

# What's your kid-safety IQ?

Test your knowledge of some major dangers

**Y**ou know you have to make sure your child is wearing a helmet before she rides her bike, but some hazards aren't so obvious. Take our quiz to learn what you might not know about keeping your child safe.



**TRUE OR FALSE: It's OK to let kids ride in the front seat of a car when they're 12 years old.**

**False** Even with a seat belt, all kids under age 13 should ride in the back seat. The National Highway Traffic Safety Administration picked that cutoff age after reviewing crash statistics that showed that children under 13 were up to 35 percent less likely to be killed in a crash if they were riding in the back seat. Front seats equipped with an air bag are especially dangerous. When deployed, the bag can harm younger children.



**TRUE OR FALSE: At 60 pounds, your grade-schooler no longer needs a booster car seat.**

**False** Children should stay in a booster seat until adult belts fit correctly, usually when they reach 4 feet 9 inches, between the ages of 8 and 12. Height, not weight, is the key.



**TRUE OR FALSE: Alcohol-based hand sanitizers can be poisonous.**

**True and false** "That dab your child puts on her hand evaporates on contact," says Erica L. Liebelt, M.D., spokeswoman for the American Association of Poison Control Centers in Alexandria, Va. But the ethanol content

can be dangerous if enough sanitizer is ingested, and we haven't seen childproof caps, so keep bottles out of your child's reach. If she puts hand sanitizer into her mouth, call the Poison Help Hotline at 800-222-1222.



**TRUE OR FALSE: It's safe to follow the "5-second rule" when picking food or a pacifier up off the floor.**

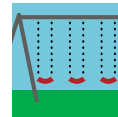
**False** Five seconds could be enough time for bacteria to latch onto something you drop on the floor, according to Clemson University, which used pieces of bologna in a recent study on the topic. So no matter how fast you are, toss the food or wash the pacifier (at least with water) and dry it thoroughly with a paper towel before giving it back to your child.



**TRUE OR FALSE: Kids older than 6 can safely sleep in the top bunk.**

**True and false** Every year almost 36,000 children are injured in bunk-bed accidents, according to a

recent study in the journal *Pediatrics*. Kids under age 9 have the most injuries, but accidents happen at all ages.



**TRUE OR FALSE: Thick grass under the backyard jungle gym provides enough padding to protect kids if they fall.**

**False** Each year about 50,000 children end up in an emergency room because of injuries on home playground equipment. The best way to prevent injuries is to cushion the area with wood mulch or chips, engineered wood fiber, or shredded/recycled rubber mulch under equipment up to 8 feet high and sand or pea gravel under equipment up to 5 feet high. The padding should be at least 9 inches deep and extend 6 feet in all directions from the gym. To account for compression over time, initially fill to a 12-inch depth. "The right surfacing can make the difference between a broken bone or just a bruise," says Gary A. Smith, M.D., director of the Center for Injury Research and Policy at Nationwide Children's Hospital in Columbus, Ohio.

## TRICK OR TREAT?

All that leftover Halloween candy can be extra scary when you have a child with a food allergy. Some candy is made with common allergens such as peanuts or tree nuts, or manufactured on equipment that comes in contact with them. Those plus fish, shellfish, milk, soy, wheat, and eggs are the "big eight" responsible for more than 90 percent of food allergies in the U.S. Be sure your child knows not to eat goodies until you read the labels. Toss treats containing possible allergens so she can't sneak them later. And just in case, keep medicine or an EpiPen handy.

