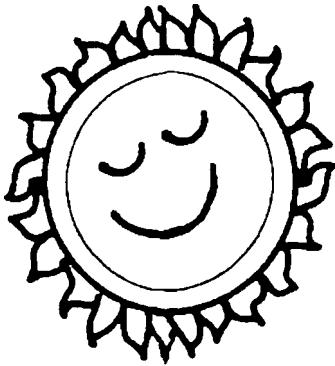


Child Care Training and Resource Kit

Play It Safe Outdoors

Handouts



When the sun shines here in the Northwest we want to take advantage of the fair weather. But too much sun or heat can be dangerous, especially between 10 AM and 4 PM when the sun is strongest. Even on cloudy days, a child can still get significant exposure to ultraviolet rays.

Sunscreens are labeled with an SPF (Sun Protection Factor) that indicates the level of protection. The higher the SPF number is, the more protection. Children's Hospital and Medical Center recommends using a PABA free cream with a minimum of SPF 15. It's not necessary to use a cream with an SPF greater than 30. Sunscreens should be applied a half-hour before going outside for maximum protection. Then reapply every hour or so.

Children, younger than one, need to be out of the sun as much as possible. Dress babies in lightweight, light colored clothing, and always cover their head. Do not apply sunscreen to children younger than 6 months of age.

Washington law requires that parents give permission for use of any medication, including sunscreen. It is best if parents provide the sunscreen for their own child, labeled with the child's name. If you feel you cannot juggle 10 different bottles of sunscreen, an acceptable alternative is to have parents sign a consent for the sunscreen you provide. Be sure to give parents the option of providing their own; some children react to certain products. **The law also requires that all medications be inaccessible to children -sunscreen is poisonous if ingested!** Call the Washington Poison Center at 1-800- 732-6985 if a child ingests sunscreen.

It's important for children to drink lots of water when playing outside. It's not only cool to have a water bottle, it's also healthy! You can encourage "cooling off" periods in the shade with quiet activities. When temperatures reach 90°F or more and humidity is high, children should not exercise outside for more than 30 minutes at a time.

No summer is complete without water play. A few precautions will keep children out of trouble.

NEVER leave children unattended in or near any water including water in a 5 gallon bucket. Drowning is a silent and swift death. Empty home wading pools after each use. This will keep the pools both safe and sanitary. Consider having children play in a sprinkler instead of a wading pool. Inflatable toys, mattresses and foam floats will not keep children safe in deep or shallow water. Personal flotation devices (PFD), also called life vests, are approved by the U.S. Coast Guard and are the only reliable flotation aids.

Children need to play outdoors to get fresh air and exercise. Preparing children for the sun will enable them to truly "have fun in the sun." (Call the Snohomish Health District, Partners in Child Care, at 425-339-5250 for a copy of "Outdoor Play," a handout for parents).



Sources: "Summer Safety Tips for Children", Children's Resource Center, Children's Hospital and Medical Center; "Attention Sun Worshipers", Seattle-King County Department of Public Health – Printed with permission Public Health- Seattle and King County

Is Your Child Ready for a Seat Belt? Think Again!

Children need to ride in a booster seat until the seat belt fits right, when they are at least 4 feet, 9 inches tall, about 80 pounds and 8 years old.



What is a Booster Seat?

A booster seat is made for older kids when they are too big for a car seat but not big enough for an adult seat belt. A booster seat raises the child up so that both the lap and shoulder parts of the seat belt pass across the child's body in the right places.

Why Does My Child Need to Ride in a Booster Seat?

Car crashes kill more children 4 to 8 years old than anything else. Seat belts save lives, but a seat belt that doesn't fit correctly won't protect your child in a crash. **Booster seats solve the problem.**

In a crash, a child who is too small for a seat belt can slip out and get hurt or die. Children also can be badly hurt in a crash when the lap part of the seat belt sits up on the tummy, where it can injure internal organs. A shoulder belt worn under the arm can break ribs, and placing the shoulder belt behind the back causes the child to move too far forward causing head trauma.

Many states now have booster seat laws. In Washington State, the law requires booster seats for children 4 to 6 years old or 40 to 60 pounds. Doctors and safety experts advise that children use booster seats until the seat belt fits correctly. In many cases, this will be when they are at least 4'9" tall, about 80 pounds and about 8 years old.

When Does My Child Need to Use a Booster Seat?

Start to use a booster seat when your child:

- Outgrows his forward-facing car seat with a harness. This happens when his shoulders are above the top set of strap slots or;
- Weighs 40 pounds.

Keep using a booster seat until the seat belt fits the way it should.

How Do I Know When the Seat Belt Fits My Child?

To see if your child is ready for a seat belt, try this **5-step test**:*

1. Can your child sit all the way back against the auto seat?
2. Do your child's knees bend with ease at the edge of the seat without slouching?
3. Does the lap belt fit snugly across the top of the thighs, not up on the tummy?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can your child sit like this for the whole trip?

If you answer "no" to any of these questions, or your child puts the shoulder belt under the arm or behind the back, a booster seat is needed for a good seat belt fit.

*Used with permission from SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

www.boosterseat.org

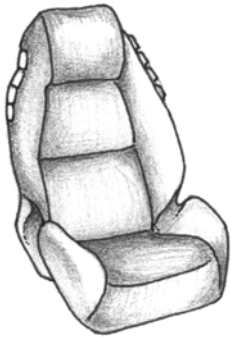
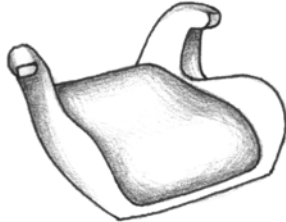
in partnership with

How Do I Pick the Right Booster Seat?

Booster seats come in many types and styles. Check the label for the weight limits and always follow the manufacturer's guidelines. Booster seats come in a wide range of prices. A higher price may not mean a better or safer booster seat. Here are some guidelines to help you.

No-back booster:

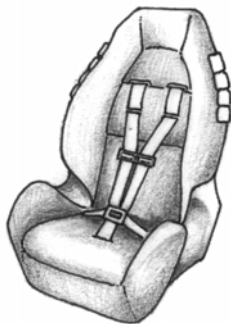
Must be used with a lap/shoulder style seat belt. It is best if your car's seat back or headrests come above your child's ears when she is sitting in the booster seat. This model is easy to pack up and move from car to car.



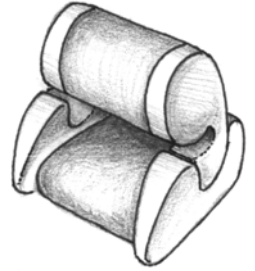
High-back booster: Must be used with a lap/shoulder style seat belt. A high-back booster protects against whiplash in cars with low seat backs. It can be used in cars with or without headrests. The high back also supports a sleeping child.

Forward-facing seat with harness:

Use the harness until your child weighs 40 pounds. Then, remove the harness and use the booster seat with the lap/shoulder style seat belt. This booster seat can be used in cars with or without headrests.



Shield booster: Using the shield portion of this booster is no longer advised. If the shield comes off, take it off (check instruction book). Then use the booster seat with the lap/shoulder style seat belt for children over 40 pounds. It works like a no-back booster seat. This style works best in cars with headrests.



What if My Car Has Only Lap Belts in the Back Seat?

There are many products you can buy to help improve your child's safety in the car if you only have lap belts in the back seat. To learn more about them, or for more information, call (425) 828-8975, 1-800-BUCK-L-UP, or visit www.boosterseat.org.

My 6-year-old Says He is a Big Boy Now and None of His Friends Have Booster Seats. What Should I Tell Him?

You know your child best, but here are some ideas:

- It's the law.
- I love you and want to protect you. The seat belt alone is not enough.
- Booster seats are made just for older kids like you.
- You'll be able to see out the window better.
- A booster seat will make the seat belt fit better and be more comfortable.

Where Can I Get More Information?

- Call the Safety Restraint Coalition at (425) 828-8975 or 1-800-BUCK-L-UP.
- Or visit the Washington State Booster Seat Coalition Web site at www.boosterseat.org.

Consumer Product Safety Alert

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

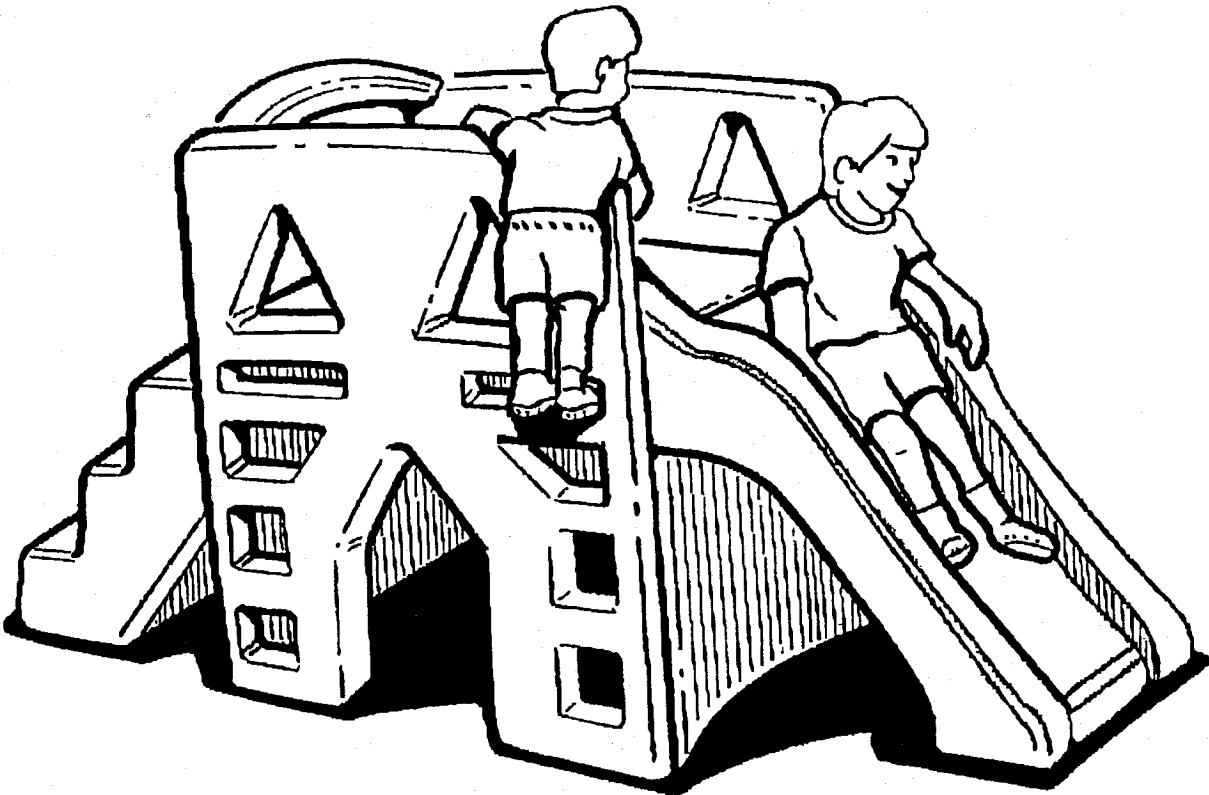
Never Put Children's Climbing Gyms On Hard Surfaces, Indoors Or Outdoors

The U.S. Consumer Product Safety Commission (CPSC) is warning parents and daycare providers that children's plastic climbing equipment should not be used indoors on wood or cement floors, even if covered with carpet, such as indoor/outdoor, shag or other types of carpet. Carpet does not provide adequate protection to prevent injuries.

CPSC has reports of two children killed and hundreds injured at home and at daycare centers when they fell from climbing equipment placed indoors on cement, wood or carpeted floors.

Parents and child care-givers should put all climbing equipment outdoors on surfaces such as sand or mulch to prevent children's head injuries. Manufacturers of plastic climbing equipment are labeling their products with warnings to NEVER put the equipment on concrete, asphalt, wood, or other hard surfaces and that carpet may NOT prevent injury.

For more information on child safety, call the Consumer Product Safety Commission at (800) 638-2772.



PLAYGROUND MAINTENANCE CHECKLIST

General Up-Keep

- Area is free of miscellaneous debris, litter, or animal excrement.
- Trash or garbage is not accessible to children.
- Equipment is not broken or missing pieces.

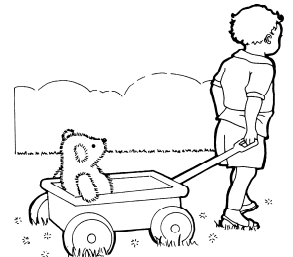


Surfacing

- Equipment has 9" - 12" of protective surfacing under and around it; and surfacing materials have not deteriorated.
- Foreign objects or debris are removed from loose surfacing materials.
- Loose surfacing materials have not compacted or reduced in depth, with special attention to heavy use areas such as those under swings and slide exit regions.
- Surfacing extends at least 6 feet from the base of the equipment in all directions.

General Hazards

- There are no sharp points, corners, and edges. For example, check the sides and sliding surface of slide chutes for sharp or rough edges caused by deterioration.
- There are no protrusions and projections, like nuts, bolts, or bar ends.
- There are no missing or damaged protective caps or plugs.
- There are no potential clothing entanglement hazards such as open S-hooks or gaps at the top of slides.
- There are no pinch, crush, and shearing points or exposed moving parts.
- Check for trip hazards, such as exposed footings on anchoring devices and rocks, roots, or any other environmental obstacles in the play area.



Deterioration of Equipment

- Equipment and other playground features have no rust, rot, cracks, and splinters, with special attention to possible corrosion where structures come in contact with the ground.
- Equipment is securely anchored.

Security of Hardware

- There are no loose or worn connecting, covering, or fastening hardware devices. For example, S-hooks at both ends of suspending elements of swings and all connection points on flexible climbing devices for wear.
- Moving parts such as swing bearing hangers are not worn.

Equipment Use Zones

- Equipment use zones are free of obstacles.

Drainage Systems

- The entire play area has no drainage problems, with special attention to heavy use areas, such as those under swings and slide exit regions.



Source: U.S. Consumer Product Safety Commission, "Handbook for Public Playground Safety," 1991

Healthy Lifestyles, Healthy Communities



SNOHOMISH
HEALTH
DISTRICT

PARTNERS IN CHILD CARE
3020 Rucker Avenue, Suite 104
Everett, WA 98201-3900
425.339.5250 Fax: 425.339.5254





Play Ground Safety

According to the U.S. Centers for Disease Control*, one third of serious injuries of pre-schoolers attending child care are related to playground equipment. Most serious injuries are caused by falls. Injuries from falls can be reduced by adjusting the equipment height, the surfacing, and the fall zones:

Equipment height - The height of an accessible platform should be a maximum of 24" for toddlers, 48" for pre-schoolers, 60" for grades K-3, 80" for grades 4-6. An elevated surface more than 20" above the underlying surface should have a guardrail or protective barrier.

Surfacing - Shock absorbing material (loose, well drained wood chips or coarse sand) at a depth of 9"-12" should be placed under equipment, including swings, slides, climbers, see-saws, or elevated platforms. The surfacing should be contained to keep the material where it is needed. Earth surfaces such as dirt and grass are **not** recommended because their shock absorbing ability varies considerably due to wear and weather conditions.



Fall zones -A fall zone is the area under and around the equipment where protective surfacing is recommended. The fall zone should extend a minimum of 6 feet in all directions from the perimeter of the equipment, and the fall zones for adjacent pieces of equipment should not overlap. Slides and swings need larger fall zones. These zones should be free of obstacles that children could run into or fall onto. An additional 2 feet can be added for a walkway.

Additional considerations on playgrounds:

Age grouping of equipment -Equipment should be designated for ages: toddlers (under 2 years), preschoolers (2-4 years), grades K-3 (5-8 years), grades 4-6 (8-12 years). Injuries occur when young children use equipment they are not physically able to use. Injuries can also occur when older children use equipment designed for younger children.

Entrapments and entanglements -These can result in severe injury or death; your play area should be free of these. An entrapment is an opening between 3 1/2" and 9". An entanglement is any opening, crevice, or the like which will cause coat strings or clothing to be caught.

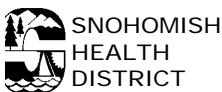


Slides -are not a high use item but 16% of injuries occur on this piece of equipment. The two primary factors are height and ground cover. There should be an exit region that is essentially horizontal and parallel to the ground and should be at least 11" long and no more than 11" from the protective surface.

Overhead ladders, overhead rings, and teeter totters -are not recommended for preschool children.

(For complete guidelines to play areas or for specific types of equipment, see the Handbook for Public Playground Safety, US. Consumer Product Safety Commission, 1991.) Developed by Snohomish Health District 425-339-5250

*Centers for Disease Control, MMWR, 10-88/Vol. 37/No. 41 CCT-42



PARTNERS IN CHILD CARE
3020 Rucker Avenue, Suite 104
Everett, WA 98201-3900
425.339.5250 Fax: 425.339.5254





Outdoor Play

Notice to Parents

The health and safety of your children is our #1 priority. Outdoor play is an essential component to our program

because it provides children with a change of scenery, an opportunity for large muscle play, and a chance to

breathe clean, fresh air. We will be taking the children outdoors to play everyday, even in the winter.

Exposure to cold or to wet weather does not make a child sick. Children become ill when they are exposed to germs that are new to them. While they are playing outdoors they are able to breathe in clean, fresh air.

When the children are outside we will be ventilating the rooms, replacing the air in a stuffy room with fresh air. Children should be dressed appropriately for the weather so they can enjoy the daily outdoor activities.

Please use the following guidelines to decide what your child should wear or bring to the program each day:

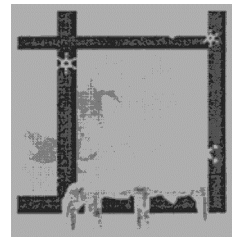
Cold Damp Weather



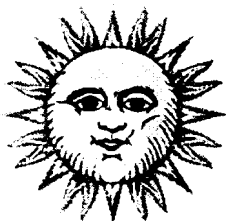
- ◆ Warm water-repellant coat with a hood or cap, socks, shoes, rubber boots, long sleeve shirt, and mittens with a water repellent surface.
- ◆ Please include a complete change of indoor clothing, in case the children find a puddle to splash in.
- ◆ Plastic bags worn over the shoes inside the boots help keep feet dry and make it easy to get boots on and off.

Cold Dry Weather

- * Warm coat with hood or wool cap, an extra pair of socks, a long scarf to cover the nose and lower part of the face, a sweater, snow pants over long indoor pants, long underwear, and if it is really cold, an extra pair of mittens.
- * Add layers of medium weight clothing to trap body heat.
- * Clothing should be dry and clean to provide maximum warmth.



Warm Weather



- * Select outer garments that are loose and light weight. Avoid tight fitting clothing around the head and neck since young children cool themselves by losing heat from those areas first.
- * We will use sunscreen only with your permission.
- * Minimal exposure to the sun and extra water will be provided on extra hot days to prevent dehydration.



Healthy Lifestyles, Healthy Communities
 SNOHOMISH HEALTH DISTRICT
PARTNERS IN CHILD CARE
 3020 Rucker Avenue, Suite 203
 Everett, WA 98201-3900 425.339.5230
 Fax: 425.339.5255



use your head

BEFORE YOU BUY A BICYCLE HELMET,

MAKE SURE
IT FITS!



CORRECT WAY TO WEAR
YOUR HELMET

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

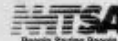
After March 1999, all bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Among other things, this means that bike helmets for children ages 1 to 5 will cover more of their heads, giving them more protection. After March 1999, look for a label or sticker that says the helmet meets the new CPSC standard.*



* Some manufacturers may offer helmets meeting this standard before March 1999.



U.S. Department
of Transportation



NTSB
People Saving People
<http://www.ntsb.gov>



U.S. Consumer Product
Safety Commission (CPSC)

CPSC Web site: <http://www.cpsc.gov>

CPSC hotline: (800) 638-2772 & (800) 638-8270 (TTY)



**HEY KIDS — REMIND GROWNUPS TO WEAR THEIR
HELMETS TOO!**

DOT HS 808 757 · AUGUST 1998

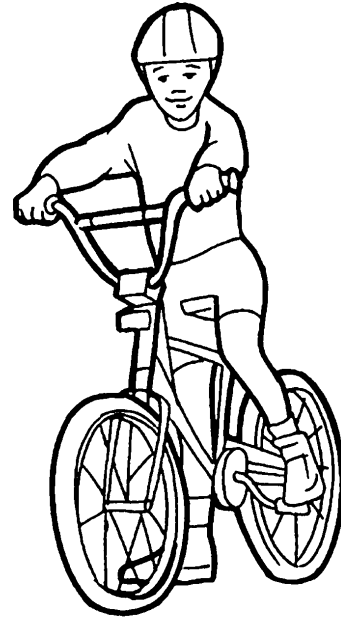
Consumer Product SAFETY ALERT

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

Wear Bike Helmets On Bicycles — Not On Playgrounds

The U. S. Consumer Product Safety Commission (CPSC) warns that children should not wear bike helmets when playing, especially on playground equipment. CPSC has reports of two strangulation deaths to children when their bike helmets became stuck in openings on playground equipment, resulting in hanging. CPSC also has reports of four cases where no injury occurred. In two of these cases the children were climbing trees, and in the other two cases, the children were on playground equipment.

Children should always wear helmets while riding their bikes. But, when a child gets off the bike, take off the helmet. There is a “hidden hazard” of strangulation if a child wears a helmet while playing on playground equipment.



This is a document from the Consumer Product Safety Commission:

about what's new bicycle helmets?

NEW SAFETY STANDARDS FOR BETTER PROTECTION

For the first time ever, all bicycle helmets must meet a uniform mandatory safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). In the past, bicycle helmets have met one or more voluntary safety standards, but after March 1999, all bicycle helmets manufactured in or imported to the United States must comply with the new Federal standard. Some manufacturers are likely to offer helmets meeting the CPSC safety standard before the effective date. After March 1999, consumers need only to look for a label or sticker that says the helmet meets the CPSC safety standard. This label or sticker ensures that the helmet will provide a high degree of head protection when biking.

**COMMON QUESTIONS AND ANSWERS
FOR YOU AND YOUR FAMILY ABOUT
BICYCLE HELMETS AND SAFETY**



WHY ARE BICYCLE HELMETS SO IMPORTANT?

Bicycle helmets can reduce the risk of head injury by up to 85 percent. Most deaths related to bicycle falls and collisions involve head injuries. This means that wearing a helmet can save your life.



DO I REALLY NEED TO WEAR A BICYCLE HELMET?

Yes. Each year, bicycle-related deaths number about 900, and United States hospital emergency rooms treat more than 500,000 people for bicycle-related injuries. More children, ages 5 to 14, go to United States hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. If you do not wear a bicycle helmet, you are risking your life.

In addition, many states and local jurisdictions have laws requiring bicycle helmet use. Check if you have a law in your area.



WHY DO WE NEED A NEW U.S. CONSUMER PRODUCT SAFETY COMMISSION (CPSC) BICYCLE HELMET SAFETY STANDARD?

The new standard ensures that bicycle helmets provide excellent head protection and that the chin straps are strong enough to keep a helmet on the head and in place during a fall or collision.



WILL BICYCLE HELMETS MEETING CPSC'S BICYCLE HELMET SAFETY STANDARD PROTECT YOUNG CHILDREN?

Young children on bicycles suffer a higher proportion of head injuries than older bicyclists. Under CPSC's new standard, bicycle helmets for

children ages 1 to 5 cover a larger portion of the head than helmets for older persons, thus providing additional protection.

All young children should wear a bicycle helmet, whether they are riding bicycles, tricycles, or are passengers on a parent's bicycle. Never carry a child under age 1 on your bicycle.



[NEW HELMET FOR AGES 1 TO 5]



SHOULD I REPLACE MY CURRENT BICYCLE HELMET AND BUY A NEW ONE THAT MEETS THE CPSC BICYCLE HELMET SAFETY STANDARD?

If you have a bicycle helmet that meets one or more of the voluntary bicycle helmet standards like ASTM, Snell, or ANSI, you do not need to buy a new helmet. These bicycle helmets provide sufficient protection for the head.

When you need to replace a helmet because it is outgrown or damaged in a crash, buy a new helmet that meets the CPSC safety standard.



HOW CAN I TELL IF MY BICYCLE HELMET FITS PROPERLY?

The helmet should fit comfortably and securely. It should be worn so that it is level on the head (not tilted back on the crown or pulled low over the forehead). You should not be able to move the helmet in any direction, back-to-front or side-to-side. The chin strap should be securely fastened. If needed, the helmet's sizing pads can help improve the fit.



WHAT CAN I DO IF I HAVE TROUBLE FITTING THE BICYCLE HELMET?

Make sure you have the proper size helmet for your head. Try the sizing pads included in the helmet box. If you still have trouble, ask a knowledgeable salesperson to help you. Properly fitting a bicycle helmet takes time, but



CORRECT WAY TO WEAR YOUR HELMET



WRONG WAY TO WEAR YOUR HELMET

It is worth the effort. If your helmet does not fit properly, it will not protect your head if you have a fall or collision.

WILL BICYCLE HELMETS PROTECT ME WHEN PLAYING OTHER SPORTS?

Bicycle helmets offer head protection for sports like in-line skating and roller skating. In addition, wrist guards, knee pads, and elbow pads are recommended for these sports.

Those who skateboard or do more aggressive (trick or freestyle) skating may want to look for helmets sold specifically for these activities that meet safety standards for these sports. These helmets cover more of the head, especially in the back. Wrist guards, knee pads, and elbow pads will offer additional body protection.



U.S. Consumer Product Safety Commission (CPSC)

CPSC Web site: <http://www.cpsc.gov>

CPSC hotline: (800) 638-2772 & (800) 638-8270 (TTY)