



Oklahoma State
Department of Health

Child's Safety

Two Years

Runs, jumps and climbs anything within reach.
High risk of injury, no fear, doesn't know consequences.
Requires supervision and guidance to reduce injury.

Outdoor Play Safety

- Watch and help child when playing on slides, swings, and seesaws.
- Playground surface should be soft
 - chipped rubber, wood chips, sand.
- Don't allow fighting or pushing among children.
- Equipment should be safe for age group, made of plastic or soft material, and in good repair.
- Stay with child when riding tricycle.
 - must wear an approved well-fitting helmet.
- Keep alert for strangers or older children.

Falls

- Never allow child to stand up in stroller, high chair, or shopping cart.
- Never leave alone on any high surface.
- Keep chairs, beds, and tables away from windows, even those with screens.
- Hold child's hand on stairs and escalators
 - teach to hold onto handrails.
- When child can climb out of the crib, change to a low small or youth bed.

Safety Measures if Child Falls

- Call doctor, 911, or other emergency number if
 - child has possible head, neck, or back injury.
 - there is bleeding from any body area that can't be stopped with slight pressure.
 - child has seizure – do not restrain or put anything in mouth, do rescue breathing if child stops breathing.

Call 911/Emergency Number when Child is

- Unconscious (not responding).
- Choking (not responding to Heimlich/abdominal thrusts).
- Unable to breathe.

Water Safety

- Keep child away from ponds, ditches, rain barrels, pails.
- Do not allow running, pushing or dunking at pools.
- Do not use inflatable toys, floats, or arm bands to keep afloat
 - supervise at all times, keep within arm's length.
- Remove toys from pool after use so the child won't reach for them and fall in.
- Do not have siblings or other children watch child for you.
- Know CPR and how to rescue a child.

Fire and Burn Prevention

- Keep child away from heaters, fireplaces, hot stoves, and lit candles.
- Cook on back burners and turn pot handles inward.
- Do not leave lighters or matches in reach of children.
- Keep chemicals and cleaners locked and away from your child.
- Supervise child during family outdoor grill cooking.
- Maintain smoke alarms, fire extinguisher and fire escape plan.



Safe Environment

- Stay with child when eating at the table or in a high chair – be prepared if child chokes.
- Help prevent choking by not giving child hotdogs, hard candy, olives, popcorn, carrots, grapes or nuts.
- Keep children away from plants and stoves.
- Know CPR and first aid – obtain a first aid kit.
- Make sure used cribs, safety seats, and playpens meet current safety standards.