

Jessica Redden, RN
Child Care Nurse Consultant
Scott County Health Department
600 W. 4th Street
Davenport, IA 52801
563-326-8618 Ext. 8821
Jessica.redden@scottcountyiowa.com

Quality Care For Kids

A newsletter for Scott County Child Care Providers

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Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



Playground injuries account for over 200,000 emergency room visits each year and 15 children die every year from playground-related injuries. Falls are the most common cause of injury. Having protective fall surfacing at the appropriate depth in the "use zone" of the equipment cuts the risk of injury from a fall by 50%.

The Consumer Products Safety Commission (CPSC) Public Playground Safety Handbook lists the following materials as appropriate fall surfacing:

- Any material tested to

Playground Injuries

ASTM F1292, including unitary surfaces, engineered wood fiber, etc.

- Pea gravel
- Sand
- Shredded rubber mulch
- Engineered Wood Fiber
- Wood chips

Before installing fall surfacing materials it is important to know the critical height testing, minimum fill-depth required, toxicity, and American Disability Act (ADA) accessibility. Loose-fill materials will compress at least 25% which will impact the amount of fill needed. CPSC does

not recommend installing playgrounds over asphalt, concrete, or hard packed dirt. Maintenance of loose fill surfacing is important including frequent raking to keep the appropriate depth. For more information contact your local child care nurse consultant or go to

www.cpsc.gov



Safety Gates

In a recent study, the number of children being injured related to baby safety gates has increased since 1990 averaging about 5 children injured per day. More than 60% of children injured were under the age of 2 and most often were injured from falls due to the gate not being used correctly.

Caring For Our Children: National Health and Safety Performance Standards, third edition (CFOC) states that safety gates should be securely installed at the top and bottom of each open stairway in programs that care for

infants and toddlers. Gates should have latching devices that adults can open easily in an emergency. "Pressure gates" should not be used. At the top of stairs, gates should be hardware mounted for stability. Also safety gates should be designed to discourage climbing and should meet the American Society for Testing and Materials standard ASTM F1004-10. For more information about this study or to learn more about injury prevention go to the Center for Injury Research and Policy (CIRP).

www.injurycenter.org

Swaddling

Caring For Our Children: National Health and Safety Performance Standards, third edition (CFOC) states that swaddling is not necessary or recommended in the child care environment. The American Academy of Pediatrics (AAP) safe sleep guidelines recommends that swaddling should be discontinued by the time an infant is in child care. Swaddling increases the risk of SIDS and suffocation, there is an increased risk the infant may become overheated, and there is a risk of hip dysplasia if done incorrectly. For more information about safe sleep for infants contact your local child care nurse consultant.