



Safe Kids NH

SAFE KIDS

NEW HAMPSHIRE

CHAD Dartmouth-Hitchcock
CHILDREN'S HOSPITAL AT DARTMOUTH

January/February 2014

Mark your calendar:

- Injury Prevention Training Home Visitors- Feb. 20
- Safe Kids NH Quarterly Meeting—March 11
- Strengthening Families Conference- March 31
- Shield Our Children From Harm Conference—April 8
- NH Traffic Safety Conference- April 22
- Safe Kids 500 Event at NH Motor Speedway- April 30
- Seat Belt Challenge- May 15

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The Rules of the Road Changed for Kids in January

The new law for child passengers in New Hampshire is: *Every child under age 7 or 57 inches tall (whichever is reached first) is required to use a child safety seat.* Previously, the law covered children only up to age 6. This law applies when transporting a child in a passenger vehicle, pickup truck or sports utility vehicle.

What this means for you? Keep children using an appropriate car seat with harness or booster seat until age 7 unless the child reaches 57 inches before age 7. Every child under age 18 must use a child safety seat or a seat belt. (RSA 265-107-a)

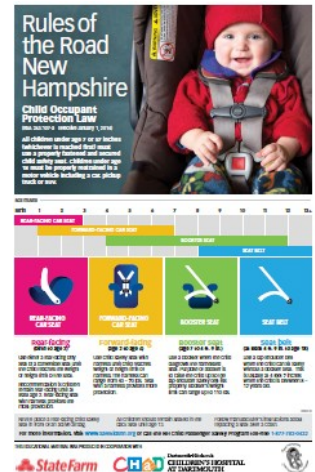
The child safety seat requirement can be met by either a child safety seat

with a harness or a belt positioning booster seat.

Best Practice While it is important to follow the law, it is also important for parents to know the best practices regarding transporting children. According to the American Academy of Pediatrics (AAP) and the National Highway Traffic Safety Administration (NHTSA) these are the best practices: **1.** Ride rear-facing until age two. **2.** Ride forward-facing using a seat with harness until height/weight limit is reached. Seats with harnesses can go up to 90 pounds. **3.** Use a booster until child reaches 4 feet 9 inches tall. A child will reach this height usually between ages 8 -12. Seat belts will not usually fit well

until 4 feet 9 inches. **4.** Ride in the back seat until age 13. **5.** Buckle up - every person every time.

To help spread the word Safe Kids NH has a new poster. For more information, call the NH Child Passenger Safety Program toll-free at 1-877-783-0432



Legislative Happenings

Lots going on in the state house this session relating to injury prevention. We encourage you to get involved in promoting best practice policy.

Learn who your legislators are and let them know you are in-

terested by checking out this web link:

www.gencourt.state.nh.us/house/members/wml.aspx or just go to www.nh.gov and look around.

Safe Kids NH continues to work towards helping implement the recent enhancement of the sports concussion law. For more information on how you might help with this project contact Jim Esdon at 603-653-8360.

National Burn Awareness Week Message from Shriners: February 2-8



Scald injuries are painful and require prolonged treatment.

Groups such as infants, young children and older adults are at high risk and are more likely to require hospitalization. Most burn injuries occur in the person's own home and the vast majority of these injuries could have easily been prevented.

Tap water scalds are often more severe than cooking-related scalds.

Set home water heater thermostats to deliver water at a temperature no higher than 120 degrees Fahrenheit / 48 degree Celsius.

Provide constant adult supervision of young children or anyone who may experience difficulty removing themselves from hot water on their own.

Install grab bars, shower seats or non-slip flooring in tubs or showers if the person is unsteady or weak.

Avoid flushing toilets, running water or using the dishwasher or clothes washer while anyone is showering. Install anti-scald or tempering devices.

Cooking-related scalds are also easy to prevent. Establish a "kid zone" out of the traffic path between the stove and sink where children can safely play and still be supervised.

Keep young children in high chairs or play yards, a safe distance from counter- or stovetops, hot liquids, hot surfaces or other cooking hazards. Cook on back burners when young children are present. Keep all pot handles turned back, away from the stove edge.

All appliance cords should be coiled and away from the counter edge.

During mealtime, place hot items in the center of the table, at least 10 inches from the table edge. Use non-slip placemats instead of tablecloths if toddlers are present.

Never drink or carry hot liquids while carrying or holding a child. Quick motions may cause spilling of the liquid onto the child.

For more information about preventing scald burns, contact the American Burn Association at 312-642-9260 or Shriners Hospital for Children® - Boston at 617-726-3575.



PURPLE for Teens...Understanding Infant Crying

Twenty of these darling dolls will be part of an infant abuse prevention kit that will be distributed to high schools in New Hampshire this spring. *PURPLE for Teens: Understanding Infant Crying* is a prevention project supported by Kohl's and the Children's Hospital at Dartmouth-Hitchcock.

This is the second year of this project that was started at the request of a grandfather who lost his infant grandson to this most lethal form of child abuse in New Hampshire.

This project builds on what started at Dartmouth's Birthing Pavilion three years ago. Now approximately 80% of NH birthing hospitals are implementing PURPLE to prevent abusive head trauma or what was formerly referred to as shaken baby syndrome. Infant crying is the most common trigger for these abusive events. This project helps teens understand infant crying and how to respond.

Many partners such as the Abusive Head Trauma Coalition, NH Children's Trust

and Kohl's have worked diligently to help share this important prevention message to NH families. For more information about the kits call 603-653-8360.

PURPLE info can be found at:
www.purplecrying.info.



Inventioneers Have Reason to Jump for Joy

The Inventioneers from Londonderry, NH are an impressive group of young people determined to reduce the number of distracted driving crashes, injuries and deaths. They first became involved with Dartmouth's Injury Prevention Center when they shared the vision of their smart wheel at the 2010

NH Traffic Safety Conference.

Since then they received endorsements for their product from President Obama, Secretary of Transportation Ray LaHood, and staff at MIT. They recently received their final SMARTwheel patent and appeared on ABC's Shark

Tank, successfully earning financial and marketing support. They will soon release and test their BETA version of the aftermarket smart wheel. We look forward to their continued success.

For more information on the SMART Wheel, visit : www.smartwheelusa.com



October 22nd, SMARTwheel Utility Patent was issued.

Is Your Emergency Department Prepared for Pediatric Patients?

This past summer, NH hospitals participated in the National Pediatric Readiness Survey to assess their emergency department's ability to care for children. The survey, which is based on the Guidelines for the Care of Children in the Emergency Department, is a cooperative project between the American Academy of Pediatrics, American College of Emergency Physicians, Emergency Nurse Association, Academy of Family Physicians, and Emergency Medical Services for Children Program.

Children aged 0-14 years account for a small number of patients treated in emergency departments. Many NH hospitals see less than 10 children per day and some see far less. This creates a challenge for emergency departments to maintain their readiness to treat ill or injured children. It is commonly accepted among the emergency medical community that if a hospital is not prepared with essential resources to care for children of all ages on a day-to-day basis, the emergency department will not be ready

to provide care during an unforeseen disaster.

Initial survey analysis reveals a median score of 75 out of 100 for NH emergency departments while the national median score is 69. Although better than the national score, there is room for NH's emergency departments to improve. Some of NH's hospitals scored as low as 38 while others received a perfect score of 100.

For more information, contact the NH EMSC Program at 603-653-8352.



Save the Date: Safe Kids 500 NH Motor Speedway Event



This year's Safe Kids 500 will be held on April 30th from 5:30-7:30 with registration beginning at 5:00pm. This **FREE** event is open to the public and provides a chance to ride your bike around a NASCAR race track in Loudon!

Children must be accompanied by an adult and all participants must wear a helmet while on the track.

For more information, to volunteer or set up prevention display in garage, contact Jim Esdon at 653-8356.

Safe Kids NH

Injury Prevention Center
Dartmouth Hitchcock Medical
Center
One Medical Center Drive
Lebanon, NH 03756
Phone: 603-653-8360
Fax: 603-653-8354
E-mail: ipc@dartmouth.edu

The Injury Prevention Center at
Dartmouth is dedicated to reducing
injury and death of NH youth.

Safe Kids New Hampshire (SKNH) is a nonprofit organization made up of individuals and organizations from around the state. SKNH serves as a hub for communication and collaboration for people and organizations in New Hampshire who are interested in preventing childhood injury. Our goal is to help all New Hampshire children grow up safe and injury free.

SKNH is a member of Safe Kids Worldwide, a global network of similar organizations with a common mission. Safe Kids NH was founded in the 1990's with the Children's Hospital at Dartmouth (CHaD) as the lead organization. Please join us in keeping New Hampshire kids safe.



Keeping Your Child Safe Around a Gas Fireplace: Remember GLASS

Hand burns from gas fireplace glass doors are preventable.

Use these safety tips when visiting other homes.

Never leave your child alone in the room with the fireplace when it is on or until 45 minutes after it is turned off.

Use a fireplace screen or gate around your gas fireplace during use to keep your child away from the glass door.

Fireplace Facts:
The glass barrier of a gas

fireplace door can heat up to more than 200° F in approximately 6 minutes.

It takes an average of 45 minutes for the gas fireplace glass to cool to a safe temperature after a burning fire has been extinguished.

Treatment of burns of the hand are time intensive, costly, painful, and can require long term therapy of the hand.

The American Burn Association recommends that burns of the hand be treated by a physician.

Keeping your child safe around a gas fireplace

Contact with the glass on a gas fireplace can result in 2nd or 3rd degree burns.



G GATE Place a gate or screen around the gas fireplace glass doors.

L LOOK Look where your child is while the gas fireplace is on.

A AWARE Be aware that the glass of a gas fireplace door can heat up to more than 200°F in approximately six minutes.

S SWITCH Make sure the on/off switch is not in reach of your child.

S SHUT OFF Once the fuel source to a gas fireplace is shut off it takes an average of 45 minutes for gas fireplace glass to cool down.

Stay safe while staying warm.

Learn more at childrenscolorado.org/fireplace

