



# Orchard Pediatrics, P.C.

Newborn through Adolescent Care

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## SAFETY SURVEY 10 TO 12 YEARS OF AGE

- |   |                           |            |                  |
|---|---------------------------|------------|------------------|
| 1. Is there a gun in your home or any of your friend's homes?                       | Yes                       | No         |                  |
| 2. Do you have working smoke alarms in your home?                                   | Yes                       | Don't know | No               |
| 3. Do you ever ride with passengers on your bike?                                   | Yes                       | No         | No bike          |
| 4. Do you wear a helmet when you ride your bike?                                    | Yes                       | No         | No bike          |
| 5. Do you wear a seat belt in the car?  | Always                    | Sometimes  | Never            |
| 6. Do you ride in cars that have passenger air bags?                                | Yes                       | No         | Sometimes        |
| 7. Where do you sit in the car?   | Front                     | Rear       | Front or rear    |
| 8. When you want to cross the street, what is the first thing you should always do? | Stop at curb/edge of road |            | Step into street |
| 9. When playing near water (river, pond, lake or ocean), is it OK to play alone?    | Yes                       | No         |                  |

## SAFETY COUNSELING 10-12 YEARS OF AGE

**Do not play with guns!** More than 300 children die each year of unintentional gunshot wounds. BB guns and paint pellet guns often cause severe eye injuries. Air rifles are dangerous weapons that can kill.

**Make sure your home has a smoke alarm.** Most fire-related deaths are the result of inhaling smoke and toxic gas. There is a critical period of 4 minutes to get outside the home after the alarm sounds. Smoke alarms are recommended for each floor, but particularly for furnace and sleeping areas. You should know appropriate exit routes and a family meeting point away from the house.

**Never ride with passengers on your bike.** This may impair your stability and visibility and lead to an injury.

**Always wear a helmet when riding a bike.** This protects you from head injury.

**Buckle up.** Seat belts save lives and should be used by all children. Remind your parents to buckle up as well.

**Do not sit in front of a passenger air bag.** The safest place for children to ride is in the back seat, buckled up at all times.

**Follow these safety rules when crossing the street:**

- Always stop at the curb, roadside, or at the outside edge of a parked car.
- Always look left-right-left before entering the area of the road in which cars travel, even if a traffic light says, "walk".
- If a car is coming, wait until it passes and look left-right-left again before crossing.
- Proceed to cross the street only when the road is clear.

**Never play near water without an adult nearby.** Even if children can swim, they should never play unsupervised near bodies of water into which they may fall because they may not retain their swimming skills in an emergency. Water conditions (rapids, tides) may overwhelm otherwise capable swimmers