



Keeping you and
your family
safe and sound
is a full time job!

That's why Kohl's, MCCG and TCH
have teamed up to help you
learn some basic and sensible
ways to prevent accidents
both in the home and outside.



World Class Care... right where you need it.

The Medical Center
of Central Georgia

IMPORTANT PHONE NUMBERS!

Poison Control Hotline
1-800-222-1222

Ambulance
911



At The Medical Center of Central Georgia



Are you in the Zone?

SAFETY SENSE

A GUIDE TO
HOME AND BICYCLE SAFETY
FOR YOUR FAMILY

From Your Friends at:

KOHL'S
expect great things



World Class Care... right where you need it.
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SAFETY SENSE FOR BABIES

Keeping your precious little ones safe
is our greatest concern.

Here are some helpful tips to follow to ensure your baby's safety:

- Use safety gates at the tops and bottoms of stairs. For the top of stairs, gates that screw to the wall are more secure than "pressure gates."
- Always use safety straps on high chairs, changing tables and strollers.
- Have toilet lid locks and use them. Put locks on the outside of the bathroom door to keep children out.
- Put a fence all the way around your pool or spa. The fencing should be at least five feet high and a self-closing and self-latching gate. Always keep the gate closed and locked.
- Babies and young children have delicate skin. Install special tub spouts and shower heads that prevent water burns.
- Drowning can happen very fast. Stay within arm's reach of young children when they are in or near water.
- Put babies to sleep alone on their backs. Keep pillows, blankets and toys out of cribs. Do not hang anything with strings or ribbons over cribs. Mobiles should be removed once the baby starts to sit-up.
- Children can choke on small things like buttons, coins, jewelry and toys. If something is small enough to fit in a toilet paper tube, it is not safe for little children.
- Read the labels of all toys before you let your baby play with them. Make sure your child is old enough to use that toy. The label will tell you the safe age.
- Cut your toddler's food into very small bites.
- Always make sure children eat while sitting down. Do not let them have round food like peanuts or hard candy.
- Window blind cords should not have a loop. Cut any loop in two pieces.



SAFETY SENSE BIKE

Bike safety sense begins with a good safety helmet.

Here are some sensible tips for selecting the best helmet:

Selecting a bicycle helmet

Bicycle helmets are cooler, more comfortable and easier to adjust than ever before. There are plenty of inexpensive choices for bikers of all ages. Just remember the ground rules:

- Make sure the helmet is safe. Look for a seal of approval from organizations such as the Consumer Product Safety Commission (CPSC), American National Standards Institute (ANSI) or Snell Memorial Foundation.
- Make sure it fits snugly. You shouldn't be able to move the bicycle helmet more than one inch in any direction, front to back or side to side. The sizing pads included with every bicycle helmet can help make the fit more secure. If you have long hair, consider a helmet with a ponytail port.
- Think about visibility. If the bicycle helmet straps block your vision — even a little bit — choose another helmet. Likewise, make sure motorists and other cyclists can see you. Choose a white or brightly colored helmet. Some helmets even come with lights.

Wearing a bicycle helmet

The rules for wearing a bicycle helmet are the same for kids and adults:

- Wear the helmet flat on the top of your head.
- Never wear a hat under your bike helmet.
- Make sure the helmet covers the top of your forehead without tilting forward or backward, and the straps form a V shape under each ear.
- Fasten the chin strap below your chin — not to the side or along your jaw.
- If the bicycle helmet rocks from side to side or front to back, use the sizing pads that came with the helmet to get a better fit.

Avoid common bicycle helmet mistakes

If the bicycle helmet is tilted forward, the back of your head is more vulnerable to the force of a crash. To keep the helmet flat on your head, tighten the chin strap. If the helmet still tips forward, you may need a smaller helmet.

A bicycle helmet that tips backward is just as problematic. When this happens, the front and side of your head are vulnerable to the force of a crash. Again, tighten the chin strap. If the helmet still tips backward, you may need a smaller helmet.

Other factors to consider

Teach your children to remove their bicycle helmets when they're playing, especially before climbing on playground equipment or climbing trees. The helmet and chin strap may snag and pose a choking hazard.

If you're in a biking accident, throw away the bicycle helmet and replace it with a new one. Even if the helmet looks undamaged, it may not be able to withstand the force of another accident.

Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. A head injury can mean brain injury. That's why it's so important to wear your bike helmet.



SAFETY SENSE POISON

Handling and storing poisonous materials in your home is extremely important for the safety of you and your family.

Examples of common household poisons:

- | | | |
|-----------------------------------------|-------------------------|----------------------------|
| • Medicines | • Alcohol | • Bug spray |
| • Anti-freeze | • Houseplants | • Mouthwash |
| • Cigarettes and other forms of tobacco | • Cleaners | • Wild mushrooms |
| | • Gasoline and Kerosene | • Spiders, insects, snakes |

There are many simple things that you can do to keep your family safe from poisons:

1. Know the items in your home that are poisons.
2. Use poisons safely.
3. Always keep poisons in the bottle or package that they came in, clearly labeled. Store poisons away from food. Keep the lids closed tightly.
4. Look at the labels for the words "Caution", "Warning", or "Danger" on the box or bottle. Remove all medicines and medical supplies from purses, pockets, and drawers.
5. Put cleaners, medicines, alcohol, and other poisons in a place where children cannot reach and use a child safety lock. Have child safety caps on all chemicals, medications, and cleaning products. Keep houseplants out of reach.
6. Measure medicine carefully, and follow the directions closely.
7. Protect your home from carbon monoxide (CO).
8. Keep children away from areas where you are using cleaners.
9. Know to call 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area. Keep the number by the phone. Call 9-1-1 if someone needs to go to the hospital right away.

What You Can Do To Prevent Poisonings

- Locate and identify the poisons inside and outside your home.
- Lock poisons up out of children's reach.
- Install carbon monoxide (CO) alarms in your home.
- Put the Poison Help number near a phone: 1-800-222-1222.



SAFETY SENSE FIRE

Fire safety is very important for everyone in your family.

Here are some sensible tips to help you learn how to stay safe:

- If you build a new home, install fire sprinklers.
- Have working smoke alarms in or near every bedroom. Test each smoke alarm each month. Install new batteries in your smoke alarms at least once a year.
- Hold fire drills. Children will need help escaping a fire. Plan for this. In a fire, go to your meeting place outside. Call the fire department from there. Do not go back inside for any reason.
- Store matches and lighters in a locked cabinet, out of sight and reach of children.
- Stay in the kitchen at all times when food is cooking on the stove.
- Adults should light candles. Be sure to stay in the room when they are lit.
- If you or someone you know gets burned, immediately use cool water to prevent further damage. Keep the burn in cool water for 3-5 minutes. Do not use ice, ice water, or butter on the burn. Even after the heat source is removed, the burning in the skin can continue for several minutes.