

Common Injuries and Prevention Strategies for 1 to 5 Years

Age	Characteristics	Risk of Injury	Prevention Tips
1 and 2 years	<ul style="list-style-type: none"> • Likes to go fast • Is unsteady • Tries to reach objects • Runs • Walks up and down stairs • Likes to climb • Pushes and pulls objects • Can open doors, drawers, gates and windows • Throws balls and other objects • Begins talking but cannot express needs 	<ul style="list-style-type: none"> • Motor vehicle injuries • Falls • Burns • Poisoning • Choking • Drowning • Child abuse 	<ul style="list-style-type: none"> • Put toddler gates on stairways and keep any doors to cellars and porches locked. • Show children how to climb up and down stairs. • Remove sharp-edged furniture from frequently used areas. • Turn handles to back of stove while cooking. • Teach children the meaning of "hot." • Keep electric cords out of children's reach. • Use shock stops or furniture to cover used and unused outlets. • Store household products such as cleaners, chemicals, medicines and cosmetics in high places and locked cabinets. • Avoid giving child peanuts, popcorn, raw vegetables and any other food that can cause choking. • Toys should not have small parts. • Always carefully supervise; never leave children in or near any water (including tubs, toilets, buckets, swimming pools or any other containers of water) even for a few seconds. • Check floors and reachable areas carefully for small objects. (ie. pins, buttons, coins, etc.)
3 to 4 years	<ul style="list-style-type: none"> • Begins making choices • Has lots of energy • Seeks approval and attention 	<ul style="list-style-type: none"> • Traffic injuries • Burns • Play area • Poisons • Tools and equipment 	<ul style="list-style-type: none"> • Check and maintain playground equipment and environment. • Children should play on age and weight appropriate equipment. • The surface under and around play equipment should be soft and shock absorbent. Use specifically approved materials. • Check that children are dressed appropriately to avoid strangulation. (ie. drawstrings on coats, shirts, jackets) • Store household products such as cleaners, chemicals, medicines and cosmetics in high places and locked cabinets. • Teach children about the difference between food and non-food. • Watch children carefully during arts/crafts projects for mouthing of materials. Use nontoxic materials. • Store garden equipment, scissors and sharp knives out of reach. • Teach children to use materials safely and use appropriate supervision.
5 years and up	<ul style="list-style-type: none"> • Is stronger • Likes to explore the neighborhood • Will ask for information • Will seek out playmates • Becomes involved in sports 	<ul style="list-style-type: none"> • Traffic injuries • Burns • Play areas • Guns 	<ul style="list-style-type: none"> • Teach pedestrian and traffic safety rules. • Older children must wear safety belts. Be a role model (always wear seatbelts, cross roads at crosswalks). • Always use helmets even on tricycles or bikes with training wheels. • Teach children how to stop, drop and roll if their clothes are on fire. • Practice fire drills so children are prepared for an exit strategy and the sound of the alarm.

Age	Characteristics	Risk of Injury	Prevention Tips
	<ul style="list-style-type: none"> Plans and carries out ideas 		<ul style="list-style-type: none"> Keep lighters and matches away from children. Check and maintain playground equipment and environment. Children should play on age and weight appropriate equipment. The surface under and around play equipment should be soft and shock absorbent. Use specifically approved materials. Teach safe play rules and to put toys away after playing. Do not keep guns or other weapons in a child care setting.