Did you know that in 2011 alone, every 10 days a child in the United States died from a television tipping over? During the past 10 years, a child visited the emergency room on average every 45 minutes because of a TV tipping over. Here are some ways you can help your child stay safe around the television and other heavy pieces of furniture:

Check TVs
- Assess the stability of the TVs in your home.
- Secure all televisions safely.
- Mount flat-screen TVs to the wall to reduce the risk of TVs toppling off stands.

Secure furniture
- Use brackets, braces or wall straps to secure unstable furniture to the wall.
- Install stops on dresser drawers to prevent them from being pulled all the way out.

Rearrange household items
- Keep heavier items on lower shelves or in lower drawers.
- Avoid placing remote controls, food, toys or other items in places where kids might be tempted to climb up or reach for them.

September is Baby Safety Month

Dangers of TV and furniture tipovers

To sign up for our monthly newsletter, visit ukhealthcare.uky.edu/safekids.
Safety tidbit:
Providing your baby with supervised tummy time on a daily basis while awake strengthens the neck and upper body muscles in case he or she rolls over during sleep.

Create a safe sleeping environment for your baby

Did you know that unintentional suffocation is the leading cause of injury-related death among children under 1 year of age?

Nearly three-quarters of suffocation deaths among infants are from accidental suffocation or strangulation in bed.

Because most infant suffocation occurs in the sleeping environment, babies should always sleep in a safe crib, bassinet or play yard.

Stuffed animals, bumpers and all those cute accessories make a baby’s crib seem warm and cozy. Unfortunately, they can do more harm than good. Soft bedding can block a baby’s airway during sleep.

Checklist for safe sleep:
• Use a firm mattress covered with a tight-fitting crib sheet.
• To keep your baby warm, use a sleep sack (wearable blanket).
• Room-sharing is a safer option than having your baby sleep in bed with you.
• Lay your baby on his or her back to sleep.

Curious about crib safety?
More babies die each year in incidents involving cribs than from any other nursery product.

Since your baby will spend a lot of time unsupervised in his or her crib, check out these helpful tips for selecting a safe one.

All new cribs on the market today meet the safety standards of the Consumer Product Safety Commission (CPSC) and the Juvenile Products Manufacturers Association (JPMA).

Before getting a USED crib:
• Check to see if it has been recalled at www.recalls.gov.
• Look for the following suffocation and strangulation hazards:
  • Sharp or jagged edges.
  • Missing, broken or loose parts.
  • Cut-out designs in the headboard or footboard.
  • Crib slats more than 2 3/8 inches apart.
  • Corner post extension more than 1/16 of an inch high.
  • Gaps larger than two-fingers width between the sides of the crib and the mattress.
  • Drop-side latches that could be easily released by your baby.

When using ANY crib:
• Follow the manufacturer’s instructions for assembly and recommendations when and if any repairs need to be made.
• Never repair any part of a crib with tape, wire or rope or by putting a broken side up against the wall. This can lead to injuries to you and your baby.
Babies on the go: Rear-facing in the back seat is best!

Did you know that 73 percent of car seats are not used or installed correctly? So before you hit the road, check your car seat.

- **Right seat:** Is it appropriate for your child’s age, weight and height? Car seats have an expiration date – usually around six years. Check the label and make sure it is still safe.

- **Right place:** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.

- **Right direction:** Keep your child in a rear-facing car seat for as long as possible, usually until around age 2.

- **Inch test:** Once installed, give your car seat a good tug at the base where the seat belt goes through it. A properly installed seat will not move more than an inch.

- **Pinch test:** Make sure the harness is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child’s shoulder. If you are unable to pinch any excess webbing, you’re good to go.

- **Protect everyone:** Secure loose objects and toys inside the car. Loose items are dangerous projectiles and cause injury.

If you have any questions or concerns, sign up to attend one of our free car seat fitting stations by calling **859-323-1153**. Our certified child passenger safety technicians will teach you how to use your car seat correctly.

For more information, contact Safe Kids at 859-323-1153 or visit [www.safekidsfayettecounty.com](http://www.safekidsfayettecounty.com).

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