

Pediatric Safety & Injury Prevention

Unintentional injury is the **#1 cause of death in children ages 1–19**. The NGN NCLEX tests *age-specific anticipatory guidance, priority safety actions, and parent teaching*. Memorize by developmental stage.

HIGH-YIELD

VOL. 01 • SAFETY

Leading causes of injury death *by developmental stage*

<1 YR	Suffocation / SIDS
1–4 YR	Drowning
5–9 YR	Motor vehicle crashes
10–14	MVA & suicide
15–19	Firearms, MVA, suicide

Overall, ages 1–19 (U.S.)

#1
#1
#1
TOP
#1
Firearms

now surpass motor vehicles as the **leading cause of death** in U.S. children & adolescents — ALWAYS assess firearm storage at well-child visits.

ASK “Is there a firearm in the home? How is it stored?”

01 Age-Specific Injury Prevention

DEVELOPMENTAL MATCH

 INFANT • 0–12 MO Alone • Back • Crib TOP RISKS • Suffocation & SIDS • Falls (tables, beds) • Aspiration / choking • Drowning (tub, buckets) • Burns (bottle warmers) NURSING TEACH • Supine sleep, firm mattress, empty crib • Rear-facing car seat in back seat • Never leave on a raised surface • Small objects < 1.25" = choke risk • No honey < 12 mo (botulism)	 TODDLER • 1–3 YR Curious & Unsteady TOP RISKS • Drowning #1 cause of death • Poisoning (household, meds) • Burns & scalds • Falls from stairs / windows • Choking (grapes, hot dogs) NURSING TEACH • Lock cabinets; meds in orig. containers • 4-sided pool fence w/ self-latch gate • Stair gates top & bottom • Outlet covers, cord wrappers • Rear-face car seat until ≥ 2 yr	 PRESCHOOL • 3–5 YR Magical & Mobile TOP RISKS • MVA (booster!) & pedestrian • Drowning / water • Burns (matches, stove) • Falls (playgrounds) • Strangers & abduction NURSING TEACH • Teach “Stop-Drop-Roll” & 911 • Full name, parent name, address • Helmet every ride (tricycle too) • Booster seat, back seat only • Swim lessons & constant eyes on	 SCHOOL • 6–12 YR Bikes, Sports, Peers TOP RISKS • MVA (passenger & pedestrian) • Bike / skateboard injury • Sports & concussions • Drowning / water sports • Firearm access in home NURSING TEACH • Helmet — every ride, every time • Booster until 4' 9" & 8–12 yr • Back seat until age 13 • Life jackets on boats • Firearms: locked, unloaded, separate	 ADOLESCENT • 12–18 Risk & Autonomy TOP RISKS • Firearms • MVA • suicide • Substance use, vaping • Distracted / impaired driving • Drowning (males > females) • Intentional injury & violence NURSING TEACH • Seat belts EVERY ride • no phones • No alcohol / drugs & driving • HEEADSSS psychosocial screen • Screen for depression / suicidality • Confidential care + parent teaching
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2

Rear-facing min. years

4'9"

Booster until height

13

Back seat until age

120°F

Max water heater

1"

Water depth to drown

1.25"

Choke tube test

The *Safety Systems* Every Parent Must Know

PARENT TEACHING

VOL. 01 • SAFETY

02 Car Seat Progression

AAP GUIDELINES

STAGE 01

Rear-Facing

Birth → min. 2 yr



Back seat, NEVER in front of active airbag. Chest clip at **armpit level**, harness snug.

STAGE 02

Forward-Facing

~2–5 yr



5-point harness until max height/weight. Tether anchor used. Back seat only.

STAGE 03

Booster Seat

Until 4'9" • 8–12 yr



Lap belt low across hips (not belly). Shoulder belt across chest (not neck).

STAGE 04

Adult Seat Belt

Back seat < 13 yr



Knees bend at edge of seat, feet flat on floor. Back seat until age 13.

03 Safe Sleep & Poison Prevention

AAP • AAPCC



Safe Sleep • SIDS Prevention

Reduces SIDS risk by > 50% when followed consistently

A

ALONE

No bed-sharing, no bumpers, pillows, or stuffed toys

B

BACK

Supine position every sleep & every nap

C

CRIB

Firm, flat mattress • tight sheet only

DO

- ✓ Room-share × 6 mo (separate surface)
- ✓ Pacifier at sleep (after BF established)
- ✓ Breastfeed — protective
- ✓ Smoke-free environment

DO NOT

- ✗ Bed-share, couch-share, chair-sleep
- ✗ Use weighted blankets / sleep sacks
- ✗ Overheat — dress 1 layer more than adult
- ✗ Use inclined sleepers / Rock 'n Plays



Poisoning Prevention

Peak risk toddler 1–3 yr • oral exploration + mobility



POISON CONTROL • 24/7 • FREE • CONFIDENTIAL

1-800-222-1222

Call BEFORE acting — do NOT induce vomiting, NO ipecac

High-yield antidotes (memorize):

- Acetaminophen → **N-acetylcysteine** Iron → **Deferoxamine**
 Opioids → **Naloxone** Benzos → **Flumazenil**
 Lead → **Succimer / EDTA** Organophosphates → **Atropine**

LEAD

Screen at **12 & 24 mo**. Level ≥ 3.5 mcg/dL = elevated • ≥ 45 = chelation • remove source first.

04 The Big Four Hazards

MEMORIZE NUMBERS



Drowning

#1 UNINTENTIONAL • AGES 1–4

- Can drown in **1 inch** of water, in < **2 min**
- Never leave in bathtub, *not for a second*
- 4-sided pool fence, self-closing gate
- Empty buckets, coolers, kiddie pools
- Life jackets • swim lessons from age 1
- Touch supervision — no phones



Choking

TUBE TEST < 1.25" • AGES < 4

- Cut grapes, hot dogs **lengthwise** & small
- Avoid: nuts, popcorn, hard candy, raw carrots
- **Balloons** = #1 non-food choke death
- Button batteries & magnets → ER now
- < 1 yr back blows + chest thrusts
- ≥ 1 yr abdominal thrusts (Heimlich)



Burns & Scalds

WATER HEATER $\leq 120^\circ\text{F}$ / 49°C

- Test bath with **inner wrist / elbow**
- Turn pot handles **inward**, back burners
- No hot drinks while holding infant
- Never microwave formula / breast milk
- Smoke alarms every floor • test monthly
- Sunscreen SPF 30+ only after 6 mo



Firearms

#1 DEATH • AGES 1–19 (U.S.)

- **Locked • Unloaded • Separate** from ammo
- Both gun & ammo locked, different places
- Ask **before** playdates / sleepovers
- Teach: never touch, leave, tell adult
- If teen at risk → **remove from home**
- Safest home = no firearm at all

05 NGN Test-Day Pearls

PRIORITY THINKING

Think

age • airway • action

– CHOOSE THE ANSWER THAT PROTECTS

- **Match** teaching to developmental stage — wrong age = wrong answer.
- **Priority = safety** over comfort, convenience, or cost.
- **Ask** about firearms, swimming ability, & car seats at every well-child.
- **Lead** — remove the source before chelating.
- **"Never leave alone"** is almost always correct for infant / toddler safety items.
- **Teach parents CPR & Heimlich** — always a correct answer.
- **Do NOT induce vomiting** — call Poison Control first.
- **Rear-face to age 2**, back seat to 13, booster to 4'9".

