#### BROWARD SHERIFF'S OFFICE



# KEEPING KIDS SAFE



SHERIFF GREGORY TONY Every year in the United States, more than 7,000 CHILDREN, about 20 A DAY, die from unintentional injuries.

Accidental injuries are a leading cause of death among children in the United States.

The most common causes of injuries leading to death among children include **motor vehicle crashes**, **suffocation**, **drowning**, **poisoning**, **fire** and **burn**-related injuries and falls.

Preventing injuries can be challenging, but learning how to protect children is essential. It is everyone's responsibility to **Keep Kids Safe**.



#### **ACCIDENTAL SUFFOCATION**

- Babies sleep safest ALONE, ON THEIR BACKS AND IN A CRIB.
- Place babies to sleep in a crib or bassinet on a firm mattress covered only by a fitted sheet.

 Always keep a baby's crib or bassinet FREE FROM TOYS, SOFT BEDDING, BLANKETS and PILLOWS.



- Keep babies in areas that are always SMOKE FREE.
- Dress babies lightly for sleep to avoid them getting too hot.
- Keep sleeping areas WELL VENTILATED and at a comfortable temperature.
- Offer a PACIFIER at nap time or bedtime, free of cords or clips.
- Teach CAREGIVERS these safe sleep practices.

#### **DROWNING PREVENTION**

Provide constant, close and competent adult supervision of children at all times, in or near the water.



Pools and spas should always be closed and equipped with barriers and alarms.

Learn how to perform rescue breathing and CPR. Keep a phone and rescue equipment poolside.





Enroll your child in swim lessons.

Install and maintain drain covers that prevent entrapment and entanglement.



#### WATER EMERGENCY PLAN

- MAKE SURE SOMEONE CALLS 9-1-1.
- CHECK FOR RESPONSIVENESS ONCE THE VICTIM IS OUT OF THE WATER AND LYING ON A FIRM, FLAT SURFACE.
- PERFORM CPR, IF NECESSARY.

**GIVE TWO BREATHS:** If the victim is not breathing normally, pinch their nose, cover their mouth with your mouth and give two full breaths.

**PUSH 30 TIMES:** Position your hands in the center of the chest. Place one hand on top of the other. Push down hard and fast 30 times, pressing down on the chest at least two inches.

REPEAT STEPS 1 AND 2 UNTIL HELP ARRIVES.

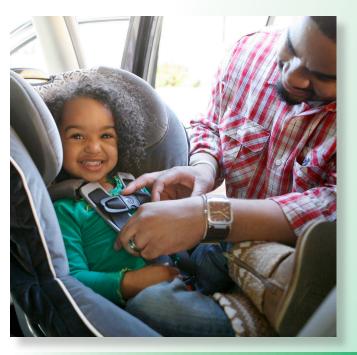


Scan the QR code for water safety resources



#### **MOTOR VEHICLE**

- Every 33 seconds, one child under 13 is involved in a crash.
- Slow down! Don't drive impaired.
- **BUCKLE UP!** Every ride! Every time!
- A HOT CAR can be DEADLY— always look before you lock.
- Choose the right car seat for the child's age, weight and height.
- Always walk around the vehicle before backing up.
- All CHILDREN UNDER 13 should ride properly buckled in the back seat.
- Call 9-1-1 to report a crash or suspicious activity.



FOR MORE INFORMATION, PLEASE VISIT SHERIFF.ORG

## **EVERYONE IS RESPONSIBLE FOR**

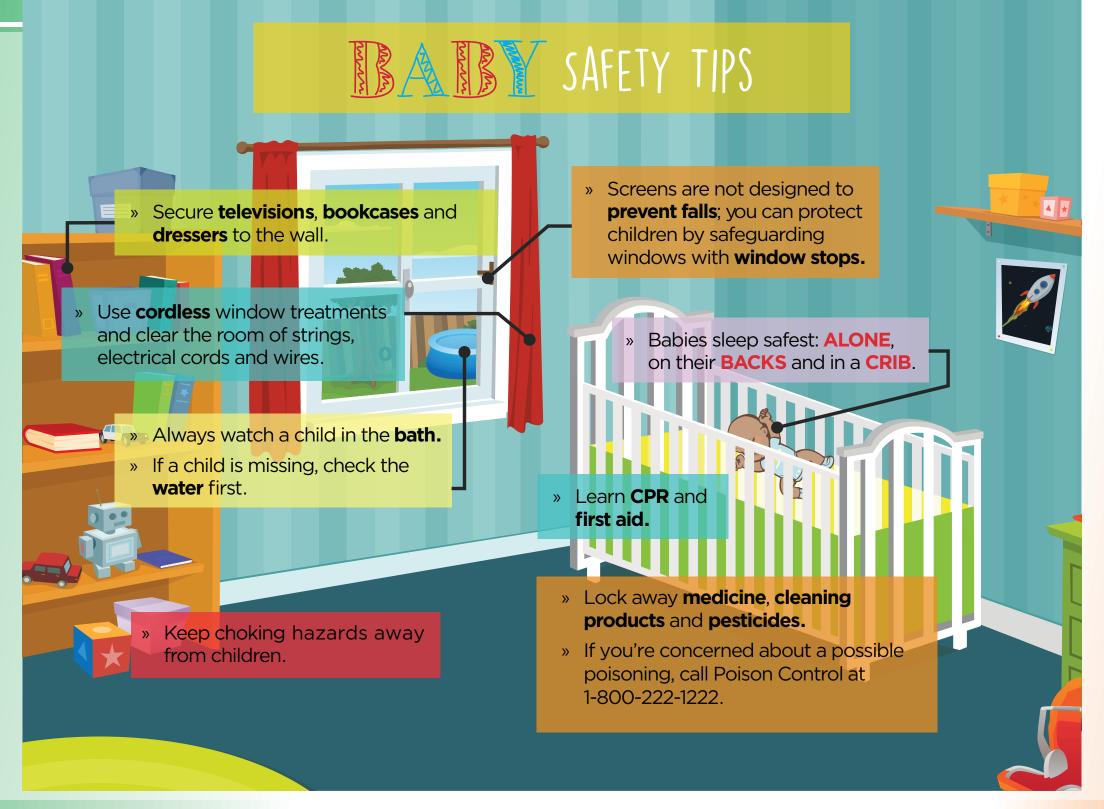
### **KEEPING KIDS SAFE**

The vast majority of childhood injuries are preventable. You can reduce the risk of injury by making a few practical changes to your home and environment.

- Be attentive.
- · Share safety instructions with family, friends and neighbors.
- Be aware of the need for additional safeguards as your child grows.



FOR MORE INFORMATION, CALL 954-831-8210





## **FIRE SAFETY**

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home.
- Have an emergency escape plan and practice it with your family.
- Teach children what smoke alarms sound like and what to do when they hear one.
- In case of a fire, get out and stay out.
- Place all lighters and matches out of reach of children.
- Use flameless candles.
- Keep kids away from cooking areas.
- Dial 9-1-1 when there is a MEDICAL. FIRE or police EMERGENCY.













