Preventing accidents around the house

In the United States a child dies every three weeks from a TV tipping over. Annually, nearly 13,000 children are injured from top-heavy furniture or appliances tipping over. Most of these children – 70 percent – are 5 years old or younger.

Over the last 10 years, injuries from TV tip-overs have risen by 31 percent. These tragedies are completely preventable with just a few simple precautions.

TV mounts and furniture straps are as important for protecting your children as well as child gates and electrical socket covers.

Top safety tips to help prevent tip-over hazards

- Check TVs.
- Assess the stability of the TVs in your home.
- Secure TVs.
- Mount flat screen TVs to the wall to reduce the risk of TVs toppling off stands. Follow the manufacturer’s instructions to ensure you protect your wall and have a secure fit.
- If you have a large, heavy, old-style cathode ray tube (CRT) TV, place it on a low, stable piece of furniture, never on a tall dresser or bookcase.

To sign up for our monthly newsletter, Visit ukhealthcare.uky.edu/safekids.
Buckle up your baby bump

Are you expecting a new member of your family? Being pregnant is no excuse for not buckling up!

Although you may need to make a few adjustments for your comfort and safety, buckling up during pregnancy can be crucial to protecting both your life and your unborn baby’s life.

Car accidents are one of the leading causes of death for women and their unborn babies each year.

The NHTSA recommends the following safety guidelines if you are pregnant and riding in or driving a vehicle:

1. Wear your seatbelt. Buckle up with the strap between your breasts and the lap strap across your hips and pelvic bone. Make sure the lap strap sits under your belly, and never slide the chest strap behind your back or under your arm.

2. Adjust your seat. Throughout your pregnancy, try to slide the seat so that you have about 10 inches or more between your chest and the steering wheel or dashboard. Just be sure you can also safely reach the pedals.

3. Don’t equate airbags with seatbelts – buckle up no matter what. If your vehicle has airbags, you still need to wear a belt, as it is the best protection for you and your unborn child. Belts keep you safely strapped in the car during accidents that could otherwise throw you through the windshield.

4. Keep the airbag turned on. Some women worry that airbags can harm them by slamming against their bellies during a car accident, but the benefit of an airbag outweighs this risk.

Seat belts and airbags are your best protection during a car accident. The worse your injuries are, the more likely your unborn baby is to experience problems. In serious accidents, some women miscarry or go into preterm labor. Keeping yourself as safe as possible during a car ride keeps you and your baby as safe as possible. So don’t forget, and don’t make excuses for the big belly. Buckle up!
Safe Kids in 2013

Effective Feb. 6, the Safe Kids Fayette County Coalition will continue to meet at Cardinal Hill Rehabilitation Hospital the first Wednesday of each month. The meetings will be 12:30-1:30 p.m.

Meeting times have changed to accommodate all levels of leadership within the coalition. All community partners and members are encouraged and welcome to attend.

Find out more about our activities and events. This is also a wonderful time to sign up as a volunteer for events, pick up and return educational materials, and be a part of the wonderful injury-prevention programming Safe Kids provides for the children and families in our community.

Bring your own lunch. Our meetings are very informal.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayettecounty.com.

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