



Child Passenger Safety

# PATHWAYS to INJURY PREVENTION

## What's New !

Increase in the scientific evidence on which to base recommendations for best practices in child passenger safety.

Current estimates of child restraint effectiveness indicates that child safety seats reduce the risk of injury by 71% to 82% and reduce the risk of death by 28% when compared with those for children of similar ages in seat belts. Booster seats reduce the risk of non fatal injury among 4 to 8 year olds by 45% compared with seat belts. 1500 children younger than 16 years old die in motor vehicle crashes each year in the United States, nearly half of whom were completely unrestrained.



The American Academy of pediatrics urges all pediatricians to know and promote these recommendations as part of child passenger safety guidance at every visit.

Child passenger safety has dramatically changed over the past decade. Motor vehicle crashes (MVC)

continue to be the leading cause of death of children 4 years and older. This statement provides 4 evidence-based recommendations for best practices.

## 4 Recommendations

1. Rear facing child safety seat for most infants up to 2 years of age
2. Forward- facing car safety seat for most children through 4 years of age.
3. Belt-positioning booster seats for most children through 8 years of age.
4. Lap- and-shoulder seat belts for all who have outgrown booster seats.

Safety recommendation for all children under the age of 13 years old, is to ride in the rear seats of the vehicle.

<http://www.nhtsa.gov/Safety/CPS>

[www.healthychildren.org](http://www.healthychildren.org)

## Brain Injury Prevention Month!

**Starting with a child's first tricycle ride, make wearing a helmet a habit.**

**Parents should always wear a helmet themselves, set an example for your children, and explain why it's so important to wear a bike helmet.**

**Give your child plenty of praise, for wearing his/her helmet correctly.**

**Remember we are our children's first teachers, so we need to lead by example and always remember to wear our helmets!!**

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- 4 Common Causes of Loss of Vision





***Elders Falls Prevention:  
A Self Assesment Tool for  
Tribal Health programs.***



**Elder Safety On Tribal Lands**

Among people who are 65 years of age and older, falls are the leading cause of injury or death. Approximately one in three persons living in the community who are 65 or older report having had one or more falls each year. Falls are particularly serious for American Indian/ Alaskan Native (AI/AN) elders who experience more co - morbidity and chronic illness (such as diabetes and heart disease) than the general population.

Systematic application of fall prevention measures is infrequent in the health care setting. Medical services are often focused exclusively on treating the fall related injury. The project goal was to develop a comprehensive “Elder Falls Prevention Assesment Tool” (EFP-SAT) for clinic and out reach staff, based on effective strategies and “best practices.” The tool would be used to identify current levels of falls prevention and services and guide the development of falls prevention



**Quick Home Safety Checklist**

1. Move any furniture or objects that are blocking pathways through your house
2. Secure throw rugs with double sided tape or grip liner
3. Always wear shoes for added traction and support
4. Stairs & Steps
5. Check to make sure there is good lighting near all steps
6. Repair any broken hand rails or loose, broken steps
7. Fix loose or worn carpet on steps or remove the carpet
8. Kitchen
9. Move the items that you use most often to waist level
10. If you must use a step stool, make sure it has a handle to hold onto
11. Bathroom
12. If the tub or shower floor is slippery, a non-slip rubber mat or self-stick strips are a quick fix
13. If need be, install more grab bars in the shower and near the toilet

Elders are central to the well - being and cultural strength of our Native communities. As children,grand children,relatives and community members, we have a responsibility to care for our elders. There are several key things a person can do to reduce the risk of falls.

4 simple steps can help an elder in the comminity.

1. Make the home a safe place
2. Review perscription medications.
3. Have their vision checked.
4. Help them exercise regularly.

