



NATIONAL PREVENTIVE GUIDELINES FOR CHILD INJURIES





Table of Contents

FORWARD	5
CONTRIBUTORS	6
ACKNOWLEDGMENT	7
EXECUTIVE SUMMARY	8
1 PREVENTING FALLS AND INJURIES	9
1.1 Falls and injuries at home	9
A. Background	9
B. Simple Tips to prevent falls and injuries at home	9
- Home indoor	9
- Home outdoor	9
1.2 Falls and injuries at home	9
A. Background	9
B. Simple Tips to prevent falls and injuries at school	10
- School indoor	10
- School outdoor	10
1.3 Falls and injuries at public playground	11
A. Background	11
B. Simple Tips to prevent falls and injuries at public playground	11
Parents	11
Playground manager	11
1.4 Falls and injuries with shopping carts	12
A. Background	12
B. Simple Tips to prevent falls and injuries with shopping carts	12
2 PREVENTING POISONING	12
A. Background	12
B. Simple Tips to prevent poisoning	13
3 PREVENTING DROWNING	13
A. Background	13
B. Simple Tips to prevent drowning	13
- Home	13
- Pool	13
- Beach	14



4	1. PREVENTING CHOKING, SUFFOCATION, AND STRANGULATION	14
	A. Background	14
	B. Simple Tips for prevention	14
5	PREVENTING BURNS	15
	A. Background	15
	B. Simple Tips to prevent Burns	15
	- General	15
	- Kitchen	15
	- Bathtub	15
6	PREVENTING CAR INJURIES	16
	A. Background	16
	- Back over car injuries	16
	- On the road and safety around buses	16
	B. Simple tips to prevent car injures	16
	- Stationary car	16
	- Moving car	17
	- In and around school buses	17
	- Child as a passenger in the car	18
	- Child as a pedestrian or road user.....	18
7.	PREVENTING HEAT AND SUNSTROKE	19
	A. Background	19
	B. Simple tips to prevent sun strokes	19
	REFERENCES	20



Foreword

We have known for decades that injury is the leading cause of death among children over one year of age in industrialized countries. Rather than trying to retrofit environments to mitigate unsafe conditions, urban planners have begun taking into consideration the requirements for well-being across the human lifespan and designing built surroundings that meet those needs. Given the high incidence of childhood injuries, it is crucial that this new proactive style of planning aim to minimize physical risk to children.

The National Guidelines for Child Injury Prevention are covering acquainted with common and hidden hazards in home and community can help take important safety steps to prevent a potential tragedy.

in 2002, 371 000 boys and 289 000 girls died from injuries worldwide. Over 180 000 of these children were killed by roadway traffic, most as pedestrians. Drowning, fires, and falls are accounted for the greater proportion of the remaining deaths. Most of these children died while failing to negotiate an entirely manmade environment (WHO).

Fortunately, there are many steps that can be taken to protect a child against potentially harmful products and situations.

Babyproofing home, for instance, can safeguard a child against some of the most common causes of death including accidental poisoning, suffocation, drowning and falls. Securing a child in the right car seat or booster seat can protect them and keep them safe.

An expression of gratitude may not be a sufficient reward for this magnificent achievement, yet I would like to congratulate the guidelines development group team from the different departments and institutions represented by Health Promotion and NCD as well as Hamad hospital, Sidra and Hamad training department, for conducting the National Guidelines for Child Injury Prevention in the hard time of COVID-19.

Once again, we express deep gratefulness and thankfulness to everybody who made this mission possible and brought this guidelines light.

Sheik Dr. Mohammed Bin Hamad J. Al Thani

Director of the Department of Non-communicable Disease Prevention Programs

Contributors

Team Lead

Dr. Amani Elkhathim- Public Health Specialist- Non-Communicable Disease prevention programs Section

Project Lead

Ms. Abir Ali Kanana-Nurse, Non - Communicable Diseases prevention programs Section

Division

Guideline Development Working Group

Ms. Abir Ali Kanana- Ms. Abir Ali Kanana-Nurse, Non - Communicable Diseases prevention programs Section

Division

Dr. Aisha Fathi Abeid Assistant Director Hamad Injury Prevention Program- Hamad Trauma Center, HMC

Dr. Amal El Wadia-GP Dentist-PHCC

Ms. Amal Al-Faris -Manager, Patient Education and Health Promotion Department-Sidra Medicine

Ms. Fatima Al-Maslamani-Health Promoter, Patient Education and Health Promotion Department-Sidra Medicine

Dr. Mahmoud Ahmed Younis-Assis. Director of Health Promotion Community Engagement-Hamad International Training Centre, HMC

Reviewed by:

Dr. Mounir Soussi, Consultant, Department of Non-communicable Disease Prevention Programs, MOPH



Acknowledgements

The 2021 Qatar child safety guidelines was successfully completed, thanks to the committed efforts and support of numerous organizations and individuals at various stages of the guidelines. We would like to thank everyone who helped to make the guidelines a success.

We wish to thank the Assistant for Health Affairs **DR. Saleh Al Marri** and the Director of the Public Health Department **Sheikh. DR. Mohamed Hamad J. Al Thani**

for their enduring support and confidence during the conduct of these guidelines.

We would also like to thank Dr. Huda Al Katheeri, Dr. Rasma al Honati for their invaluable help in Explanation and simplification of the guidelines as well as Dr. Mounir Soussi for his continuous support and Dr. Muhalab Tag al Din (attending physician patient education Sidra) for editing and contributing in meetings

Last but not least, sincere appreciation is extended to all respondents who contributed their time and information to the guidelines, without them, the child safety guidelines in Qatar would not have been possible.

Executive Summary

Child injury is a growing global public health problem. It is the leading cause of death in children and teens. Hopefully, it is often preventable. According to WHO and the United Nations' Convention on the Rights of the Child, Article 1, "A child means every human being below the age of 18 years". Children are our Nation's most precious resource.

The "Road Safety and Injury" in the "Health Promotion and Non-Communicable Diseases Department" at MOPH with the collaboration of our Key Stakeholders HMC, PHCC, and Sidra has developed this guideline to cover the different leading causes of child unintentional injury including falls, poisoning, drowning, suffocation, sun stroke... and how to prevent them. This initiative comes under the Public Health Strategy 2018-2022 (Initiative 4.1.6 Implement Preventive Health Guidelines).

Our approach to achieve advancements in this initiative was to ensure the following in collaboration with the Strategic Planning and Performance Department at MOPH:

Compile existing related clinical and preventive guidelines

Conduct international research

Develop guideline process in line with international standards

Establish guideline governance

Propose recommendations

Inform governance and ask for support

Review and approval

Finalize and develop action plan

Unsupervised children are at a high risk of injuries, especially falls, poisoning, drowning, asphyxiation, and burns. The most terrifying injuries are those that happen at home because they are the least expected and could have been prevented. Injuries from these incidents can be fatal.

Everyone including parents, teachers, neighbors, and others can take steps to prevent injury where children live, learn, and play. This guideline shows how simple tips such as proper use of car seats and seat belts for example can reduce motor vehicle crash injuries and deaths. It also shows how family engagement and support, parental monitoring, and school connectedness, can prevent injuries in children.



1. Preventing Falls and injuries:

1.1. preventing falls and injuries at home

A. Background:

Children can fall anywhere any time. It is part of the process of learning to walk, run, and jump. However, some falls can cause serious injuries or even death due to the presence of hazards, such as stairs, open windows, or playground equipment. Also, children's inability to accurately assess risks and curiosity puts them in greater risk of falls.

B. Simple tips to prevent falls and injuries at home:

• Home - Indoor:

- Never leave your young child on a bed or counter unattended on changing tables, beds, couches or other furniture.
- Keep stairs and hallways clear and free of clutter that could cause a child to trip and fall.
- Install safety gates to block a toddler's access to a staircase, an outdoor terrace or balcony.
- Keep all windows locked and keep furniture away from windows so children cannot climb up to the window.
- Always strap children in when using highchairs, infant carriers, swings and strollers.
- Use non-slip rugs on the floor and mats, or decals, in the bathtub or shower.
- Install shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch in the children's play area/room.
- Install door slow closing hinge and door guard, rubber door edges, rubber cover for furniture edge.

• Home – Outdoor:

- Actively supervise children in the play area.
- Design the play area to fit your children's age.
- Teach children that pushing, shoving or crowding while playing can be dangerous.
- Implement proper protective surfacing such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch under and around the play area equipment (at least 10th centimeter in all directions from play equipment).
- Make sure children wear properly fitting safety gear when playing with bicycle, scooter, skate shoes or board.
- Check for spaces that could trap children, such as openings in guardrails or between ladder rungs; these spaces should measure less than 9 centimeters or more than 13 centimeters.
- Remove tripping hazards, like exposed concrete footings, tree stumps, and rocks.
- Maintain the playground equipment regularly to make sure they stay in good condition.

1.2. Falls and injuries at school:

A. Background:

Schools may not have control over all the hazards that may impact them or be able to prevent all emergencies. Schools can take action to minimize their impact and/or reduce the likelihood of such events. School safety and emergency management experts often use the terms prevention and mitigation differently. Experts encourage

schools to examine all hazards to avoid or lessen their impact. This includes assessing and addressing facilities, security and the culture and climate of schools through policy and curricula.

In Qatar schools as in most other schools around the world, creating safe, healthy, orderly and supportive school environments for students to learn and staff to work, is the main goal that facilitates learning that can be a challenging task and it's an integral part of most schools and MOE&HE' daily operations.

All can play a vital role in preventing injuries among school age children and youth. Age and developmental stage influence injury risks; injury prevention best practices for elementary school age children are different than they are for junior and senior high school youth.

Educators and parents can work together at both the school and the school board level, to reduce child and youth injury.

B. Simple tips to prevent falls and injuries at school:

◦ School – Indoor:

Physical education teachers:

- Instruct students on how to deal with gyms to avoid self-injury
- Explain to the students how to maintain personal distances while on the gyms and other self-care measures
- Ensure the weight value of gyms is limited to what can be used without spotters. This is by ensuring that each student takes uses the equipment that are compatible with their bodies
- Keep records of reported injuries and the reasons as to why they happened so that such future occurrences can be mitigated
- Educate students on how to deal with injuries in the gyms
- Schools should provide First aid training to their staff

◦ Lab teachers:

- Give students instructions before any activities, providing accurate and appropriate information about the dangers of the laboratory.
- Use the appropriate personal protective equipment and clothing.
- Ensure greater supervision in more dangerous situations in the laboratory.
- Be aware of student handling of chemicals so that they may use equipment to avoid injuries and observe good housekeeping
- Undergo a corresponding occupational safety and health training so that could be able to create and maintain a safe environment within the workplace
- Organize the laboratory maintenance and ensure no defective equipment is used

◦ School – Outdoor:

- Design the play area and select the toys to fit the children's age group.
- Teach children that pushing, shoving, or crowding while on the playground can be dangerous.
- Implement proper protective surfacing such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch under and around the play area equipment.
- Maintain the playground equipment regularly.
- Make sure that children always wear "activity-specific" clothing.
- Follow same home outdoor safety instruction as above

1.3 Falls and injuries at Public Playground:

A. Background:

Playgrounds and outdoor play equipment offer kids fresh air, friends, fun, and exercise. But it's important to make sure that faulty equipment, improper surfaces, and unsafe behavior don't ruin the fun.

Each year, more than 200,000 kids are treated in hospital ERS for playground-related injuries. Many of these accidents can be prevented with careful supervision.

B. Simple tips to prevent falls and injuries at Public Playground:

1. Parents:

- Make sure that children always wear “activity-specific” clothing. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard and wear properly fitting safety gear when participating in recreational activities with children.
- Educate children that pushing, shoving, or crowding while on the playground can be dangerous.
- Take your children to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch.
- Make sure children wear properly fitting safety gear when playing with bicycle, scooter, skate shoes or board.
- Encourage your child to comply with playground safety rules
- Educate your child to play with equipment that is suitable for them
- Familiarize yourself with safety instruction and how to can get help in the play area

2. Playground manager:

- Implement proper protective surfacing such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch under and around the play area equipment (at least 183 centimeters in all directions from play equipment).
- Check for spaces that could trap children, such as openings in guardrails or between ladder rungs; these spaces should measure less than 9 centimeters or more than 23 centimeters.
- Remove tripping hazards, like exposed concrete footings, tree stumps, and rocks.
- Decreasing the height of playground equipment.
- Maintain the playground equipment regularly.
- Identify and display safety instruction, and tips notification (age, height and weight suitability) next to each equipment.
- Ensure playground is always supervised by a safety guard, to ensure compliance with playground safety rules. The number of safety guards depend on the maximum number of users allowed.
- Make sure that the safety guard is trained on delivering first aids.

1.4. Falls and injuries with Shopping carts

A. Background:

Trauma associated with Shopping Carts is a major Public Health concern, attributed to poor adult supervision, unrestrained child, or cart misuse. It is imperative to develop a national safety strategy plan to reduce or prevent serious injuries, involving public awareness through verbal prompts, posters, flyers, and stickers.

Injuries result when children climb or fall out of shopping carts because the restraint system is not being used, children unbuckle or wiggle out of the restraint, or the restraint is missing. Children can also fall from the shopping cart seat even when an infant seat, infant carrier or a car seat is placed in the cart seat.

B. Simple tips to prevent falls and injuries with shopping carts :

1. Parents:

- Use seatbelts to restrain your child in the cart seat.
- Always stay with your child.
- Don't allow your child to ride in the cart basket as they might fall and be seriously injured.
- Don't place a personal infant carrier or car seat in the cart seat or basket.
- Don't allow your child to ride or climb on the sides or front of the cart.
- Don't allow a child to push the cart with another child in it.

2. Retail shops:

- Ensure that all carts have seatbelts and that the seatbelts work as intended.
- Add stickers "NO CHILDREN ALLOWED"
- Ensure retail shop is always supervised by a safety guard, to ensure compliance with safety rules.



2. Preventing Poisoning:

A. Background:

Poisoning at home is a possible risk that may threaten the life of children by accidental ingestion of household chemicals that we commonly use as detergents or as household materials we keep for other purposes. Children tend to put everything in their mouth or taste everything that their hands hold, which may result in serious injury depending on Chemical nature, properties and the amount ingested.

Securing the chemicals or any potential material that may cause poisoning or possibly could be mistaken by water or juice should be stored properly and secured away from reach of children.

B. Simple tips to prevent Poisoning:

- Always store poisonous and toxic household products, like detergents, medicines, chemicals, garden spray and cleaners, in cabinets that are beyond the reach of children and can be securely locked away.
- Keep sanitizers, hand rubs and antiseptics that are widely used these days out of children's reach to avoid eye irritation or oral ingestion.
- Buy household products that are available in child resistant containers.
- Always store chemicals in their original containers.
- Do not take medicine in front of children and do not refer to medicine as candy.
- Keep the poison control center phone number available to call in case of poisoning 4003 1111.



3. Preventing Drowning:

A. Background:

Is considered internationally to be the third cause of unintentional injury death among the children's population. So many kids drown at home, in public swimming pool or the sea.

It's important to set strict rules and regulations when it comes to safety of children around water.

B. Simple tips to prevent Drowning:

To keep children safe in and around water, follow the tips below:

◦ Home:

- Always supervise young children, especially those under 1 year of age while in a bathtub. It only takes a few seconds for a young child or toddler to drown.
- Use bathing seats or flotation devices under adult supervision.
- Don't leave babies and young children alone around buckets filled with water as they can drown in as little as 5cm of water.
- Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.
- Drain padding pools, baths, and buckets after use

◦ Pool:

- Always supervise your children when using inflatable swimming aids (such as "water wings")
- Make sure that you know how to swim and learn swimming survival and rescue techniques.
- Educate your child how to swim and teach them the dangers of water

- Make sure that your child is always supervised by adult who can swim even if your child knows how to swim.
- If there is a pool at your home, make sure it is surround by a fence from all sides the fence must be at least four feet (1.4 Meters) tall with self-closing and self-latching gates.
- Super vision of parents, care giver and safety guard should be constant with no distraction and near the children

- **Beach:**

- Check the tide and weather forecast before going to the beach.
- Check out the beach for warning signs and safety flags when you arrive.
- Always supervise/swim with your children in the sea even if they can swim
- Always supervise your children when on the beach.
- Beware of the tide, rocks, and piers.
- Keep your children away from cliffs and steep slopes.
- Teach your child how to swim.
- Teach your child to strictly adhere to safety regulation for water sport activities.

It is important to know how to respond in an emergency without putting yourself at risk, therefore it can be helpful to learn some basic water rescue skills and CPR.



4. Preventing Choking, suffocation, and strangulation:

A. Background:

The three conditions result in breathing cessation/airway obstruction which may lead to permanent damage or death. Some aspects of the preventive measure related to this issue are listed below.

B. Simple tips for prevention:

- Keep choking hazards, like coins, buttons, batteries, and small toys out of reach of small children and toddlers.
- Always keep plastic bags out of the reach of your child to prevent suffocation.
- Always place your baby - below the age of 1 year - on his or her back when sleeping to avoid suffocation.
- Tie window blinds and curtain cords high up to protect your child from strangulation.
- Supervise your child while playing on a swing to avoid strangulation accidents.
- Secure any item that is in the size of golf ball or smaller in a closed container/out of children reach.



5. Preventing Burns:

A. Background:

One of the most common injuries in children that may cause death or long morbidity. Burns can result due to exposure to heat, cold, chemical and irritation. Severity of the burn depends on the degree of burn and area involved

B. Simple tips to prevent Burns:

◦ *General:*

- Avoid drinking/eating hot food while holding a child
- Ensure children are supervised around hot electrical equipment
- Cover unused sockets with a safety plug
- Educate your child to never put their fingers or objects in electrical outlets
- Keep the electrical cables secured and against the wall
- Educate your child to stay away from fire, fireworks, and barbeque equipment

◦ *Kitchen:*

- Keep children away from hot foods or liquids.
- Keep pot handles turned inwards towards the back of the stove.
- Keep hot foods and drinks away from countertop or table edges.
- Remove table covers that can be pulled by children in case you there is hot food on the table.
- Keep lighters, matches and lighter fluids away from children's reach.
- Create a "safe zone" in the kitchen so children do not come close to hot surfaces while cooking or baking.
- Make sure that there are no children on the way while transporting hot liquids like stews, coffee or tea.
- Cover unused electrical sockets with plastic covers and repair or discard any damaged appliances or electric cords.

◦ *Bathtub:*

- Run cold water into a bathtub first and then add hot water to adjust the temperature. Make sure to turn the valve to the cold setting after filling the tub
- Measure the temperature of the water before placing a child into the tub. It should not exceed 39°C.



6. Preventing car injuries:

A. Background:

Children are vulnerable when walking or playing behind a parked vehicle, being small and can be hard to be noticed by the driver inside the car

Back over car injuries:

“Back-over” car injuries is when a car is reversed over a small child in the parking space or driveway. This is because of their small size and the fact that they can’t assess the danger around them. Also due to their young age, they are unable to alert the drivers backing up.

In the Road and Safety around Buses:

As a result of the modern world and the expansion of roads and fast cars, road traffic accidents start to occupy the first cause of death globally among the children age group. Protection of children as pedestrians or occupants of cars and busses requires multidisciplinary actions.

School buses are the safest way for students to travel. Nearly two-thirds of school bus-related fatalities of school-age children occur outside of the school bus. Children need to do their part to stay safe both in and around school buses.

Simple tips to prevent Car injuries:

◦ *Back over car injures:*

The following tips can help to protect children from Back over car injuries:

- Check the surrounding of your car before getting in and starting it to make sure that there are no children playing around it, especially in compounds and your own driveway. Children might be hiding or playing around your car.
- Always back out cautiously and with complete control over the car and be ready to stop immediately if needed.
- **DO NOT** rely on cameras and sensors only.
- Educate your children never to play near, under, inside, or behind a vehicle of any kind.
- Never text while driving and avoid using headsets/air pods as it can distract you and put you and others at possible danger.

Never drive if you feel tired or after taking medication that can affect your mental judgment.

◦ *Stationary Car:*

- Never leave a child unattended in a vehicle for any amount of time, even for a minute.
- Make sure that all children leave the car with you when you are leaving especially the younger ones.
- Always check the car before leaving to check if a child is hiding inside.
- Leave something to remind you that your child is in the care with you, For example:

- Put an item that you will need at the end of the car trip, like your phone, wallet or bag on the back seat next to your child.
- Put your child's bag or lunch box on the front seat where you can see it.
- Always keep your car locked when you're not in the car, especially in your garage at home, so your child doesn't get in to play or hide inside.
- Never give your child car keys to play with.
- Keep car keys out of reach. This can help to prevent your child from accidentally locking himself in the car.
- Activate the child lock and make sure that children do not play with the buttons inside the car.

◦ *Moving Car:*

- Give your child plenty of water to drink during car trips.
- Dress your child in cool, comfortable, loose-fitting clothing.
- Check the temperature of car seats, harnesses and seat belts before your child gets into the car. Hot metal, plastic or leather can burn your child's skin.
- Cover hot surfaces with a damp cloth and then help your child into the car.
- Make sure that your child's harness is fit tightly whether he's awake or asleep, especially during summer. Loose or twisted harness can put your child at risk of injury in a crash.
- Use shades on your car windows to protect your child from the sun if your windows aren't tinted. Avoid putting a hood or bonnet over a capsule to protect a baby from the sun, because this reduces air circulation.
- Plan your car trips during cooler times of the day if you can.
- Cool your car as much as possible before you let your child get in, especially during summer.

◦ *In and around school Bus:*

- Make sure your child Arrives early at the bus stop – at least five minutes before the bus is scheduled to arrive
- Supervise young children while waiting for the bus to arrive
- Teach your child to use the handrail when getting on the bus
- Make sure your child uses seat belts at all times when in the bus if available.
- Teach your child to stand 6 feet (or three giant steps) away from the curb while waiting for the bus
- Teach your children to wait for the bus to stop before approaching it from the curb
- Teach your children to stay in their seat keeping head, arms and papers inside the bus, and talk quietly
- Keep aisles clear of books and bags
- Secure any loose or hanging objects like straps on a backpack or drawstrings on a hood
- Teach your children not to move around on the bus
- Teach your children to check to see if there are no incoming motor vehicles before crossing the street
- Teach your children to always remain in clear view of the bus driver
- Make sure that each bus has an attendant to handle the child door to door especially for nurseries and kindergartens

- Bus drivers should make sure that the bus is empty of students before closing it
- Teach your child to Use the car horn to draw attention that they are locked in the bus or any car
- Teach your child not to walk behind the bus
- Teach your child to Cross in front of the bus – at least 10 feet (or five giant steps) – and make eye contact with the driver
- Bus drivers should always drop child in front of their home door

Children should always board and exit the bus at designated locations that provide safe access to the bus or to the school building.

◦ *Safety in the Road*

Children are at their highest risk for injury when they are unrestrained. Most young children who died in a car crash were unrestrained and wrongly seated. Always buckle up, wear a helmet when biking, and always follow pedestrian road safety rules. Be a role model for your children.

The beginning of the school year is the time when children are at increased risk of transportation-related injuries from pedestrian, school bus, and motor vehicle crashes. Below are some Safety tips that can help protect children from possible motor vehicle related injuries:

◦ *Child as a passenger in the car:*

- Never allow children who are younger than 12 years old, to ride in the front seat. The most severe injuries and deaths from motor vehicle crashes involving children in Qatar happen to children riding in the front seat.
- Only children older than 12 can be allowed to use the front seat and an adult seatbelt. All children must be properly restrained in the rear seats, in a car seat that is appropriate for their age and size.
- Make sure all passengers and children are wearing seat belt and/or an age- and size-appropriate car seat or booster seat.
- Make sure that your child's car seat fits their current weight and height. As children grow up you may need to adjust/change your child's car seat to fit their new weight and height. Refer to this Ultimate Car Seat Guide from SAFEKIDS <https://www.safekids.org/ultimate-car-seat-guide/>
- or visit Ghalai station at Women Wellness and Research Center or Ghalai station at Sidra Medicine.

◦ *Child as a pedestrian or road user:*

- Supervise young children, especially those under 10 years of age, as they walk or bike to school, or as they wait at the school bus stop.
- Make sure that your children wear bright colored clothing so motorists can easily see them as they walk or bike to school
- Make sure that you're your child understands and adhere to all traffic laws if they are riding bike or electric scooter. Teach them not to text or talk on a cell phone while riding /driving.
- Be aware for school zones that have a reduced speed limit [30 kph] especially during drop-off and pick-up times.
- Watch for school buses. Be alert for children playing and gathering near bus stops and for those who may dart into the street without looking for traffic.
- Watch for children walking or biking to school whenever you are backing out of a driveway or leaving a garage, take a walk around your car to make sure that the area is clear of young children before starting your engine.

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Teach your children pedestrian rules, because small children are impulsive and less cautious around traffic, it is recommended that only children older than 10 years are ready to walk to school without adult supervision.
- If your child is young or is walking to new school, walk with them the first week to make sure they know the route and can do it safely.



7. Preventing Heat or Sun strokes:

A. Background:

Heatstroke is a serious condition defined as the body temperature reaches or exceeds 40 degrees Celsius (104 F). Children are considered vulnerable to heat stroke because of their body size and relative inability to release heat compared to adults. Additionally, a child's thermoregulations such as sweating and skin temperature responses are less efficient than adults. Furthermore, infants and young children lack developmental capabilities to change their behavior in response to overheating including drinking water, removing seat belts or clothing, or escape from hot environment which puts them at a greater danger to heatstroke.

Heatstroke can lead to severe dehydration, agitation, confusion, seizures, coma and even lead to the death.

A review of 171 deaths from vehicular heat stroke found that fatalities were attributed to children playing in the vehicle (27%) or to children left in the vehicle (73%). In most cases, a parent forgets that their child is in the back of the car and unintentionally leaves him or her in the vehicle due to a change in their daily routine. In other cases, unsupervised children may be able to get inside an unattended car and lock themselves in. Moreover, a parent may leave a child unattended in a car for short period of time not knowing that this may cause a serious raise in the body temperature.

B. Simple tips for parents to prevent sun strokes:

- Teach your children to always drink plenty of liquids before and during activity in hot, sunny weather even if they are not thirsty.
- Make sure your children wear light-colored, loose clothing on hot days and use sunscreen when going outdoors.
- Limit your children's outdoor activities during the hottest parts of the day (10.00 am to 3.00 pm) especially during hot or humid days.
- Teach your children to come indoors, rest, and drink water right away whenever they feel overheated.

References

[MinnesotaSchool-Safety-Guide.ashx \(nfpa.org\)](#)

<https://www.albertahealthservices.ca/injprev/page4795.aspx>

[Khan FS, Glazek KJ, Todd JJ, Alper SJ. Falls From Shopping Carts Versus Household Products Among Young Children. Proc Hum Factors Ergon Soc Annu Meet 2019 Nov 20;63\(1\):882–6.](#)

[Ibrahim NG, Wood J, Margulies SS, Christian CW. Influence of age and fall type on head injuries in infants and toddlers. Int J Dev Neurosci \[Internet\]. 2012 May 31;30\(3\):201–6.](#)

[Wright JW, Griffin R, MacLennan PA, Rue LW, McGwin G. The incidence of shopping cart-related injuries in the United States, 2002–2006. Accid Anal Prev 2008 40\(3\):1253–6.](#)

<https://www.cpsc.gov/s3fs-public/5075.pdf>

http://whqlibdoc.who.int/publications/2008/9789241563574_eng.pdf

[School Bus Safety | Safe Kids Worldwide](#)

[School Bus Safety | Bus Stops, Drivers | NHTSA](#)

[School Bus Safety \(ntsb.gov\)](#)

<https://ijponline.biomedcentral.com/articles/10.1186/1824-7288-39-71>

<https://www.nhtsa.gov/document/reducing-potential-heat-stroke-children-parked-motor-vehicles-evaluation-reminder>

<https://pubmed.ncbi.nlm.nih.gov/30824495/>





www.moph.gov.qa



[/MOPHQatar](https://www.facebook.com/MOPHQatar)



[/MOPHQatar](https://twitter.com/MOPHQatar)



[/MOPHQatar](https://www.instagram.com/MOPHQatar)