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## **COMMON TYPES OF ACCIDENTS IN CHILDREN AND ITS PREVENTION**

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### **ABSTRACT**

*The purpose of article is to enhance the knowledge related to the common types of accidents that occurs in children that can cause injury and even death in children. In this article the different types of preventive methods related with common types of accidents in children will be discussed so that the parents and the caretakers can implement in the daily life which will be helpful to prevent the common accidents that can cause the chances to increase the mortality rate and morbidity rates among the children.*

**Keywords:** Accidents, drowning, falls, burns and scalds and poisonings.

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### **INTRODUCTION**

Accidents to children are a significant health issue, being a major cause of preventable death, serious injury and long-term disability across the world. Unintentional injuries, such as road traffic crashes, drowning, falls, burns and scalds and poisonings are the leading cause of death for children and adolescents worldwide.

Globally, more than 1,600 children and adolescents below the age of 19-years die every day from preventable injuries. Of those injuries, road traffic crashes represent the leading cause of death. Worldwide, nearly 220,000 children and adolescents aged 0–19 years die annually due to road traffic injuries. That is more than 600 preventable road deaths among children and young people each day – or a death almost every two minutes.

Falls are the leading cause of injury among children. In fact, the Centers for Disease Control and Prevention (CDC) say that roughly 8,000 children are treated in U.S emergency room for fall –related injuries every day. Drowning is a leading cause of death in children. Among young children, most drowning happen in home pools or hot tubs.

In the United States More children ages 1–4 die from drowning than any other cause of death. For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes. Every year in the United States there are an estimated 4,000 fatal unintentional drowning that is an average of 11 drowning deaths per day. 8,000 nonfatal drowning that is an average of 22 nonfatal drowning per day. Drowning can happen even when children are not expected to be near water, such as when they gain unsupervised access to pools. Fatal drowning is the leading cause of death for child

In Australia drowning is the leading cause of unintentional injury death in children aged 1–3 years. Whereas in Bangladesh: drowning accounts for 43% of all deaths in children aged 1–4 years. Drowning is the leading cause of injury death in children aged 1–14 years in China.

## **COMMON TYPES OF ACCIDENTS IN CHILDREN**

- **FALLS**

Falls are the leading cause of non-fatal injuries for children. According to the CDC, almost 2.2 million kids are treated in U.S. emergency rooms each year for fall-related injuries. While falls on the playground are the most common, they can happen anywhere. Younger children may fall off of furniture, or playground equipment, or while learning to walk, while older children may fall while playing sports or engaging in other physical activities. Falls from a significant height or onto a hard surface can result in more serious injuries such as broken bones, head injuries, or internal injuries.

- **PEDESTRIAN ACCIDENTS (WALKING AND BIKING)**

Pedestrian accidents are on the rise as more drivers become distracted by smart phones. The most common reason children are hit by cars is because kids will dart into the street without looking and drivers simply don't see them or they can't stop in time. Bicycle accidents can occur when children ride bicycles without proper safety gear or when they are not supervised. Common bicycle injuries include cuts, scrapes, and broken bones. Most bicycle injuries can be treated at home with first aid, but more serious injuries such as head injuries or internal injuries require specialized emergency care.

- **FIRE AND BURNS**

Every day, more than 300 children are treated in emergency rooms for burn-related injuries and two children die as a result of being burned. According to the CDC, younger children are more likely to sustain injuries from scald burns, such as hot liquid or steam, while older children are more likely to sustain injuries from direct contact with flames. Burns are a common childhood injury and can result from a variety of sources such as hot liquids, hot surfaces, or flames. Younger children are particularly vulnerable to burns from hot liquids such as coffee or soup, while older children may experience burns from cooking or playing with fire.

- **POISONING**

Poisoning can occur when a child accidentally ingests harmful substances such as medications, household cleaners, or poisonous plants. It is important to keep these substances out of reach of children and to store them in child-proof containers. If a child ingests a harmful

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substance, seek specialized emergency care immediately.

- **CHOKING**

Choking can occur when a child eats too quickly or puts small objects such as toys or coins in their mouth. Younger children are particularly vulnerable to choking as they may not yet have developed the ability to chew and swallow properly. If a child is choking and unable to breathe, seek specialized emergency care immediately. Parents and caregivers can help prevent choking by cutting food into small pieces and monitoring children while they eat.

- **SPORTING INJURIES**

Sporting injuries can occur when children engage in physical activities such as sports or exercise. Common sporting injuries include sprains, strains, and fractures. Most sporting injuries can be treated at home with first aid, but more serious injuries such as broken bones or head injuries require specialized emergency care. Parents and coaches can help prevent sporting injuries by ensuring that children wear appropriate protective gear and by teaching proper techniques and form.

- **DROWNING**

Drowning can occur when a child is in or around water and is unable to breathe. Children can drown in as little as two inches of water, and drowning can occur quickly and silently. It is important to supervise children around water at all times and to teach them how to swim. If a child experiences a near-drowning incident, seek specialized emergency care immediately.

## **PREVENTIVE METHODS**

There are several preventive methods that can be implemented to which will help to prevent the chances of occurrence of accidents among children.

To prevent from falls there are many methods which includes such as keeping floors free of toys and obstructions and to make supervision when toddler learns to walk. Never leave babies unattended on raised surfaces. Keep always the floor dry. Windows and doors must be locked to avoid misadventure by children. Avoid placing “step-stones” such as a chair next to a window.

Road traffic injuries among children can be prevented by implemented as a package to keep children safe on the road by using helmets for bicyclists and motorcyclists and by enhancing road infrastructure. The driver has to control the speed when children are there in the road and reducing drinking and driving with strict penalty. The other change that can be made by implementing graduated driver licensing.

Much preventive measure can be implemented to prevent the chances of burns that can occur in children. Ensure milk, congee or other foodstuff is at a reasonable temperature before feeding. Ensure proper fence or door is installed at the entrance of kitchen. Such must be closed at all times. Instruct children not to go into kitchen. While cooking, pay extra attention to the stove fire and the cooking utensil. Turn the pan handle away from the front, and close to the wall. When running a bath for a child, always test water temperature beforehand.

All hot objects including an iron or containers with hot matter must not be placed near the margin of

a table. Avoid using tablecloth. Matches and lighters should be placed out of reach of children. Instruct children not to wander around when adults are preparing for a meal. Install proper cover to sockets. Warn children never play with fire. In the case of preventing choking choose toys appropriate to the age of children. Avoid toys with detachable small parts. Ensure small objects are kept out of reach of children. Never let children use milk bottle by themselves without adult's supervision.

Poisoning is another major cause of accident in children, so preventing poisoning among children many steps can be taken by the parents and the caretakers who includes such as, keep medicines and chemicals out of sight and reach of children, preferably in an isolated, locked cabinet. Always store chemicals in their original containers with appropriate labels. Never tell children drugs are "sweets" as this may give a wrong idea to children. Ensure toys and dining utensils bought meet the international standard, e.g. coloring materials being non-toxic.

Choking is one of the other reasons that can cause causality among children. Proper supervision is required in this case to avoid this hazardous situation. Several steps can be implemented by the parents which includes as follows; Encouraging kids to sit when eating and to chew thoroughly. Teach kids to chew and swallow their food before talking or laughing. Don't let kids run, play sports, or ride in the car with gum, candy, or lollipops in their mouths. Supervise older children, who might not know they shouldn't give some foods to younger kids.

The school going children are more prone to sports injuries. This can be prevented by implemented different types of safety measures by encouraging children to wear safety gear and protective devices, such as pads, helmets, and gloves and helmets. Child will need shoes that are appropriate for the sport and fit correctly. Rehabilitation of any previous injuries before continuing or starting a sport

Drowning is one of the other major hazards among children. Many preventive methods can be implemented that can decrease the possibility of causality that can be caused due to drowning. A swimming pool should be completely separate from the house and play area of the yard. Alarms and pool cover should not be used as a substitute for a fence. Never leave your child alone or in the care of another child in or around water. When supervising children around water, use "touch supervision," which means always remain in arm's reach of the child. Parents should have to be taught about the CPR and first aid. Have rescue equipment, such as a life preserver. Wear Coast Guard-approved life jackets when swimming in the ocean. Provide swimming lessons when the child is ready to learn.

#### **EVIDENCE-BASED PREVENTION STRATEGIES FOR CHILDHOOD INJURIES**

<b>Cause of injury</b>	<b>High-risk groups</b>	<b>Prevention strategies</b>
Bicycle crashes	School-age children	Approved bicycle helmet to reduce the risk of head injury after crashing. Educational programs to increase helmet use
Drowning	Toddlers and school-age children	Fencing that completely surrounds pool and does not allow direct access from house.

		Fence should be made of material that is difficult to climb and have self-latching gates. Personal flotation devices around water. Vigilant adult supervision. Cardiopulmonary resuscitation training.
Falls	Infants and toddlers	Avoiding the use of infant walkers. Gates for stairways. Releasable window guards or window stops above first floor. Clinical counseling for parents to prevent falls.
Fires and burns	Toddlers and school-age children	Properly installed and maintained smoke detectors. Clinical counseling to increase smoke detector use. Water heater temperature preset to less than 130° F (54.4° C)
Motor vehicle crashes	All children	Correct use of age-appropriate child restraints. Clinical counseling to encourage correct use of child restraints.
Poisoning	Toddlers	Don't leave toxic items unattended, particularly where children can reach them, even for a moment. Put them away immediately after use and secure any child safety caps. Do not store toxic household products, such as cleaners or pesticides, in the refrigerator or near food. Instead, store food and toxic products in separate areas to reduce the risk of a child reaching for the wrong item.

### CONCLUSION

The article reveals the knowledge regarding the common types of accidents that occurs among children and its hazardous aspects that can cause in children as well as different preventive methods that can be implemented by the parents and the care givers so that it will help to prevent the casualty that occurs in children.

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