



Statistics:

- 83.4 percent of youth who ride bicycles reported rarely or never wearing a bicycle helmet.
— *Youth Risk Behavior Surveillance- United States, Centers for Disease Control and Prevention (CDC), 2005*
- Proper usage of child safety seats decreases the risk of death in passenger cars by 71 percent for infants and by 54 percent for toddlers, ages one to four years.
— *National Highway Traffic Safety Administration, 2005*
- 10.2 percent of youth reported rarely or never wearing a seatbelt when riding in a car driven by someone else.
— *Youth Risk Behavior Surveillance- United States, Centers for Disease Control and Prevention (CDC), 2005*

Recommendations to parents and guardians:

- Make sure your child always wears a helmet while riding a bike.
— *The American Academy of Pediatrics, www.aap.org*
- Always use a car safety seat, starting with your baby's first ride home from the hospital, until your child weighs at least 40 pounds.
— *The American Academy of Pediatrics, www.aap.org*
- All infants should ride rear-facing until they have reached at least one year of age or weigh at least 20 pounds. Once your child reaches these marks, they can ride forward-facing.
— *The American Academy of Pediatrics, www.aap.org*
- The safest place for children to ride in an automobile, ages 12 and under, is in the back seat due to weight.
— *Centers for Disease Control and Prevention (CDC), www.cdc.gov*
- Never let your child swim in any body of water without an adult watching and close by.
— *U.S. Consumer Product Safety Commission, www.cpsc.gov*

- Do not let young children and children who cannot swim use inflatable toys or mattresses in water that is above the waist.
— *U.S. Consumer Product Safety Commission, www.cpsc.gov*
- Teach children to stop at the curb, look and to never cross the street without an adult.
— *The American Academy of Pediatrics, www.aap.org*
- Be sure children wear the protective equipment made for the sports they are playing, such as shin pads, mouth guards, wrist guards, eye protection and helmets.
— *The American Academy of Pediatrics, www.aap.org*
- Post the poison control number, 800.222.1222, on or near every home telephone.
— *Centers for Disease Control and Prevention (CDC), www.cdc.gov*
- Install and check smoke detectors in your home. Battery-powered smoke detectors last approximately one year.
— *Centers for Disease Control and Prevention (CDC), www.cdc.gov*
- Make sure your children wear hats, cover-up clothing and sunglasses and apply sunscreen when participating in outdoor activities.
— *Centers for Disease Control and Prevention (CDC), www.cdc.gov*
- Encourage your children to make sun safety a habit.
— *Centers for Disease Control and Prevention (CDC), www.cdc.gov*

Where to go for more information on child safety:

- www.cdc.gov – The Centers for Disease Control and Prevention (CDC) is a federal agency protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves.
- www.cpsc.gov – the U.S. Consumer Product Safety Commission is committed to protecting consumers and families from products that pose a fire, electrical, chemical or mechanical hazard or can injure children.

AMA Alliance

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● www.aap.org – the American Academy of Pediatrics is an organization of pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults.

● www.ahrq.gov – the Agency for Healthcare Research and Quality is an organization through the U.S. Department of Health and Human Services and is dedicated to improving the quality, safety, efficiency, and effectiveness of health care for all Americans.

The AMA Alliance, Inc. is a national health advocacy network committed to promoting better health. The Stop America's Violence Everywhere (SAVE) program assists victims of abuse, teaches children about bullies and conflict resolution and educates the public about child health and safety. All resources, including health-focused coloring books and bookmarks for children, are available at www.amaalliance.org.



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