



Oklahoma State  
Department of Health

# Child's Safety

## Two Years

Runs, jumps and climbs anything within reach.  
High risk of injury, no fear, doesn't know consequences.  
Requires supervision and guidance to reduce injury.

### Outdoor Play Safety

- Watch and help child when playing on slides, swings, and seesaws.
- Playground surface should be soft
  - chipped rubber, wood chips, sand.
- Don't allow fighting or pushing among children.
- Equipment should be safe for age group, made of plastic or soft material, and in good repair.
- Stay with child when riding tricycle.
  - must wear an approved well-fitting helmet.
- Keep alert for strangers or older children.

### Falls

- Never allow child to stand up in stroller, high chair, or shopping cart.
- Never leave alone on any high surface.
- Keep chairs, beds, and tables away from windows, even those with screens.
- Hold child's hand on stairs and escalators
  - teach to hold onto handrails.
- When child can climb out of the crib, change to a low small or youth bed.

### Safety Measures if Child Falls

- Call doctor, 911, or other emergency number if
  - child has possible head, neck, or back injury.
  - there is bleeding from any body area that can't be stopped with slight pressure.
  - child has seizure – do not restrain or put anything in mouth, do rescue breathing if child stops breathing.

### Call 911/Emergency Number when Child is

- Unconscious (not responding).
- Choking (not responding to Heimlich/abdominal thrusts).
- Unable to breathe.

### Water Safety

- Keep child away from ponds, ditches, rain barrels, pails.
- Do not allow running, pushing or dunking at pools.
- Do not use inflatable toys, floats, or arm bands to keep afloat
  - supervise at all times, keep within arm's length.
- Remove toys from pool after use so the child won't reach for them and fall in.
- Do not have siblings or other children watch child for you.
- Know CPR and how to rescue a child.

### Fire and Burn Prevention

- Keep child away from heaters, fireplaces, hot stoves, and lit candles.
- Cook on back burners and turn pot handles inward.
- Do not leave lighters or matches in reach of children.
- Keep chemicals and cleaners locked and away from your child.
- Supervise child during family outdoor grill cooking.
- Maintain smoke alarms, fire extinguisher and fire escape plan.



### Safe Environment

- Stay with child when eating at the table or in a high chair – be prepared if child chokes.
- Help prevent choking by not giving child hotdogs, hard candy, olives, popcorn, carrots, grapes or nuts.
- Keep children away from plants and stoves.
- Know CPR and first aid – obtain a first aid kit.
- Make sure used cribs, safety seats, and playpens meet current safety standards.