

Child Care Training and Resource Kit

Inside Environments: Making It Safe

Handouts

1 ☐ **Inside Environments**

Making It Safe

**Partners in Child Care
Snohomish Health District**

2 ☐ **Outline**

- Children and their Play
- Child Development and Safety
- Choosing Safe Toys
- Equipment Safety
- Other Inside Hazards
- Questions

3 ☐ ***“Play is the essential work of childhood. It is how children learn what no one can teach them.”***

4 ☐ **Injuries are more likely when:**

- Another child is ill or injured
- Providers are absent or busy
- Children are uninvolved, hungry or tired
- During field trips
- Hazards are too attractive
- Providers not familiar with children’s abilities
- Late morning and late afternoon
- Any transition time

5 ☐ **Supervision is the key to safety**

- No replacement for direct supervision
 - in risky environments or during certain activities
- Set reasonable, appropriate rules
 - simple, positive terms
- Tailor play to children
 - balance active play with quiet play
 - age grouping
 - variety of activities

6 ☐ **Safety is related to the age and development of children.**

7 ☐ **When choosing toys, look out for:**

- ∅sharp edges
- ∅small parts
- ∅loud noises
- ∅cords and strings
- ∅sharp points
- ∅propelled objects
- ∅electric toys

8 **Guidelines for Choking Prevention**

- ∅Serve appropriate foods
- ∅Eat while sitting
- ∅Check toys for loose parts
- ∅Avoid latex balloons
- ∅Avoid plastic bags or styrofoam
- ∅For infant/toddlers: no objects smaller than 1¹/₄ inches (Legos, beads, coins)

9 **Consumer Product Safety Commission**

- For information about new or used toys and children's equipment
- Local contact : Jerry Bjork 253-946-4342
- National hotline to report products:
 - 1-800-638-2772 (eastern time M-F)
- Web site: <http://www.cpsc.gov>

10 **Equipment Safety**

- Play pens and play yards
- Strollers (child slips through leg opening)
- Baby walkers
- Cords, strings, necklaces
- Toy chests (suffocation)
- Car seats (recall notices)
- Cribs

11 **Crib Safety**

- Corner posts should not stick up
- No more than 2 fingers should fit in the space between the mattress and sides of the crib
- Space between crib bars should be smaller than 2³/₈"
- Mobiles and crib toys out of reach
- Once a child can push themselves up, remove hanging crib toys

12 **Crib Safety**

13 **Other Safety Considerations**

- Climbing gyms (never on a hard surface)

- Window blind or drapery cords
- Bunk beds
- Beds/Waterbeds/Soft Bedding
- Drowning (5 gal buckets, toilets, bath, pool)
- Mini-Hammocks (w/out spreader bars)
- Halogen lamps, darts, bean bags, toasters

14 **There are many products that have been recalled.**

15 **Electrical Safety & Burn Prevention**

- Electrical outlets
- Extension cords
- Appliances
- Scalding from hot water
- Fire alarms
- Fire extinguishers
- Woodstoves and fireplaces

16 **Earthquake Safety**

Assess the Needs of Your Facility

- Heavy items stored lower
- Tall bookshelves secured to walls
- Secure items with velcro or bungee cords
- Have a small 'lip' on your shelves
- Preventing injuries will make a tough situation easier

17 **Poison Prevention**

- Store out of reach of children
- Always follow directions on products

READ THE LABEL

- Know the plants in your environment
- Be careful with pesticides

18 **Choosing Safe Art Materials**

- Read the label
- CP or AP seals
- Age-appropriate materials
- Don't eat or drink while using
- Wash hands after use
- Beware of dusts, fumes, etc.

19 **Indoor Air Quality**

- Control moisture
- Control dust
- Be careful with combustion sources
- Be careful with chemicals
- Be aware of what you track in
- Use plenty of ventilation

20 **Inappropriate Child Care Pets**

- Reptiles
- Psittacine birds
- Exotic animals
- Barnyard animals
- Vicious animals

21 **Keep Children Safe**

- Most injuries can be prevented
- Regular checks of the environment should be made and improvements made
- Provide safety education for staff, children and parents
- Infants and toddlers require special safety precautions

22 **Assignment for Credit**

(or further learning)

- Choose one of the three choices on the handout
- Must be postmarked no later than one week from today's date

CHOKING HAZARDS-

Children are more susceptible to choking than adults. Over 500 deaths occur each year in the United States due to choking and most of these people who die are -children. Make sure you do all you can to protect the children in your care.

1. *To Avoid Choking Hazards...*

Adults should eat with children.

- Model taking small bites and chewing thoroughly
- Use preventive teaching to the children
- Serve food that is safe for children to chew and swallow

2. *To Avoid Choking Hazards...*

- Encourage small bites
- Encourage chewing completely
- Insist on children
- Cut foods into small pieces (less than ¼ to ½ inch)

3. *Careful: Choking Hazard!*

Avoid presenting food to children that is round and firm, sticky, or cut into large chunks. Food should be no larger than 1/2 inch in diameter for preschoolers and 1/4 inch for toddlers.

4. *Careful: Avoid These Foods*

NUTS AND SEEDS

Whole berries

Raw carrots and celery

Grapes, unless they have been cut in half

Firm, hard raisins.

Hot dogs

Large chunks of meat or cheese

Popcorn

Hard candy

Chunks of peanut butter

Janice Fletcher and Laurel Branen

University of Idaho 2000

Grateful acknowledgement is made to Dr. Laurel Branen and Dr. Janice Fletcher for permission to print © 2002.

Alternatives to Toxic Art Supplies Used in Child Care

Avoid

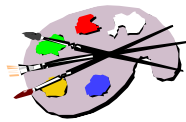
☹ Powdered clay; contains silica, which is easily inhaled and harmful to the lungs



☹ Glazes that contain lead



☹ Paints that require solvents such as turpentine to clean brushes



☹ Cold-water or commercial dyes that contain chemical additives

☹ Permanent markers, which may contain toxic solvents



☹ Instant paper mache, which may contain lead or asbestos

☹ Epoxy, instant glues, or other solvent-based glues (like rubber cement)



☹ Powdered tempera paints

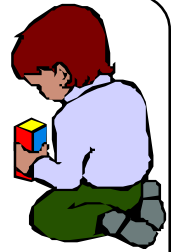
☹ Chalk that creates dust



☹ Aerosol sprays

Use

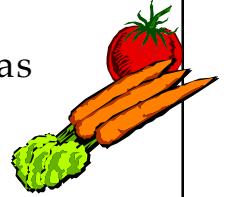
☺ Wet clay which can't be inhaled



☺ Poster paints

☺ Water-based paints

☺ Natural dyes, such as vegetables, onion skins, etc.



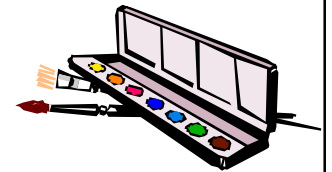
☺ Water-based materials

☺ Black and white newspaper and library paste or liquid starch



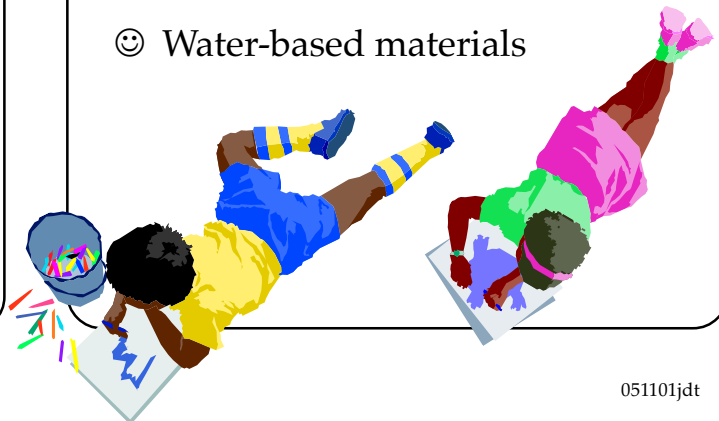
☺ Water-based white glue or library paste

☺ Liquid paints



☺ Crayons

☺ Water-based materials



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Adapted from Aronson, S. *Health & Safety in Child Care*, Harper Collins, 1991 and *Health in Day Care: A Manual for Health Professionals*, American Academy of Pediatrics, 1987.

Healthy Lifestyles, Healthy Communities



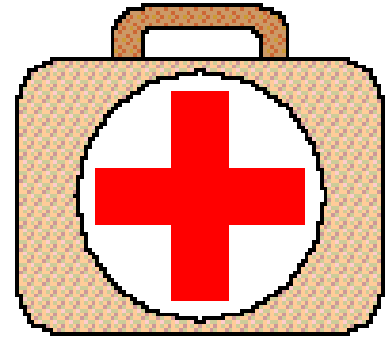
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What You Should Have in Your First Aid Kit

To provide the appropriate first aid, your child care program should have a first aid kit that is readily available, easily accessible, and the location should be prominently identified (like a sign on the outside of the cabinet where it is stored). This list is provided to assist you in determining the items you need to have available in your first aid kit. The recommended items listed below are the minimum supply for each kit.

- **A first aid guide** (for example, the guide staff used for first aid training)
- **Adhesive Bandages** (assorted sizes)
- **Cotton balls** (for cleaning wounds)
- **Sterile gauze pads** (2-4 inch sizes)
- **Roller bandages** (1-2 inch widths)
- **A large triangular bandage and safety pins** (for making a sling)
- **Adhesive tape** (to hold gauze pads in place)
- **Flexible rolled gauze**
- **Eye dressing**
- **Finger splints**
- **Plastic zipper bags** (to transport knocked out teeth or tissue)
- **Plastic trash bags** (to dispose of contaminated supplies)
- **Small scissors or other cutting device**
- **Tweezers** (to remove surface splinters / remember to disinfect after use)
- **Syrup of Ipecac** (to be used only with instruction from your local poison control center)
- **Disposable non-porous, latex-free gloves** (to protect hands from contact with blood and body fluids)
- **Digital thermometer and disposable cover slips**
- **Cold packs** (plastic baggies for ice/or sponges)
- **Baking soda** (to ease the pain of bee stings, nettle pricks, etc.)



If you choose to purchase a pre-assembled first aid kit, remember to remove any burn ointment, antibiotics or alcohol wipes.

Child care programs should have a first aid kit readily accessible at all times. A single kit may be sufficient for homes or small centers. Large centers with multiple classrooms may need additional kits, such as one for each area of the facility.

It is also practical to have either a complete first aid kit or “mini kit” available when children are using the outside play areas. A common practice is to place the first aid items in a fanny pack. If you transfer children to/from the child care or for field trips, you should have a first aid kit in every vehicle. You want to include these additional items in the vehicle kit:

- **Soap and bottled water** (to clean wounds and wash hands)
- **Medical information** (about each child, including allergies, emergency contact information and emergency medical attention permission slips)
- **A cellular phone with a charged battery or converter**



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First Aid for Poisonings

Inhaled Poisons:

- Carry or drag the child to fresh air.
- If a child has stopped breathing, begin mouth-to-mouth breathing.
- THEN call the National Poison Center 1-800-222-1222 toll free.



Swallowed Poisons:

- Give water to drink (unless child is unconscious, convulsing or cannot swallow).
- THEN call the National Poison Center at 1-800-222-1222.
- CAUTION: Antidotes on labels may be wrong! DO NOT follow label antidotes.
- DO NOT give salt, vinegar or lemon juice or any other substance unless the Poison Center tells you to give such a substance.



Poisons in the Eye:

- FLUSH THE EYE with lukewarm (not hot) water poured from a pitcher 2-4 inches from the eye. Flush the eye for 15 minutes.
- THEN call the National Poison Center at 1-800-222-1222.

Poison-Proofing your Home

The following is a list of potential poisons found in homes. Lock these products up or keep them out of reach of children.

Kitchen:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Drain cleaners-(lye) • Furniture polish • Powdered & liquid detergents • Cleaners & scouring powders • Metal cleaners • Ammonia | <ul style="list-style-type: none"> • Oven cleaners • Rust remover • Pills & medications • Carpet & upholstery cleaners • Dishwasher detergents |
|--|---|



Bathroom:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Aspirin • All drugs & pills • Drain cleaners-lye • Iron pills • Shampoo, conditioners, sprays • Hand lotion | <ul style="list-style-type: none"> • Creams • Nail polish & remover • Suntan products • Deodorants • Shaving lotion • Toilet bowl cleaners • Diaper pail deodorizers • Hair remover | <ul style="list-style-type: none"> • Pine oil & bath oil • Rubbing alcohol • Boric acid • Room deodorizer • Camphor-containing products • Denture tablets |
|--|---|---|

Bedroom:

- Medications
- Jewelry cleaner



- Cosmetics
- Perfume

Garage, Basement, Workshop:

- Lye
- Kerosene
- Lime
- Bug killers

- Gasoline
- Lighter fluids
- Turpentine
- Paint remover & thinner



- Paint
- Weed killers
- Fertilizers
- Anti-freeze

General:

- Flaking paints



- Repainted toys

- Broken plaster

Laundry:

- Bleaches
- Soaps & detergents

- Disinfectants
- Bluing & dyes



- Spot removers, or dry cleaners

Purse:

- All medications & pills

- Cigarettes



Closets, Attic, Storage Places:

- Rat poisons & ant poisons
- Moth balls & sprays

Some Poison Prevention Tips

Keep SYRUP OF IPECAC in your home. Use it ONLY if told to do so by the Poison Center.



- Lock up all medicines.
- Keep medicine in child resistant containers. Remember, these containers are child resistant, not child proof.
- Do not take medicine in front of children.
- Never call medicine candy.
- Clean out old medicines regularly. Flush them down the toilet.
- Read and follow directions and caution labels.

- Avoid bringing poisonous substances into your home as much as possible.
- Store cleaning supplies out of sight and reach of children.
- Keep products in original containers.
- Rinse out containers carefully before throwing them away.
- Put "MR. YUK" stickers on all poisonous products in your home.
- Items found in purses can be poisonous. Keep purses out of reach.
- Write the purchase date on the label of over-the-counter medicines like vitamins.



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(Adapted from the Washington State Department of Social & Health Services.)