and Cuts

---

Whenever you care for young children, minor falls, bumps, and cuts are bound to happen. But there are many things you can do to help prevent serious accidents and lower the number of minor accidents.

## Babies

---

Infants need total protection. The safest places to leave an infant alone are in a crib with the side up or in a playpen. Leaving an infant on a couch or bed, even for a minute, is extremely dangerous. It may result in a serious fall.

Pick up an infant whenever you must reach for anything that keeps you from having at least one hand on the baby. Turning your back, even for a second, can be risky.



## Toddlers

---

Toddlers also need extra protection. They are learning to use their new ability to move around and spend most of their time exploring. Their curiosity helps them learn, but it can also be dangerous.

Toddlers are not steady on their feet and they will grab at things to keep from falling. They also fall or trip over things on the floor that an older child will walk around.

## Older Children

---

Older children need less protection, but they, too, can get in dangerous places. They often try to climb ladders, stairs, furniture, boxes, and toys, and they can be injured. Preschool children also open boxes and other containers which have dangerous contents.

## Indoor Accident Prevention

---

You can help prevent indoor accidents by finding and correcting hazardous situations, teaching children safety rules, and remembering that you are a safety model. Children will imitate your habits. If you stand on an unsteady surface, such as a wagon, to reach for something, so will the children.

## Safety Rules

---

Tell children about common dangers. Use words that are simple enough for each child to understand and repeat safety rules often to help children remember. Some examples are:

- ✿ Handle tools such as scissors and screwdrivers with care. Carry tools with the handle in the palm of the hand and the sharpest end pointed down.
- ✿ Do not put sharp objects, small objects, rocks, sticks, toys, and other such items in the mouth. They can be dangerous if swallowed. Also, objects in the mouth can poke a hole in a child's cheek or lip if the child falls down. Do not put dirty fingers in the mouth.
- ✿ Do not play with or touch wall plugs and electric cords.
- ✿ Never play with or touch matches

## Hazardous Conditions

---

- ❁ Bookshelves, cabinets, and other furniture—Use nails or screws to anchor furniture which can be pulled over by a child. Furniture with sharp edges should be removed from the room, or the sharp edges should be covered.
- ❁ Floors—Keep floors and doorways free of objects which can cause children to trip and fall. Highly waxed floors may be slippery.
- ❁ Bathrooms—Never leave young children in the bathroom alone. Slipping, drowning, or scalding may occur.
- ❁ Spilled liquids—Clean up spilled liquids immediately. If necessary, throw newspaper over the liquid until it is soaked up. Check bathrooms for water spills that could cause children to slip and fall.
- ❁ Broken Equipment—Do not use any broken equipment until it is repaired.
- ❁ Cleansing agents and other housekeeping supplies—Keep these where children cannot reach them.
- ❁ Spray cans always should be out of the reach of children.
- ❁ Electrical outlets—Keep outlets covered at all times.



- ❁ Doors, passageways, and handrails—Keep doors and halls free of objects, and teach children to use handrails when using stairs. Be sure handrails are secure.
- ❁ Loose boards and protruding nails—Make carpentry repairs immediately.
- ❁ Heaters, fans, and fireplaces—Screen all heaters, fans, and fireplaces. The moving blades of a fan are fascinating to children, but children can lose fingers trying to touch the blades. Keep screened fans out of the reach of children.
- ❁ Lighting—All play areas and halls should be clearly lighted.
- ❁ Splintered wood—Sand or rasp all splintered surfaces.
- ❁ Matches—Keep matches in a place inaccessible to children.
- ❁ Large bathroom fixtures—Keep a step stool or a box in the bathroom for children to stand on. Be sure the stool or box is sturdy and won't tip over.

## Safety Evaluation

---

Check each day before the children arrive to be sure there are no sharp objects such as scissors or broken toys which might harm a child. Regularly check the safety features of your home or center. Is any wood splintered? Are stair rails sturdy? Are the fireplace and fan screens still tightly fastened?

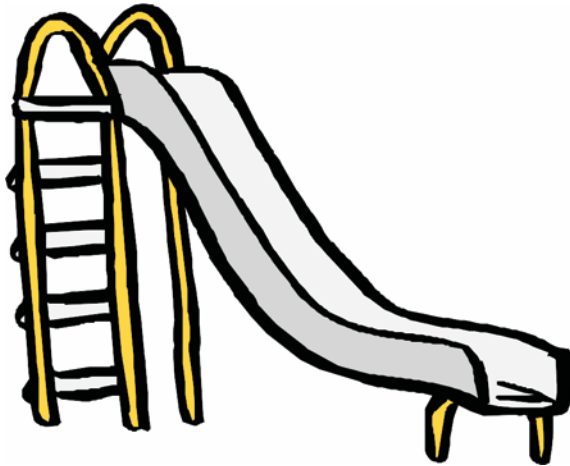
## Outdoor Accident Prevention

---

Correcting and avoiding hazardous conditions in your yard or play area are critical to accident prevention. In addition, children need to be taught safety rules, and they should always be supervised.

### Ground Area

- ✿ Every day, check your yard or play area for objects which may cause a child to trip and fall.
- ✿ Fill in or smooth out holes, bumps, or other dangerous areas.
- ✿ Fence off an area that is dangerous if it cannot be fixed.
- ✿ Sweep any sand from paved areas to avoid slipping.
- ✿ Never leave garden tools lying around.
- ✿ Remove any poisonous plants.
- ✿ Supervise the children closely anytime there are puddles on the ground.



- ✿ Keep fencing in good repair. Provide a temporary substitute barrier, if a gate is broken, and repair the gate immediately.
- ✿ Check for broken glass. When yards are near streets or highways, bottles and cans sometimes are thrown on the playground.

### Equipment

When choosing outdoor equipment and toys, consider the age of the children. For example, children under 2 years of age may not be able to pedal or use a tricycle safely. They may get their legs caught and fall. Four-wheeled toys which children can push with their feet are much safer and more usable.

- ✿ Anchor playground equipment with concrete or stakes so it cannot be moved. Be sure the equipment is in good repair and replace worn-out parts immediately.
- ✿ Supervise closely any activity using ropes.
- ✿ Teach children safety rules and the right way to use playground equipment. Children often are injured by jumping out of a swing or running in front of someone who is swinging. Safety rules will depend on the types of equipment you have in your play yard.
- ✿ Supervise the areas where children are playing on climbing equipment. Stay closer to the jungle gym or climbing dome than the sandpile, which is less dangerous.

# Suffocation and Strangulation

---

It takes only a minute or two for a child to strangle or suffocate. Prevention is absolutely critical. Many times, adults overlook things which can be dangerous for a small child.

## Bedding

---

Cribs and playpens can be sources of danger if the slats are loose or spaced more than 2 1/2 inches apart. A large space between slats can allow the baby's head to get caught. Repair loose slats and use a bumper guard on cribs and playpens that have too much space between slats. Do not allow infants to sleep with a pillow.

Never cover a crib mattress or cot with thin plastic or laundry bags. Many children have suffocated because of plastic bags. Use a commercial mattress cover.

## Household Objects

---

Keep all play areas free of objects which can get caught in the child's throat. Some things can cut off a child's air supply or, if swallowed, can puncture a vital organ.

Examples include buttons, needles, pins, beads, and screws. A good rule to follow is: "If it is small enough to go in the mouth, remove it."

Check all areas in which children play each morning and also before putting an infant in the playpen or on the floor.

## Toys

---

Consider the ages of the children in selecting toys. Any toy that is small enough to be swallowed is dangerous—particularly for the child under 3 years of age. Do not allow young children to play with:

- marbles, jacks, or tiny parts of games;
- toys with pieces that come off easily;

- stuffed animals with eyes or decoration that can be pulled off; or
- pegs or small beads.

Give young children only large beads for stringing, and medium to large dolls and toys to play with. Save small beads, toys, and dolls with small clothing items for older children.

## Foods

---

- Do not give popcorn, nuts, or small hard candies to small children. These can be sucked into the windpipe and cause suffocation.
- Use liquid medications or crushed and diluted pills. Pills like aspirin can also be sucked into the windpipe by small children.
- Be extremely careful of bones, especially fish bones.

## Furnishings

---

- A closed door does not always stop young children from investigating. Lock all doors to off-limit areas. Also, be sure that doors can be unlocked from the outside.
- Old refrigerators are extremely dangerous. Remove the door from the refrigerator or turn it to face a wall. No child should be able to open the door.
- Remove the lid from old trunks.
- Never leave cords such as curtain, electrical extension, or venetian blind cords hanging where they can be reached. Cords can strangle children. It is easy for children to get caught in cords, and sometimes they play by wrapping cords around their necks.

# Animal Bites

---

Animals, even household pets, can be dangerous around young children. Children usually love animals and don't understand that animals can bite or scratch.

## Safety Guides

---

- ✿ Teach children to be gentle with pets and to hold them properly. Pets should not be held close to the child's face, and the pet should not be held by the head or neck. Pets should be held loosely.
- ✿ Teach children to avoid any strange animal.
- ✿ Keep any pet brought from a child's home in a cage and for only one day.
- ✿ Keep animal shots, particularly rabies, up-to-date for any pets in the home.
- ✿ Fence play areas and keep gates safely locked to keep children in and strange animals out.
- ✿ Feed and groom pets regularly.
- ✿ See that pets are kept in good health.

## Animal Bites

---

If an animal bites a child, wash the bite immediately, with soap and water. If the skin is broken, the possibility of rabies exists. Check with the owner. If you do not know the owner, catch and enclose the animal somewhere away from the children. Have your local animal shelter pick it up for observation. Sometimes, you cannot catch the animal, and you do not know the owner. If you see the animal, remember everything about it that will help identify it. Call your local police department. Rabies is deadly and the treatment is extremely painful and dangerous. Avoid having any animal around that has not been vaccinated for rabies. Note all neighborhood dogs and know where they live.

# Insect and Snake Bites

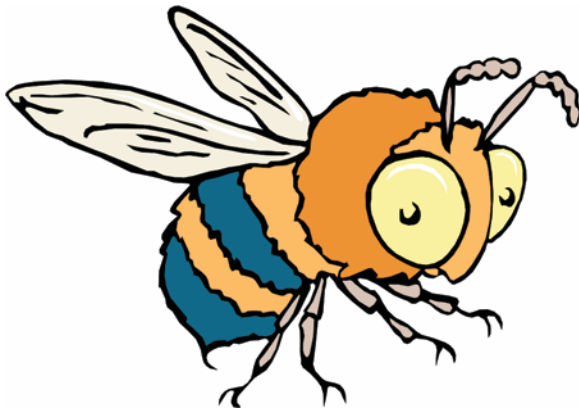
---

## Insects

---

Many insect bites are poisonous. Some bites can be annoying to one child and fatal to another. Poisonous insects include fire ants, bees, wasps, spiders, ticks, centipedes, and scorpions.

- ❁ Know if any of the children in your care have a history of severe allergic reaction to insect bites. An allergic reaction can be fatal. Get specific instructions from the child's parents or physician on what to do if the child is bitten.
- ❁ Check the yard or play area and remove any bee, wasp, or hornet nests and ant hills.
- ❁ Never allow the children outdoors without shoes. Bees often feed on clover or low ground cover and nearby flowers. Ants and small stinging scorpions are often hard to see.
- ❁ Spray the children with insect repellent when they play outside if you are in an area with a lot of insects.



- ❁ Exterminate insects in the house or center, but be extremely careful with the kind of insecticide or poison you use, when you use it, and how you use it. All of these substances are toxic and can be dangerous to children if not used with extreme caution.
- ❁ Teach children to avoid insects and to always tell you if they have been stung.

## Snakes

---

There are at least four types of poisonous snakes in Texas: the coral, copperhead, rattlesnake, and water moccasin.

- ❁ Always look out for snakes. Memorize what they look like and their habits.
- ❁ Teach the children never to go near a snake. Be sure to explain that not all snakes are dangerous. Some are very safe and helpful. However, until the children grow up and know the difference, they must stay away from all snakes.
- ❁ Keep the yard free of rocks, boards, or other things where snakes and insects might hide.

# Poisoning

---

Poison is anything you eat, breathe, or touch that can cause illness or death. Most poison deaths are caused by drugs, household chemical products, and fumes. Each year, over one million children swallow poisonous materials. Seventy percent of all poison accidents involve children under the age of 5. That leaves 30 percent, or 300,000 children, over the age of 5 who are poisoned each year.

Death by household poisoning is rising, and almost all of these accidents are preventable. To protect children in your care, know which things around your home or center are poisonous and keep these out of children's reach. In addition, have the number of your local poison control center as well as a poison antidote listing near the telephone. Always call a doctor or your poison control center if one of your children is poisoned. If possible, get someone else to call while you administer first aid. Speed and the right aid are critical.

## **Household Chemical Products.**

---

Most household products today make life easier, but they are potentially dangerous poisons. Many products print caution statements on labels such as: "Poison," "Caution," "Harmful if Swallowed," "For External Use Only" and "Keep Out Of The Reach of Children." Many do not. You cannot always rely on the product label to give proper poison warnings. Products like detergents may be tasty to a toddler and deadly.

Household cleaners and polishers, such as lye, ammonia, bleach, cleansers, furniture polish, soaps, detergents, and any grease cutting chemicals usually contain corrosives. Symptoms of corrosive poisoning may be nausea, burns on hands and mouth, burning throat, or stomach pains.

Treat corrosive poisoning by giving liquid to dilute the poison. If a child has swallowed a corrosive substance,

do not induce vomiting. Swallowing a corrosive causes burns. If you make the child vomit, the child is bringing up the same corrosive substance and can become burned even more.

If the child is 1 to 5 years old and alert enough to swallow, give one to two cups of milk or water. Give as much as one quart if the child is older. This will help dilute the poison. Refer to a poison antidote chart for all poisoning.

Some poisonous household products do not contain corrosives. If a child swallows a substance which you know does not contain a corrosive, you should induce vomiting. Many similar products contain different substances so it is essential to check the label before deciding which treatment is appropriate.

## **Drugs**

---

All drugs which have not been prescribed for a specific child are dangerous. Medicines which an adult can take safely can be deadly for a child. Children's medicines and pills can be fatal if taken improperly.

The most common cause of accidental poisoning is an overdose of drugs. Young children especially like candy-flavored vitamins and aspirin. These can be useful when taken as directed, but they also can cause death if taken improperly.

Symptoms of drug overdose include increased activity, sleepiness, shallow breathing, unconsciousness, or convulsions.

Never cause vomiting if a child is in a coma, having convulsions, or unconscious. Otherwise, first aid for drug overdose usually calls for making the child vomit: Always check your poison antidote chart.

## **Cosmetics, Lotions, and Other External Preparations**

---

Nail polish, perfume, cosmetics, hair dressings, and wood alcohol may give no warning on the label or say what to do in case of accidental swallowing. These seemingly harmless items can be poisonous to a child. Symptoms include an upset stomach and usually a tell-tale



odor. These cosmetic and external substances can be corrosive. Check the ingredients on the label and then your poison chart.

### ***Pesticides***

---

Pesticides contain poisons that are deadly in very small quantities. Eating unwashed garden vegetables or being in or near a sprayed area can cause poisoning.

Arsenic, strychnine, DDT, and other poisons are found in many weed killers and pesticides. Symptoms include stomach and intestinal upset, dizziness, and unconsciousness. Read the label of pesticides for ingredients before administering first aid.

### ***Petroleum Products***

---

Gasoline and kerosene are examples of petroleum products. Any odor of a petroleum product on a child's breath or clothing is a danger signal. Symptoms include drowsiness, nausea, stomach pains, and unconsciousness.

Never cause vomiting if a child has swallowed a petroleum product. Give the child milk or water. Petroleum products also can cause skin burns.

### ***Fume Poisoning***

---

Gas space heaters and carbon monoxide from cars are possible fume poisoners. An early symptom is a headache. Drowsiness, dizziness, and unconsciousness follow. Get fresh air to the child. Smash a window, if necessary. Call the doctor, police, or the poison control center. Give artificial respiration if the child has trouble breathing or has stopped breathing. Do not give the child food or drink, and keep the child as quiet and warm as possible.

### ***Plant Poisoning***

---

Many poisonous plants are common to Texas. Some are houseplants and some outdoor plants. Some cause serious illness, and some cause death. Narcissus, larkspur, wisteria, iris, azalea, poinsettia, and dieffenbachia all have poisonous parts. More than 700 kinds of plants can cause serious illness and death because they are poisonous. Since there are so many dangerous plants, consult

your local poison control center about all plants you have indoors and outdoors. You also can ask them for a full listing of harmful plants. Once you identify them, remove the plants from any area where the children could reach them. Teach children never to eat any part of a plant which is not commonly used as food. Check your yard and garden regularly to make sure these plants have not started growing again.

This is a list of some of the more common poisonous plants:

#### **Azalea**

All parts are poisonous. Symptoms include nausea, vomiting, and difficulty in breathing. Ingestion may be fatal

#### **Buttercup**

All parts are poisonous. Symptoms include salivation, stomach and intestinal irritation, vomiting, diarrhea, and, sometimes, convulsions.

#### **Caladium**

All parts are poisonous. Symptoms include irritation, swelling, and intense pain of the mouth, lips, cheeks, and throat. Ingestion of caladiums may block breathing or swallowing.

#### **Castor Bean**

This bean seed is poisonous. Symptoms include nausea, vomiting, diarrhea, intestinal colic, thirst, and convulsions. One or two bean seeds will be a fatal dose.

#### **Delphinium**

All parts are poisonous. Symptoms include tingling of mouth, nausea, vomiting, diarrhea, low blood pressure, weak pulse, and convulsions. May be fatal.

#### **Dieffenbachia**

All parts are poisonous. Symptoms include irritation, swelling, and intense pain in the mouth, lips, throat, and cheeks. May block breathing or swallowing.

#### **Daffodil**

Bulb is poisonous. Symptoms include vomiting, diarrhea, trembling, and convulsions. May be fatal.

#### **Elephant Ear**

All parts are poisonous. Symptoms include irritation,

swelling, and intense pain in the mouth, lips, throat, and cheeks. May block breathing or swallowing.

### English Ivy

All parts are poisonous. Symptoms include diarrhea, excitement, labored breathing, and coma.

### Foxglove

All parts are poisonous. Symptoms include vomiting, dangerously irregular breathing and pulse, and mental confusion. May be fatal.

### Holly

Berries are poisonous. Symptoms include nausea, vomiting, diarrhea, and stupor.

### Hyacinth

Bulb is poisonous. Symptoms include nausea, vomiting, and diarrhea.

### Hydrangea

All parts contain cyanide producing substances and are poisonous. Symptoms include vomiting, dizziness, headache, diarrhea, fast heart rate, rapid breathing, and convulsions.

### Iris

Bulb is poisonous. Symptoms include nausea, vomiting, and diarrhea. Toxic effects on the liver and pancreas.

### Jimson Weed (thorn apple)

All parts are poisonous. Symptoms include abnormal thirst, distorted vision, and coma.

### Larkspur

All parts are poisonous. Symptoms include digestive upset and nervous excitement.

### Laurels

All parts are poisonous. Symptoms include excitement, high followed by low blood pressure, rapid heart rate, and delirium. May be fatal.

### Mistletoe

All parts are poisonous. Symptoms include vomiting,

diarrhea, slowed pulse, and circulatory collapse. May be fatal.

### Narcissus

Bulb is poisonous. Symptoms include vomiting, diarrhea, trembling, and convulsions. May be fatal.

### Oleander

All parts are poisonous. Symptoms include nausea, vomiting, depressions, slowed and irregular pulse, dilated pupils, steady diarrhea, and paralysis. May be fatal.

### Philodendron

All parts are poisonous. Symptoms include irritation, swelling, and intense pain in the mouth, lips, throat, and cheeks. May block breathing or swallowing.

### Poinsettia

All parts are poisonous. Symptoms include burning in the mouth and throat, vomiting, diarrhea, and intestinal irritation.

### Poison Ivy, Oak, and Sumac

All parts are poisonous. Symptoms include itching, oozing sores, swelling of throat and mouth, weakness, fever, and reduced urine output.

### Rhododendron

All parts are poisonous. Symptoms include nausea, vomiting, and difficulty in breathing. May be fatal.

### Rhubarb

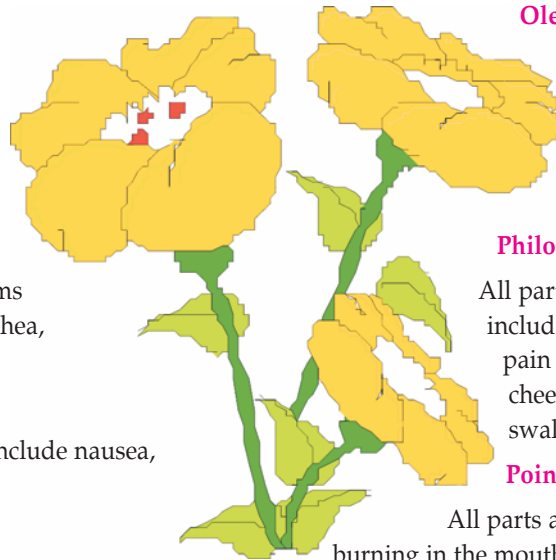
Leaf only is poisonous. Symptoms include abdominal cramps, vomiting, weakness, and muscular cramps. May be fatal.

### Wisteria

Seeds and pods are poisonous. Symptoms include mild to severe digestive upset.

### Yews

Berries and foliage are poisonous. Foliage is more toxic than berries. Symptoms include nausea and vomiting. Can be fatal without symptoms.



## ***Food Poisoning***

---

Proper storage and preparation of food is extremely important in preventing the growth of harmful bacteria which can cause food poisoning. Some foods can spoil within hours if not stored properly. Foods containing dairy products provide the best breeding places for bacteria. Milk, baby formula, salad dressing, cream sauces, milk gravies, cream-filled pies, and pastries are all items that need to be refrigerated. Sausages, poultry, ground beef, fish, and rapid cured hams also will spoil quickly.

### **Purchasing Food**

Check expiration date on all refrigerated items before purchasing. These food items are required by law to be dated. Often a store will sale price these items when they reach expiration date. Do not buy these items even though they may be perfectly good. Because you are buying this food for children in your care, be extra careful.

Test the tops of screw jars for tightness. They may have loosened accidentally or another shopper may have been curious or destructive. This is especially important with baby food jars.

Never buy a can that is bulging. This is a clear sign that the food has gone bad. Do not purchase dented cans because there is a possibility the food is spoiled.

### **Food Storage**

Keep food either very hot or very cold. Bacteria will not grow as easily in cooking food, and refrigeration slows down bacterial growth. Cover and refrigerate leftovers immediately.

Refrigerate all uncooked meats and dairy products. These will spoil eventually even if refrigerated. Freeze meat if it is not going to be used in two days. Throw away dairy products if they are not used by the expiration date or if they smell spoiled before that date.

Never thaw and then refreeze food. It can be thawed, cooked, and then refrozen.

Store unopened baby food jars in a dry, moderately cool place. Cover and refrigerate any leftovers immediately.

Get rid of any moldy foods. Throw away any food you are not sure about.

Always wash baby bottles immediately after using them. Formula and milk left in a bottle can cause bacteria to grow.

### **Preparing Food**

When cooking, always use food that you know is good. Milk, eggs, meats, and other foods should always be in good condition.

Pork always should be cooked thoroughly. Keep all cooking utensils in good, clean condition.

Wash all fresh vegetables and fruits.

## ***Lead Poisoning***

---

The main source of lead poisoning in a home or center is dried, peeling paint on walls, woodwork, repainted furniture, or toys. Children often suck and chew on furniture. They pick and pull off peeling paint and then put it into their mouths. You may not know which items in your house have been painted with lead base paint. Even if you paint with lead-free paint, there is the danger that old layers of paint underneath may have high lead content.

- ✿ Take no chances. Check regularly for peeling paint on furniture, toys, window and door sills, porch steps, bars or iron gates, and interior and exterior walls (Note: Outdoor paints may have a high lead content.)
- ✿ Teach children never to bite on furniture, toys, window sills, and other painted surfaces.
- ✿ Remove all toys, furniture, and other objects where paint is peeling.
- ✿ When repainting objects, toys, or furniture, always remove all layers of paint and then use a lead-free paint.
- ✿ When choosing wooden toys, buy unpainted toys or toys with labels, indicating they have been painted with lead-free paint.

## Poison Prevention

---

- ✿ Inspect your home or center every day to be sure none of the poisonous items mentioned earlier are left where children can get to them. It is easy to use a cleaning fluid or take a medicine in the evening and forget to put it away.
- ✿ Keep all household chemicals in a locked cabinet and out of reach of young children.
- ✿ Keep garage doors, tool sheds, and other areas where paint, gasoline, turpentine, insecticide, garden chemicals, or other such things are stored locked at all times.
- ✿ Throw away empty containers in a safe container outside the home or center. Sometimes children go through trash or garbage cans and play with empty containers which might have had poisonous substances. Put empty poison containers in the garbage can just before trash pick up time, not the night before.

Better yet, hand the empty container to the trash collector.

- ✿ Never put potential poisons into food containers such as a glass, bowl, jar, soft drink, or milk bottle. Adults as well as children have died from drinking or eating poisonous items stored in food containers.
- ✿ Keep drugs, medicines, and cosmetics in a locked area away from where children play.
- ✿ Sometimes you will have to give children medicine, but do not do so unless you have written permission from the parents. Never give the child medicine prescribed for another person. Never give more than the prescribed dosage and remember to throw away old or leftover medicine. Throw away medications the same way you would a poison—very carefully.
- ✿ Teach children never to put anything in their mouth that is not food or drink.
- ✿ Remember that all drugs and household chemicals must be kept out of reach of children.

# Water Safety

---

Water can be fun, but it is also dangerous. Swimming pools are obviously a danger to young children; and adults usually are aware of that danger. However, small wading pools and bathtubs also can be dangerous. No child should be left alone in water—whether it is the backyard wading pool or the bathtub. It only takes a few seconds to fall and drown. An adult always should be present and in easy reach of the child.

## Wading Pools

---

Wading pool play should be watched closely even with older children. When children are playing together, they often start pushing and shoving each other. They do not understand this could be dangerous. Without intending to be mean or hurtful, they may hold a child's head under water.

- ❁ Do not allow heavy or sharp objects in the pool area. Children enjoy throwing things to make a splash in the water. Their aim is not always accurate, and they may hit another child.
- ❁ Drain and clean wading pools every day. With larger pools, be sure the filter system is working and the water is clean and clear.

## Swimming Pools

---

Swimming pools should have a high fence around them and a gate that can be locked. Always lock the gate, even if you plan to return in just a few minutes. Many tragic accidents happen in just a few minutes.

- ❁ Supervise all swimming pool activities. Test pools daily for proper chemical balance.
- ❁ Keep all pool equipment clean and in good working condition.
- ❁ Keep life saving equipment such as a life buoy or long pole within easy reach of the supervising adult.

- ❁ Do not allow any electrical equipment such as a radio inside the fenced area unless it is part of standard pool operating equipment. Make sure children who cannot swim wear life jackets and stay in shallow water.
- ❁ Use the "buddy system" for all older children, even though supervised by an adult.
- ❁ Check with your Texas Department of Human Services licensing representative for current swimming pool standards.

## Swimming Lessons

---

All children should take swimming lessons as soon as possible. Although 6 and 7 yearolds learn more quickly, children as young as 6 months can be taught to swim well enough to keep from drowning. Very young children are not afraid of the water or aware of the danger. Because of this, all preschoolers who are around a pool should be taught how to swim for their own protection.

Red Cross swimming lessons by certified water safety instructors are available in most cities during the summer. These lessons are usually free, or there is only a small pool charge. Each water safety instructor must teach at least one Red Cross swimming course free of charge each year to maintain certification. The local Red Cross office usually keeps a list of instructors who want to teach a course. Sometimes, you can find a person who is eager to teach a course in order to keep the certification.

Older children will often say they know how to swim when they really don't. Do not trust the child's word. Always have a child swim for you and judge the child's ability yourself.

# Automobile Injury Prevention

---

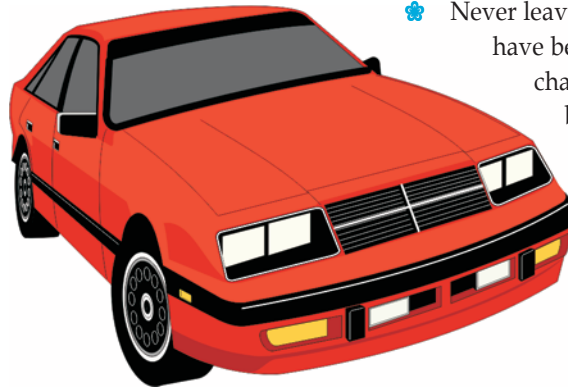
There are a number of very dangerous situations in which children are exposed to possible injury from automobiles. Some of these include riding in a car without seat belts, playing in abandoned cars, and playing in a driveway.

## Rules

---

You must always have written permission before taking children in an automobile. If you take children anywhere, be very firm about automobile rules.

- ✿ Lock all doors and fasten seat belts before the car is started. If the belt does not go over hips, use a car seat.
- ✿ Do not allow any part of the body to extend through a window.
- ✿ Do not touch door and window handles unless permission is given.
- ✿ Stay seated and belted until the car is stopped.



- ✿ Use only infant carriers designed for motoring and only seats which have the manufacturer's Certification of Compliance with the requirements of Federal Motor Vehicle Standard No. 213. Do not take a child anywhere in an unsafe carrier even if the parents provide it.
- ✿ Pull over and stop if children misbehave.

## Safety Precautions

---

- ✿ Never leave the keys in the car when you are not behind the wheel. Always engage the emergency brake before you leave the car.
- ✿ Always lock parked cars.
- ✿ Never allow children to play in a driveway.
- ✿ Never leave children alone in a car. Children have been known to release brakes or change gears and let cars coast or burn themselves with the cigarette lighter. Children also have died of heat prostration in locked cars with the windows up.

# ***Fires, Burns, and Electric Shock***

---

Stoves, heaters, radiators, fireplaces, electric cooking appliances, irons, electrical outlets and cords, matches, and cigarette lighters are potential fire hazards. You never can be too careful about any of these things.

## ***Preventing Fires and Burns***

---

- ❁ Never leave children alone in a house. In minutes, a child can start a fire or be burned.
- ❁ Never allow children in the kitchen or any area where someone is cooking. It takes less than a second for a child to pull a cord on a slow cooker, toaster, or coffee pot, or the handle of a container of hot liquid. There is also the possibility that the child could be splashed with hot foods while foods are cooking.
- ❁ Put guards around heaters, radiators; furnaces, and any other object that is a fire hazard.
- ❁ Cover all 220 volt air conditioner outlets with a guard.

- ❁ Check for matches or cigarette lighters left lying around each morning before the children arrive. Remove and store matches and lighters in a safe place.
- ❁ Have a working fire extinguisher available and know how to use it.

## ***Preventing Electric Shock***

---

- ❁ Use child-proof covers or heavy electrical tape on unused electric outlets to keep children from poking their fingers, toys, or other objects into the outlets.
- ❁ Avoid using extension cords. Place electrical equipment close to outlets and roll up any extra cord.
- ❁ Push the television set against a wall so the back of the set is not easy to get to.
- ❁ Warn children not to tug or chew on electric cords.

# Planning for Emergencies

---

All schools and homes should have emergency plans. Emergencies do happen, and well thought out and practiced emergency procedures can save lives.

## Fire

---

### Fire Plan

Plan two exits from every room. If one exit is through a window, check to be sure the window will open. Draw a plan of your center with the exits clearly marked and attach a copy of the plan to the wall in every room. Exits must be uncluttered. Know the location of the nearest fire alarm box or phone outside your center. Tell the parents about your fire escape plan and encourage them to make their own home plans. Tell them it is important for every family to have an emergency meeting place outside the home where they can meet safely if they have to leave the home because of a fire.

### Fire Practice

Have fire drills at least once every three months at different times of the day. Then, if there is a fire, you and the children will know exactly what to do.

1. Assign one person to ring a bell or blow a whistle for emergency procedures.
2. The class immediately should follow the teacher to the door and out of the building to a designated spot about 200 feet from the building. This could be a tree marked with something like a red ribbon.
3. Place babies in one crib and roll to the marked place.
4. Upon arrival at the marked spot, immediately check roll to make sure everyone is there. This may be done by a head count.
5. Assign one person to blow the whistle as a signal to return.
6. Go back to the center by the same route you left it.

### Fire

When a fire starts, close doors between you and the fire and leave by the safest exit.

1. Take the children out. Don't stop to get anything.
2. When you get to the designated spot, do a head count

to be sure all the children are with you.

3. One person should stay with the children. Call the fire department.

## Severe Weather Conditions

---

Texas is subject to severe weather conditions, so be prepared for these emergencies. Have a battery-operated radio in your center. You can pick up warnings if you suspect bad weather is coming, and you can continue to listen for bulletins if electricity is interrupted because of the weather.

In a severe storm, take the children to the safest place in your center. It may be a hallway with inside walls, away from windows, away from the television set, and away from water pipes.

If a tornado warning is issued, open the windows on the side of the building away from the direction the storm is coming. Role play or practice these procedures with the children.

## First Aid

---

Every home and center should have a first aid kit.

Many different types of first-aid kits are available. It is not necessary to purchase an expensive container. What is inside is more important.

Kits can be brightly painted lunch pails, shoe boxes, plastic buckets, or mesh sacks. If possible, have two kits, one for center or home use and one to take on field trips.

Keep kits in a cupboard or closet on a shelf higher than any of those used by the children. Always keep the door closed.

The kit should contain poison antidotes and enough materials and medicines to take care of minor scrapes, cuts, and scratches. A kit should contain the following:

- Small bottle or bar of antiseptic soap
- Sterile gauze squares (3" x 3", 2" x 2")
- Baking soda (for bites and stings)
- Bandages (1" rolls, 2" rolls)
- Adhesive bandages (all sizes)

Wooden applicators and toothpicks  
 Adhesive tape (several sizes)  
 Absorbent cotton (rolls and balls)  
 Alcohol (70%)  
 Tweezers  
 Scissors (small, good quality)  
 Triangular bandages to use for slings (30" or 40")  
 Hand basin  
 Splints (cardboard)  
 Basin for vomiting  
 Safety pins  
 Two or three covered glass jars large enough for tongue depressors and long applicators  
 Syrup of ipecac (poison antidote, will induce vomiting)  
 Disposable tissues  
 Medicine droppers  
 Paper towels  
 Paper cups  
 Tongue depressors  
 Cotton-tipped wooden applicators  
 Burn ointment  
 Mineral oil (poison antidote)  
 Ice bag or plastic bag for ice  
 Moist gauze pads moistened with an antiseptic agent

- ✿ Replace first-aid items and medicines as needed and keep them in good condition.
- ✿ Purchase items such as adhesive bandages, tape, and ointments when half of each item has been used. Items such as basins and tweezers should be kept clean and in good condition.

- ✿ Before using, check any medications kept in the first-aid kit for the expiration date. Replace any medications that are close to the expiration date. Expired medication should be thrown away.

Every center and home should have a first aid chart and a poison antidote chart. When a child is injured or poisoned, it is frightening for both the child and the caregiver. Post the first-aid chart, the poison antidote chart, and emergency numbers on the wall near the telephone and, if possible, near the first-aid kit. Any serious problem will require a telephone call to an ambulance, physician, poison control center, or parents. Place charts, first-aid kit, emergency numbers, and the telephone together. This will speed up emergency care and may reduce panic.

First-aid charts and poison antidote charts are available. A chart entitled "First Aid" is available from the Texas Department of Human Services. Get this chart from your local DHR office, or from your local public health department.

**Post emergency numbers. Emergency numbers should include:**

- ✿ the local poison control center or a poison control hot line number listed in your local telephone directory,
- ✿ the closest hospital emergency room,
- ✿ the closest ambulance service,
- ✿ the nearest fire department,
- ✿ a neighbor you could call in an emergency, and
- ✿ an emergency number for each child in your care. Post these numbers by the telephone in chart form or list in a personal address and telephone book. All children in your care will have emergency numbers and additional information

in their record file. The purpose is to have immediate access to a telephone number in case of a critical situation.

If you have an emergency and do not have ready access to appropriate numbers, call the telephone operator. Declare an emergency. Tell the operator your problem and what help you need. Use this procedure as a last resort and only in a true emergency.

No matter how careful you are, there is no guarantee that

an emergency situation will not happen. The most important points to remember are to plan ahead of time what to do in an emergency, practice or rehearse with the children, keep calm, and act quickly to prevent further damage. It is to your advantage to:

- have first-aid materials on hand, know first aid, and
- post a list of emergency telephone numbers near the phone.