

"OK CHILD" Injury Prevention Program Newsletter

www.okchildinprev.com

Oklahoma City Fire Department
 University of Central Oklahoma
 Safe Kids Oklahoma



Seat Belts: A "Click" can save a life!!

Oklahoman *Kaylan Barbour* shares her story about seat belts.

(Click on the picture for video)

Being properly secured while driving is essential at any age. Seat belt use is the single most effective way to prevent serious injuries and death in car crashes. Although over 85% of Oklahomans regularly wear their seat belts, more than half of all fatalities in passenger vehicles or pick-up trucks in 2016 were unrestrained.



Thank you Kaylan!!
 Our prayers are with you!!

Proper restraint is also critical for children. Vehicle crashes are a leading cause of death for children, but many deaths can be prevented by properly and safely securing kids during every trip (OHSO).

Child Passenger Safety

Child passenger safety is the means and practice of preventing injury and death of children in the event of a motor vehicle crash. Both nationally and in Oklahoma, motor vehicle crashes are the leading cause of death for children. Proper

child restraint use decreases the risk of death by 71% for infants younger than 1 year old and 54% for toddlers 1-4 years old.

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WonderGrove Kids:
 Always buckle your seat belt.
 (click on the above picture)

Inside this issue:

Seat Belts	1
Smoke Alarms for Valentines Day?	1
Railroad Safety	2
Concussions	3
Tornadoes	4
Upcoming Events	4

Valentines Gift? A Smoke Alarm!!!

If you know of anyone who needs a helping hand with smoke alarms, please let us help.

The Oklahoma City Fire Department has a program called "Project Life" that assists citizens in Oklahoma City with obtaining

smoke alarms at no cost. To get information on our smoke alarm program, please go to www.okc.gov and under "Departments", click on "Fire" and select "Free Smoke Alarms—Gratis Alarmas de Humo"

Outside of Oklahoma City:

If you live outside of OKC, try contacting your local fire department and ask about their smoke alarm program.

Railroad Safety Tips

To start changing these facts for the better, Safe Kids and Union Pacific recommend the following safety tips to keep children and adults safe around tracks.

Only cross railroad tracks at a designated crossing. Designated crossings are marked by a sign, lights or a gate. If lights are flashing or the gate is down at a railroad crossing, wait for the train to pass completely before crossing. **It is never okay to rush across and try to beat the train.** Trains may be closer and faster than you think.

Allow enough space for your vehicle to completely clear the entire railroad crossing, not just the tracks, before you attempt to cross. Remember, trains are at least three feet wider than the tracks on either side, so even though you clear the tracks, you may still get hit by the train.

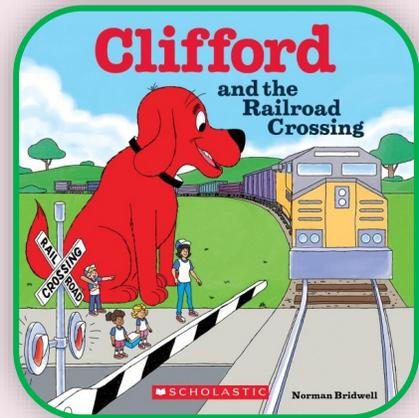
If you are using a cell phone, headphones or a game, remember: **heads up, devices down when you cross the tracks.**

Once a train starts to brake, it can take a mile for the train to stop. So when you see a train, it's already too late for it to stop for you. Headphones should be removed, so you can hear an approaching train's horn.

Don't be tempted to walk along the railroad track. It might be a shortcut, but it is dangerous and not worth the risk. It is against the law to walk on the track and the land around it because it is private property.



Click on above picture for video from Safe Kids Worldwide on Railroad Safety.



Keep your heads up and devices down while walking around downtown Oklahoma City. The streetcars are up and running!!

Concussions: More than just a headache!

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. (Committee on Sports-Related Concussions in Youth)

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment or position• Forgets an instruction• Is unsure of game, score, or opponent• Moves clumsily• Answers questions slowly• Loses consciousness (even briefly)• Shows mood, behavior, or personality changes• Can't recall events <i>prior</i> to hit or fall• Can't recall events <i>after</i> hit or fall	<ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Balance problems or dizziness• Double or blurry vision• Sensitivity to light or noise• Feeling sluggish, hazy, foggy, or groggy• Concentration or memory problems• Confusion• Just not "feeling right" or "feeling down"

HealthyChildren.org

What is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

Concussions are Serious!!

Medical providers may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious. (Center for Disease Control and Prevention)



What is a concussion? (CDC Foundation TBI)

(Click above for video)

Tornadoes: Don't get blown away— GET PREPARED NOW!!!

To stay safe during a tornado, prepare a plan and an emergency kit, stay aware of weather conditions during thunderstorms, know the best places to shelter both indoors and outdoors, and always protect your head. (CDC)

TIP 1: Be prepared.

The best way to stay safe during a tornado is to be prepared with:

- fresh batteries and a battery-operated TV, radio, or internet-enabled device to listen to the latest emergency weather information;
- a tornado emergency plan including access to a “safe shelter” for yourself and for people with special needs;
- an emergency kit (including water, non-perishable food, and medication); and
- a list of important information, including telephone numbers.

TIP 2: Stay aware of weather conditions.

To protect yourself and your family from harm during a tornado, pay close attention to changing weather conditions in your area. If you know thunderstorms are expected, stay tuned to local radio and TV stations or an NOAA weather radio for further weather information. Some tornadoes strike rapidly without time for a tornado warning. The following weather signs may mean that a tornado is approaching:

- a dark or green-colored sky;
- a large, dark, low-lying cloud;
- large hail; or
- a loud roar that sounds like a freight train.

If you notice any of these conditions, take cover immediately, and keep tuned to local radio and TV stations or to a NOAA weather radio or check the internet.

Safe Kids Day

May 4th, 2019 (9:00 am—2:00 pm)

Oklahoma City Zoo

Come join us, as our local injury prevention experts will be having booths to educate on how to prevent injuries!!

TIP 3: Know where to shelter.

Falling and flying debris cause most deaths and injuries during a tornado. Although there is no completely safe place during a tornado, some locations are much safer than others.

- Go to the basement or an inside room without windows on the lowest floor (bathroom, closet, center hallway).
- Avoid windows.
- For added protection get under something sturdy (a heavy table or workbench). Cover your body with a blanket, sleeping bag or mattress. Protect your head with anything available.
- **Do not stay in a mobile home.**

If you are outside or in a mobile home, find a nearby building preferably with a basement. If you are in a car, do not try to outrun a tornado but instead find the nearest sturdy building. NOTE: You may need to change your plans and change locations when the tornado watch is issued.

No one can know a tornado's strength before it touches down, so keep up with local weather information, especially when thunderstorms are forecast. Prepare your home and family for the possibility of a tornado. Moving to shelter quickly is easier when everyone knows where to go, whether in your home or outdoors. Following these tips will give you the best chance for staying safe in a tornado. (CDC)

Tornado Safety Tips:

Get Inside A Sturdy Structure:

- Get underground (basement/storm cellar).
- Go to a small interior room on the lowest floor.
- Put as many walls as possible between you and the outside.
- Stay away from windows/glass.
- Lay low and cover yourself with blankets, etc.
- Wear a helmet and good shoes.
- Grab your cell phone - it could be your lifeline

www.weather.gov/safety/tornado