

WHAT TO DO IF A CHILD IS INJURED

- Remove the child from play right away, and examine the injury.
- Treat minor sprains, strains and bruises with RICE—Rest, Ice (for only 15 minutes), Compression, Elevation.
- See a doctor right away for a head or eye injury, or if the child blacks out or faints. Also get help if there is a lot of bleeding, a broken bone or a lot of pain.
- Chest pain and headaches should NOT be ignored and may require medical attention.
- If your child is dehydrated or overheated, move him or her to a cooler spot. Give fluids if he or she can drink. Heat-related sickness can be deadly.
- Get help right away if your child is pale and clammy, feels sick, has a bad headache or faints.



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4650 Sunset Blvd., #85
Los Angeles, CA 90027

Phone: 323-361-7158
Fax: 323-361-7305

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Sports and Bicycle Safety

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Kohl's Safety and Injury Prevention Program

SPORTS SAFETY

Sports improve health and physical fitness, and build self-discipline and self-confidence. Taking part in sports may be the beginning of good exercise habits that can last a lifetime. That's the good news. The bad news is that children can get injured while playing sports. According to the National Safe Kids Worldwide Campaign, about 3.5 million children age 14 and under are hurt playing sports each year. However, many of those injuries could be prevented.

First Things First

Children can be injured more easily than adults because they are still growing. Their cognitive and motor skills aren't fully developed. Also, every child should be in good health before playing sports and should be seen by a doctor for a physical exam. The exam can:

- Uncover serious problems like heart disease or diabetes
- Determine if a child is strong enough to participate
- Give children a chance to talk with a health care professional



Keeping Young Athletes Safe

- Make sure children are watched carefully during sports participation.
- Check that the conditions are safe. For example, inspect the field, court or other playing surface for holes, and make sure the equipment is in good shape. Also check equipment to make sure its in good working condition, and not broken or damaged.
- Be sure the child wears the right gear for the sport; this includes games and practices. According to SafeKids.org, more than half of injuries occur during practices rather than actual games.
- Avoid heatstroke and dehydration by drinking water every 20 minutes of play to make up for fluid loss. Also drink water 30 minutes before AND after activities.

CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms below after a hit, bump or jolt to the head or body may have a concussion and should be seen by a doctor.

Observable Signs

- Clumsy movements
- Appears dazed or stunned
- Loses consciousness (even briefly)
- Confused about position or play
- Behavior, mood or personality changes
- Can't recall events before/after the hit/fall
- Answers questions slowly
- Forgets instructions
- Vomiting

Symptoms Reported by Athlete

- Headache or "pressure" in the head
- Nausea
- Vision changes (fuzzy, double, etc.)
- Sensitivity to light or sound
- Feeling slow, groggy, "out of it" or just "not right"

What to Do if Concussion Occurs

1. Remove the athlete from play.
2. Refer for evaluation by a health care provider experienced with concussion management.
3. Do NOT return athlete to play until cleared by an appropriate health care provider.

BICYCLE SAFETY

The most important ways to stay safe on a bicycle are:

- Wear a properly fitting helmet at all times.
- Be aware of automobiles, other bikes, motorcycles and pedestrians at all times.
- When traveling in traffic, follow the same laws that cars follow: stop at stop signs and red lights, and always scan the intersection before entering it.
- Make sure your bike is safe to ride by using your ABCs:



A

Air in your tires



B

Brakes are functional



C

Chain is oiled and moves fluidly



S

Spin wheels as a final check

- Make sure you are always visible, especially at night, by wearing bright, reflective clothing and attaching flashing bike lights to the front and rear of your bicycle.
- Make eye contact with drivers to make sure they see you.