



Catholic Healthcare West

## **Ask the Expert**

*Arizona Republic*

**Deanna Grey, R.N.**

**Q: I heard the first week in September is National Childhood Injury Prevention Week. Do you have some tips on how to help minimize injuries at home?**

**A:** According to Safe Kids USA, more than 4.5 million children are injured at home every year. The good news is there are some proactive steps you can take, in addition to constantly supervising your children, to help minimize the chances of your child being injured at home.

Safe Kids USA suggests the following tips:

- Make sure your floors do not have any small objects on them that can cause a choking hazard, such as buttons, coins or small pieces from a toy.
- Store all medications and household cleaners out of site and reach.
- Cover all electrical outlets.
- Ensure your water heater is set at 120 degrees Fahrenheit or lower.
- Install a fence around your pool, and never leave your child unattended around the pool or bathtub. Be sure to never leave a bucket of water out and unattended.
- Keep furniture away from windows where a child can be strangled by a cord or fall from a window.
- Secure heavy furniture to the wall with brackets and anchors.

By taking some of these steps you can help decrease the chances of your child being injured at home, however, the best way to protect your child is constant supervision. For more information on how to keep your child safe, log on to [www.usa.safekids.org](http://www.usa.safekids.org).

*Deanna Grey, R.N., is the director of the Lund Family Pediatric and Adolescent Unit at Mercy Gilbert Medical Center. For more information, please visit [www.mercygilbert.org](http://www.mercygilbert.org) or call 480.728.8000. For a referral to a local pediatrician, please call the ResourceLink at 1.877.728.5414.*