



INJURY PREVENTION

MCDONALD COUNTY HEALTH DEPARTMENT

Public Health

Prevent. Promote. Protect.

ATV SAFETY

Safe Kids USA's policy is that until children are fully licensed under state law to operate a motor vehicle, they should not operate or ride as passengers on ATVs of any size, including youth ATVs. ATVs are inherently difficult to operate, and children under 16 do not have the cognitive and physical capabilities to do so safely.

ATV Missouri law states that no person under the age of sixteen shall operate an all-terrain vehicle, unless is accompanied by and under direct supervision of parent or guardian.

To help prevent injury follow simple safety tips:

- Get trained
- Wear a helmet
- No children on adult ATV's
- Don't ride tandem
- Don't ride on pavement
- Don't ride under the influence

For more information visit http://www.atvsafety.gov/training_tip.html



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TEXTING AND DRIVING

Traffic crashes are the leading cause of death for people 15-20 years old. On Aug. 28, 2009, the ban on teenage drivers texting while driving went into effect making it illegal for drivers age 21 and under to send, read, or write text messages while driving on Missouri roads.

Teenagers are more at risk. The lack of driving experience can contribute to critical misjudgment if they become distracted, yet they text more than any other group. Sixteen percent of all distracted driving crashes involves drivers under 20 years.

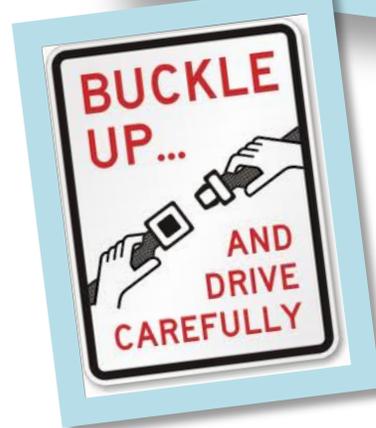
Texting drivers are 23 times more likely to get involved in a crash. Texting is the most alarming distraction because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4-6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfold. It's extremely dangerous.

Parents need to set good example for their children and show them from an early age that it is just not safe to text and/or talk on their phone while driving. However, the simplest and easiest way to avoid any accident it is to TURN OFF you cell phone while driving!

For more information visit www.distraction.gov

TEENAGE DRIVING UNDER THE INFLUENCE AND SEATBELTS

At all levels of blood alcohol concentration (BAC), the risk of involvement in a motor vehicle crash is greater for teens than for older drivers. In 2008, 25% of drivers ages 15 to 20 who died in motor vehicle crashes had a BAC of 0.08 g/dl or higher. Since 1995, each state has adopted a zero-tolerance law that lowers the maximum blood-alcohol content (BAC) for juveniles while driving. Zero tolerance laws are based on the idea that since it is illegal for anyone younger than 21 to use alcohol, it should be illegal for them to drive with any alcohol in their system. Missouri has a Zero Tolerance Law. If you are under 21, your license will be suspended if you're caught driving with even a trace of alcohol in your system. If you cause a fatal crash while intoxicated, you can be charged with involuntary manslaughter, a felony resulting in up to seven years of jail time, a \$5,000 fine or both.



Seatbelts are the single most effective traffic safety device for preventing death and injury, according to the National Highway Traffic Safety Administration. Wearing a seat belt can reduce the risk of crash injuries by 50 percent. Nationwide, seat belt use is higher than ever. Yet seat belt use remains lowest among young drivers. Compared with other age groups, teens have the lowest rate of seat belt use. In 2005, 10% of high school students reported they rarely or never wear seat belts when riding with someone else.

The state of Missouri has secondary enforcement, meaning police can issue a seat belt citation only after a vehicle is stopped for another reason.

There are proven methods to helping teens become safer drivers. Research suggests that the most comprehensive graduated drivers licensing (GDL) programs are associated with reductions of 38% and 40% in fatal and injury crashes, respectively, among 16-year-old drivers. An option to increase traffic safety in young drivers is for parents to encourage Graduated Driver Licensing. Graduated Driver

Licensing is a system to phase in young beginners to full driving privileges. It introduces them to driving in a low-risk way, as they become more mature and develop their driving skills. It basically consists of three stages:

1. Supervised learner's period that last at least six months.
2. Intermediate period that allows unsupervised driving in less risky situation
3. Full licensure

For more information visit: <http://dor.mo.gov/drivers/teens/gradlaw.php>

CHILD PASSENGER SAFETY GUIDELINES

Birth – 12 months

Missouri Law requires all children under 1 year of age to be in a rear facing car seat. American Academy of Pediatrics recommends rear facing until 2 years of age.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 years

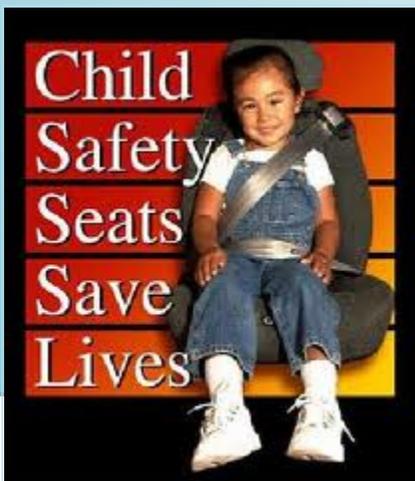
Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 – 7 years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 – 12 years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. According to Missouri Law a child 8 years old, 80 lb, or 4'9" can travel in a booster seat.



Children under 4 years old must be securely fastened in a child safety seat.



Children between 4 years old and 7 years old must be in a booster seat.



Children taller than 4'9" must wear a seat belt.



The driver and passenger in the front seat must wear a seat belt.

SIDS

Sudden Infant Death Syndrome (SIDS) is defined as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation is conducted, including a complete autopsy, examination of the death scene, and review of the clinical history.

Prevent SIDS!

- **Place your baby to sleep on his back for every sleep.** Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night. However, if your baby has rolled from his back to his side or stomach on his own, he can be left in that position if he is already able to roll from tummy to back and back to tummy. If your baby falls asleep in a car safety seat, stroller, swing, infant carrier, or infant sling he should be moved to a firm sleep surface as soon as possible.
- **Place your baby to sleep on a firm sleep surface.** The crib, bassinet, portable crib, or play yard should meet current safety standards. Check to make sure the product has not been recalled. Do not use a crib that is broken or missing parts, or has drop-side rails. Cover the mattress that comes with the product with a fitted sheet. Do not put blankets or pillows between the mattress and the fitted sheet. Never put your baby to sleep on a chair, sofa, water bed, cushion, or sheepskin.
- **Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the crib.** Pillows, quilts, comforters, sheepskins, bumper pads, and stuffed toys can cause your baby to suffocate. Note: Research has not shown us when it's 100% safe to have these objects in the crib; however, most experts agree that after 12 months of age these objects pose little risk to healthy babies.
- **Place your baby to sleep in the same room where you sleep but not the same bed.** Keep the crib or bassinet within an arm's reach of your bed. You can easily watch or breastfeed your baby by having your baby nearby. Babies who sleep in the same bed as their parents are at risk of SIDS, suffocation, or strangulation. Parents can roll onto babies during sleep or babies can get tangled in the sheets or blankets.
- **Breastfeed as much and for as long as you can.** Studies show that breastfeeding your baby can help reduce the risk of SIDS.
- **Schedule and go to all well-child visits.** Your baby will receive important immunizations. Recent evidence suggests that immunizations may have a protective effect against SIDS.
- **Keep your baby away from smokers and places where people smoke.** If you smoke, try to quit. However, until you can quit, keep your car and home smoke-free. Don't smoke inside your home or car and don't smoke anywhere near your baby, even if you are outside.



- **Do not let your baby get too hot.** Keep the room where your baby sleeps at a comfortable temperature. In general, dress your baby in no more than one extra layer than you would wear. Your baby may be too hot if she is sweating or if her chest feels hot. If you are worried that your baby is cold, infant sleep clothing designed to keep babies warm without the risk of covering their heads can be used.

- **Offer a pacifier at nap time and bedtime.** This helps to reduce the risk of SIDS. If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier. This usually takes 3 to 4 weeks. It's OK if your baby doesn't want to use a pacifier. You can try offering a pacifier again, but some babies don't like to use pacifiers. If your baby takes the pacifier and it falls out after he falls asleep, you don't have to put it back in.

- **Do not use home cardiorespiratory monitors to help reduce the risk of SIDS.** Home cardiorespiratory monitors can be helpful for babies with breathing or heart problems but they have not been found to reduce the risk of SIDS.

- **Do not use products that claim to reduce the risk of SIDS.** Products such as wedges, positioners, special mattresses, and specialized sleep surfaces have not been shown to reduce the risk of SIDS. In addition, some infants have suffocated while using these products.



