

Safety Jeopardy

Product and household safety	What causes injuries?	How to prevent injuries?	What to do if your child is hurt?
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400
500	500	500	500

Set up and Rules:

Set up the game by making a chart like the one above (copy and paste into new document or write out on a flip chart or white board) or write numbers onto sticky notes and post to a board.

Divide parents into two groups. Explain the rules of the activity. In its turn, each group chooses the category and point value of the question it would like to answer, e.g., "The category 'What causes injuries' for 200 points".

Each team answers a question in its turn.

Points are given by allowing full points for correct answers. The other team can gain bonus points if the original team cannot answer.

Product safety

100- Food is the main cause of choking for babies. What foods should parents be particularly aware of? Answer: popcorn, candy, gum, grapes, carrots, hotdogs. Anything that could get stuck in the esophagus.

200- Medication is the leading cause of poisoning in young children. What are two things you can do to protect your child from poisoning from medication? Answer: Buy medications and vitamins in child-resistant containers, store all medications in original bottles with original labels, store all medication in a locked cabinet or cupboard, and never refer to medication as candy. Teach your child about reading labels.

300- Children will drink these dangerous liquids because they are often brightly coloured and remind them of juice. What are these liquids? Answer: Chemicals such as cleaning products, fertilizers, pesticides, toiletries, laundry pods, dishwasher pods, e-cigarette cartridges.

***Buy chemicals in child-resistant containers, store all chemicals in original bottles with original labels, and store all chemicals in a locked cabinet or cupboard. Teach older children to read hazard symbols.

Safety Jeopardy

400- Where is the safest place for a baby to sleep to prevent SIDS? Answer: Babies who sleep in their own crib, cradle, or bassinet that meets current Canadian regulations and who share a room with a parent or caregiver have a lower risk of SIDS. Very important question. Consider showing a visual.

500- What baby product is against the law to sell in Canada? Answer: Baby walkers – they cause babies to move at a fast rate of speed and to fall down the stairs. Include a photo.

What causes injuries?

100- Injuries are the most common cause of death in children. Name three of the most common causes of death. Answer: Motor vehicle injuries, drowning, and fires.

200- A child can drown quickly, in seconds. In what depth of water can a child drown? Answer: Enough water to cover the nose and mouth if the child is face down in the water; approximately 1 inch.

***Drowning is the second leading cause of injury-related hospitalization for Saskatchewan infants.

300- Young children have more injuries than any other age group. Name one of the three ways in which children are most often injured. Answer: falls, poisonings, and burns.

400- Injuries can happen because parents are not ready for a child's new skill. Give an example of this. Answer: Rolling off of a change table, opening a gate and walking out on the street, pulling themselves up in their crib, pulling a tablecloth and having hot liquid pour on them, turning on hot water tap, etc.

500- What are some things you can do to calm down when your baby won't stop crying? Answer: take a shower, count to 100, squeeze something soft such as a pillow, read, and/or call someone you trust to take over for a while.

***Many parents and caregivers become frustrated and angry when caring for a crying baby. Crying is an annoying sound. It is supposed to be. If it was a pleasant sound, crying would be easy to ignore and a baby's needs would never be met. Babies cry for a reason – never shake a baby.

How to prevent injuries

100- Children will be more likely to exercise safe pedestrian rules if their parents follow safe pedestrian rules. True or false? Answer: True. Be a good role model.

200- The more attention children receive, the less likely they will be injured. True or False? Answer: True.

300- Childproofing means making your home a safe place for children. Name three signs of childproofing you would look for in your home and elsewhere? Answer: plants, electrical outlets, fireplace screens, furniture, cords, medicines, fire extinguisher, locks on cabinets.

400- Babies learn to crawl and move around between 7-12 months of age. Name a safety hazard for crawling babies and what you could do to child proof to prevent injury. Answers: stairs – have baby

Safety Jeopardy

gates (one at top; one at bottom); blind cords – wrapped and tucked out of reach; furniture – does it have sharp corners? – be close and watch closely. Cover electrical outlets.

500- What are some agencies or organizations where you can find information about injury prevention?

Note to facilitator

The list is endless. I think this question gets them thinking about where people get information.

Answer: Fire service, health care providers, family, friends, Health Canada, Public Health Agency of Canada, Parachute, Lifesaving Society, World Health Organization, news sources, Saskatchewan Prevention Institute.

What to do if your child is hurt?

100- If you think your child has swallowed poison, what should you do? Answer: Call Poison Control Centre in your region and do what they tell you to do. SASKATCHEWAN – *Poison and Drug Information Services (PADIS)* Toll-free 1-866-454-1212

200- What is the first rule to remember about objects that are stuck in your child's ears or nose? Answer: Do not try to remove objects stuck in a child's ear or nose. Get medical attention.

300- Nosebleeds are common in children and are usually not serious unless they last for a long time or occur after an injury. What can you do for a minor nosebleed? Answer: Have the child sit and lean forward. Pinch the lower soft part of the nose for about 5 minutes.

400- If your child got a bump on the head you could put a cold compress on it to reduce the pain and swelling. Name three signs that your child should have medical attention following an injury to the head. Answer: unusual sleepiness, vomiting, unsteady arms and legs, slurring words, bad headache, convulsions, blood or clear liquid coming from ears or nose.

500- What is one thing you shouldn't put on a burn. Answer: Don't put butter, cream, or ointment on burns.

Note to facilitator

Taken from About Kids Health website:

- 1) Remove any heat source. Burn injuries are often due to scalding with hot liquid. If a hot liquid is spilled on your child, immediately remove all clothes and diapers. Clothes hold the heat and if they are kept on the burn, they may deepen the injury. Teach your child what to do if their clothing catches fire: stop, drop, and roll. Your child should not run because this will spread the flames. Rolling on the ground will smother the flames.
- 2) Cool the burn. Hold the burned or scalded area under room temperature running water for about 20 minutes.

Safety Jeopardy

- 3) Call 911. Call for help if the burn is large; if it is on the face, hands, feet or groin; or if you are unsure what to do.
- 4) Do not use ice. Putting ice on a burn can cause frostbite and further damage the skin.
- 5) Do not apply ointment. Applying ointments could prevent proper healing. Do not apply butter, toothpaste, lotions or other creams.
- 6) Do not break blisters. Broken blisters are more likely to get infected.

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/FirstAid/Pages/Burns-First-Aid.aspx>

Double Jeopardy

Although falls are the leading cause of injury for all age groups, they are more prevalent during what years of a child's life? **Answer: the first year of life (46%) and between the ages of 5-9 (56%).**

Overall comments and tips for success:

You may consider having hints.

State that there are many answers. People might be more likely to share.

Always include the right answer.

Visuals – Some people might remember it better if they see a visual. Some people might not know the product, etc.