

RealCare™ Infant Health and Safety

Student Workbook



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2709 Mondovi Road

800.830.1416

+1.715.830.2040

www.realityworks.com

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Scenario 1: Falls & Bruises

Scenario: You are the caregiver for an eight-month-old who is sitting in his high chair. While you briefly turn away to prepare his food, you hear a scream. Turning around, you find the infant has slipped out of the high chair and is crying uncontrollably on the floor. You also notice that the infant has a large bruise on his forehead. What steps do you take as a caregiver?

Prevention: What safety steps should the caregiver have taken to PREVENT this accident from happening?

1. _____
2. _____
3. _____
4. _____
5. _____

Intervention: What first aid steps must the caregiver take to INTERVENE and help the infant?

1. _____
2. _____
3. _____
4. _____
5. _____

Other "Good-to-Know" Information:

1. _____
2. _____
3. _____
4. _____
5. _____

Scenario 1: Bruise First Aid

1. Bruising occurs when a blow breaks small blood vessels near the skin's surface, allowing a small amount of blood to leak out into the tissues under the skin. ¹
2. If skin is not broken, a bandage is not needed. ¹
3. To enhance bruise healing, follow these steps:
 - Immediately apply ice or cold pack to the bruised area for 20 to 30 minutes. ^{1, 2, 3}
 - Continue to apply ice or cold pack several times a day for a day or two after the injury. ¹
 - Elevate injured area so that it is higher than the heart. ^{1, 2, 3}
 - Keep minor bruises evaluated for 15 minutes; severe bruises at least an hour. ²
 - Rest the injured area, if possible. ¹
 - For pain relief, take acetaminophen as needed. ^{1, 3}
 - After 48 hours, apply a warm washcloth to the bruised area for 10 minutes, two or three times a day. ³
4. Call your doctor or seek emergency care if:
 - unusually large or painful bruising occurs, especially if developed without reason¹
 - bruising occurs easily and abnormal bleeding is experienced (i.e., blood from nose or gums, blood in eyes, stool, or urine) ¹
 - no history of bruising, although bruising occurs suddenly¹
 - bruising is accompanied by persistent pain or headache¹
 - bruising does not appear to be getting any better and more than 24 hours have passed²
 - bruising is accompanied by swelling, especially if it occurs at a joint²

¹ Mayo Foundation for Medical Education and Research. (2008, January 8). *Bruise: First aid*. Retrieved from <http://www.mayoclinic.com/health/first-aid-bruise/FA00039>

² Family Education Network. (n.d.). *First aid for scrapes, cuts, bumps, and bruises*. Retrieved from <http://life.familyeducation.com/cuts-and-scrapes/wounds-and-injuries/48248.html>

³ WebMD. (2006, May 24). *Bruises treatment*. Retrieved from http://firstaid.webmd.com/bruises_treatment_firstaid.htm



Scenario 1: Crib & Changing Table Safety

Cribs

1. The space between the rail slats should be less than four and a half inches (or six centimeters) apart to prevent strangulation (a can of soda should not fit through the slats).²
2. Corner posts should not be higher than one sixteenth of an inch (0.16 centimeters) above the top of the end panel.²
3. The mattress should be firm and fit snugly.² No more than two fingers should fit between the mattress and the side of the crib.
4. Always keep side rails up on cribs.¹
5. Bumpers should fit snugly, tied to each corner, side, and on the top and bottom of each edge.
6. Never allow extra bumper tie straps to dangle.
7. Remove bumpers from cribs and lower the mattress once the child starts to pull up and stand.^{1, 2}
8. Remove mobiles and crib gyms when an infant is five months old or can push up on hands and knees.
9. Ensure mobiles and toys do not hang within the reach of the child.
10. Never put toys or pillows in cribs as they may contribute to crawling out or lead to suffocation.²
11. Never put the crib next to a window with blinds or drapes.
12. Install soft flooring around cribs or beds to lessen the severity of a fall-related injury.²

Changing Tables

13. Never leave a child unattended on a changing table.¹
14. Use changing tables with two-inch (five centimeter) guardrails.¹
15. Always secure and use safety belts on changing tables.¹
16. If there are no guardrails or safety belts, keep at least one hand on the child at all times.²

¹ KidsHealth. (2007, November). *Household safety: Preventing injuries from falling, climbing, and grabbing*. Retrieved from <http://kidshealth.org/en/parents/safety-falls.html>

² Safe Kids Worldwide (n.d.) *Preventing Childhood Falls*. Retrieved from <http://www.brainline.org/content/2009/03/preventing-childhood-falls.html>



Scenario 1: General Household Safety

1. Crawl through each room and look at your home from a child's perspective. ²
2. Secure rugs with nonskid pads/backing to hold them securely to the floor. ^{1,2}
3. Secure curtain and blind cords well out of a child's reach to avoid strangulation.
4. Never put children in safety, infant, or bouncer seats on a counter top or on top of furniture. ¹
5. Ensure all pieces of furniture a child might climb on are sturdy and will not fall over. ¹
6. Secure heavy furniture to walls with "L" brackets to avoid tipping over if climbed on. ¹
7. Arrange furniture so that you can see children from all parts of the room. ²
8. Attach protective padding or other covers to corners of any furniture or counter tops with sharp edges. ^{1,2}
9. Clean up any spills immediately to avoid slipping. ^{1,2}
10. Apply nonskid strips to the bottom of all bathtubs to prevent slips and falls. ^{1,2}
11. Lock doors and block access to any unsafe areas. ² Be sure to hide any keys.
12. Route electrical and other cords behind furniture or along walls to prevent tripping. ²
13. Cover all electrical outlets, even those with cords plugged into them.
14. Frequently pick up toys, books, and other items that may be on the floor to prevent tripping. ²
15. Place hardware-mounted safety gates at the bottom and top of all staircases.
16. Keep stairs well-lit and free of clutter; install nonskid stair runners. ²

¹ KidsHealth. (2007, November). *Household safety: Preventing injuries from falling, climbing, and grabbing*. Retrieved from http://kidshealth.org/parent/firstaid_safe/home/safety_falls.html

² Safe Kids Worldwide (n.d.) *Preventing Childhood Falls*. Retrieved from <http://www.brainline.org/content/2009/03/preventing-childhood-falls.html>



Scenario 1: High Chair Safety

The majority of injuries from high chairs are caused by children climbing out of the chair or sliding down off the seat and strangling themselves because the straps were not properly fastened. Other injuries occur when the high chair tips over because a child pushes away from a table or rocks back and forth.

1. The high chair should be sturdy, with a wide base so it does not tip over easily.^{1, 2}
2. The high chair should have adjustable straps that secure the child across the hips and between the legs. ALWAYS USE ALL HIGH CHAIR STRAPS! Do not rely on the plastic tray to hold the child.^{1, 2}
3. The high chair's buckle should be difficult, if not impossible, for the child to unbuckle.^{1, 2}
4. The high chair's wheels should be locked to prevent accidental rolling.¹
5. The high chair's seat should be well padded and should not have any sharp edges along the front of the seat where the back of the child's legs rest. Check the bottom of the tray for holes or sharp edges.
6. The high chair's tray should lock securely on both sides.²
7. Always read the manufacturer's directions before using the high chair.¹
8. Always keep the child in your sight when he or she is in the high chair.^{1, 2}
9. Always buckle the child securely every time when using the high chair.^{1, 2}
10. Always position the high chair away from walls and tables so the child cannot push off on them.^{1, 2}
11. Always watch the child's fingers when locking the tray so that they do not get pinched.²
12. If the high chair folds, make sure the safety latch is locked before using it.¹
13. Never let the child climb into the high chair unsupervised.¹
14. Never allow the child to stand up in the high chair.²
15. Never allow older siblings to hang from the chair or tray.^{1, 2}
16. Readjust the high chair straps as the child grows.¹

¹ HealthyChildren.org (n.d.) *High Chair Safety Tips*. Retrieved from <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/High-Chair-Safety-Tips.aspx>

² University of Nebraska-Lincoln Extension. (n.d.). *High chair safety*. Retrieved from http://lancaster.unl.edu/family/Parenting/chair_975.shtml

