

Safety Information from HPA

Car Seats

*Always use a car seat for your child. It is a **law** in Massachusetts.*

Types of car seats and their use:

1. Infants should be in rear facing safety seats until they are at least 20 pounds AND one year of age. Never place a rear-facing infant seat in the front seat of a vehicle with a passenger-side airbag.
2. Infants who reach 20 pounds before one year of age should use a convertible safety seat that allows rear facing for infants over 20 pounds.
3. Toddlers should be placed in a forward-facing convertible safety seat from 20-40 pounds (for children over one year of age).
4. Children weighing from 40-60 pounds should be restrained in a forward-facing booster seat. Use seat harness until outgrown, make sure safety belt fits properly.
5. Children weighing over 60 pounds can be restrained in a conventional seat belt. Position belt across chest; lap belt low and snug across thighs. If belt doesn't fit properly, child should remain in an booster seat.

Remember: The safest place in a car for children of all ages is in the rear seat. A car seat should no longer be used if it is involved in a crash. Obtain a new one. Send in registration card in order to be notified if the seat is recalled.

Toys

Safe toys are those which cannot be swallowed by a child, do not have sharp edges and don't have parts that come off.

Playpens

The playpen is a "safety island." Your child will not be able to put potentially harmful things into his/her mouth or touch things that are dangerous such as electrical wires and hot items that could cause burns.

Walkers

Walkers are dangerous if there are stairs in your home. We have seen many children suffer serious injuries such as skull fractures due to falls down stairs in a walker. Also, walkers do not help children learn to walk.

Bicycle Helmets

500 people die in bicycle accidents every year. 85% of these people could have been saved if they used a bicycle helmet. Start using one early so that it will be a habit to wear one. In Massachusetts it is a law that all children riding bicycles must wear a bicycle helmet.

Sunscreens

Use a sunscreen with high protection against UVA and UVB with an SPF rating of 15 or higher. Use on all exposed body parts. Infants under 6 months of age should avoid all sun.