

## 7. Falls.

Falls are a common source of injury. Use caution and common sense with ladders, and always supervise climbing children.



## 8. Recognize heart attack symptoms.

If you have chest pains, shortness of breath and nausea, call a doctor! Don't feel foolish, it may save your life!



Going to the Emergency Room of a Hospital for an injury can be a frightening thing. Although accidents do happen, this pamphlet gives suggestions on how to avoid the most common.

Think before acting...  
Avoid the Worst, Think Safety First!



# TIPS TO AVOID THE EMERGENCY ROOM

The most common reasons people visit the Hospital Emergency Room

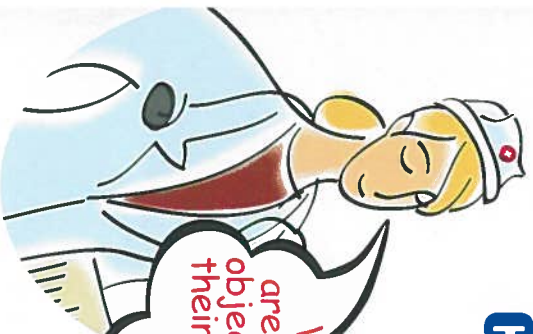
AVOID THE WORST.  
THINK SAFETY FIRST

EMERGENCY  
FIRE & AMBULANCE  
742-3300  
POLICE  
DIAL 911  
GIVE NAME, LOCATION  
& NEAREST INTERSECTION



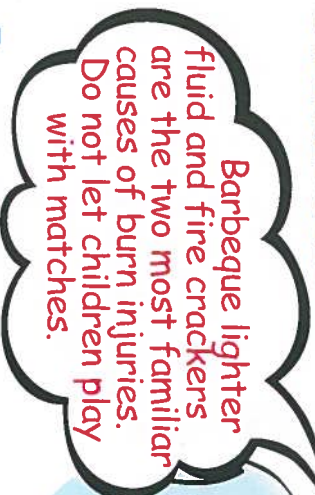
# Avoid The Worst...

## 1. Supervise young children.



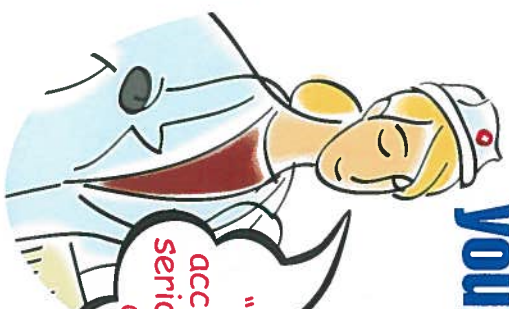
When children are playing, small objects can get lodged in their throats. Poisonings are also common accidents.

## 3. Keep matches and lighters out of sight from children.



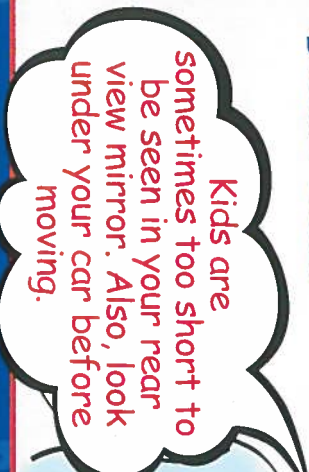
Barbecue lighter fluid and fire crackers are the two most familiar causes of burn injuries. Do not let children play with matches.

## 5. Always wear your seatbelt.



A simple "fender Bender" accident can result in serious injury when you don't buckle up!

## 2. Look before backing up your car.



Kids are sometimes too short to be seen in your rear view mirror. Also, look under your car before moving.

## 4. Sports injuries.



They do occur. Remember however, youngsters' coordination is limited and accidents may result from parents pushing them to perform beyond their capabilities.

## 6. Keep guns locked away.



Keep guns away from children. Always handle a gun as if it is loaded! Teach older boys and girls that handling firearms is deadly and serious business.

# ...Think Safety First!