



## Injury Prevention

05/2015, revised 05/2020

<b>Time</b>	5 minutes
<b>Topic</b>	Welcome, introductions & icebreaker
<b>Training Technique</b>	Large & small groups discussion
<b>Supplies</b>	<ul style="list-style-type: none"> <li>• Slide 1</li> </ul>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Make all participants feel welcome</li> <li>• Provide information about restrooms, breaks, cell phones, etc.</li> </ul>
<b>Time</b>	2 minutes
<b>Topic</b>	Learning objectives and DHS regulations
<b>Training Technique</b>	Lecture
<b>Supplies</b>	Slide 2, 3
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss learning objectives.</li> </ul>
<b>Time</b>	5 minutes
<b>Topic</b>	Understanding Injuries
<b>Training Technique</b>	Lecture and large group discussion
<b>Supplies</b>	Slides 4-6
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss unintentional, intentional and preventable injuries and the role of prevention in “accidents”.</li> </ul>
<b>Time</b>	10 minutes
<b>Topic</b>	Risk & Risk Reduction
<b>Training Technique</b>	Large group discussion
<b>Supplies</b>	Slides 7-12 Hazard Mitigation Plan available for download at <a href="https://www.idph.iowa.gov/hcci/products">https://www.idph.iowa.gov/hcci/products</a>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Lead group through the risk matrix and risk reduction techniques utilizing common child care examples.</li> <li>• Slide 11 Poll Question #1 - Liability</li> <li>•</li> </ul>
<b>Time</b>	15 minutes
<b>Topic</b>	Equipment Related Injuries
<b>Training Technique</b>	Lecture, demonstration, and large group discussion
<b>Supplies</b>	Slides 13-18 #18 ends 1 <sup>st</sup> PP #19-27 2 <sup>nd</sup> PP
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss the various elements of equipment related injuries</li> </ul>

	<ul style="list-style-type: none"> <li>• Slide 20, Poll Question #2 – Evacuation Crib Safety</li> <li>• Show examples of the multitude of recalled products – stress these are just a few samples of the millions of recalled products.</li> <li>• Show participants how to access CPSC site and sign up for list serve, etc. Sign up at <a href="https://www.cpsc.gov/Newsroom/Subscribe">https://www.cpsc.gov/Newsroom/Subscribe</a> (show on CPSC website)</li> </ul>
<b>Time</b>	25 minutes
<b>Topic</b>	Common Preventable Injuries
<b>Training Technique</b>	Large group discussion, lecture and video
<b>Supplies</b>	Slides 28-51 3 <sup>rd</sup> PP starts #28
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss the common preventable injuries for young children.</li> <li>• Slide 30 Poll Question #3 – Choke Tube</li> <li>• Show (pass out) choke tube</li> <li>• Slide 47 tip-over video at Tip-over video at <a href="https://www.youtube.com/embed/T0X_MsAI5KM">https://www.youtube.com/embed/T0X_MsAI5KM</a></li> </ul>
<b>Time</b>	10 minutes
<b>Topic</b>	Playground Equipment Related Injuries
<b>Training Technique</b>	Lecture and large group discussion
<b>Supplies</b>	Slides 52-60 end PP#3 Incident reports, First aid kit list
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss SAFE model, common playground hazards and supervision of young children.</li> <li>• Pose question such as; what would you do if a child was injured while in your child care and needed emergency medical care?</li> </ul>
<b>Time</b>	20 minutes
<b>Topic</b>	SIDS Risk Reduction
<b>Training Technique</b>	Lecture
<b>Supplies</b>	Slides 61-84 begin 4 <sup>th</sup> PP
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Discuss SIDS, risk factors, risk reduction, child care involvement in infant deaths, sleep regulations in Iowa and the importance of direct supervision.</li> <li>• Slide 74 Poll Question #4 – SIDS Risks</li> </ul>
<b>Time</b>	20 minutes
<b>Topic</b>	Shaken Baby Syndrome
<b>Training Technique</b>	Lecture and large group discussion
<b>Supplies</b>	Slides 85-94
<b>Instructions</b>	
<b>Time</b>	5 minutes
<b>Topic</b>	Closing
<b>Training Technique</b>	CCNC Role Question and Answer
<b>Supplies</b>	Slides 95-96
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Have each of the participants make a list of the first three actions they are going to</li> </ul>

	<p>take to prevent injuries in their child development home or center.</p> <ul style="list-style-type: none"> <li>• If time permits, have them share their list with the whole group or the people sitting in their area.</li> <li>• You may want to have them make a list for themselves and one for you so that you can see what actions providers intend to take and where their priorities are and incorporate into future consultation if providers in your service area.</li> </ul>
<b>Time</b>	5 minutes
<b>Topic</b>	Quiz
<b>Training Technique</b>	Quiz Questions and resources
<b>Supplies</b>	Slides 97-102
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Participants can answer as a group or if virtually answer in the chat box entering their first and last name and answers 1-5</li> </ul>
<b>Time</b>	Optional activities – as time allows or if a longer or additional training is desired
<b>Topic</b>	Shaken Baby Syndrome – infant communication
<b>Training Technique</b>	Large or small group activity
<b>Supplies</b>	Equal number of age and need cards as described below.
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Make little cards with varying ages of infants (can include older children too if desired)</li> <li>• Make an equal number of cards with a need or something an infant would want to communicate – I’m wet, hungry, scared</li> <li>• Participants will draw one card from the ages pile (box, etc) and one card from the need pile. i.e. age card: 4 month old &amp; need card: I’m hungry</li> <li>• The participant then uses the ways an infant of that age could express that need – for young babies it will be quickly apparent that they have primarily one way of communicating their needs.</li> </ul>
<b>Time</b>	Optional Activity –if longer training is desired, or a second/follow-up training
<b>Topic</b>	Risk Reduction
<b>Training Technique</b>	Scenarios – small or large group activity
<b>Supplies</b>	none
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Have participants provide examples of activities, equipment or practices and have group work through the risk reduction matrix to decide where it falls and what “safety nets” they would want in place, etc.</li> </ul>

**Handouts:**

- **Healthy Child Care Iowa** <https://www.idph.iowa.gov/hcci/products>
  - Child Injury/Incident Report Form
  - Safe Sleep Policy and Safe Sleep FAQ
  - Hazard Mitigation Plan
- **Consumer Products Safety Commission (CPSC) - Safety Guides** [www.cpsc.gov](http://www.cpsc.gov)
- **The Period of Purple** – order from ISU Extension and Outreach Healthy Families Hotline 800-369-2229 (Shaken Baby Syndrome/Abusive Head Trauma brochure and POPC Community Flyer)
- **Iowa Poison Control Center Brochures, Magnets, and stickers** – [www.iowapoisson.org](http://www.iowapoisson.org)