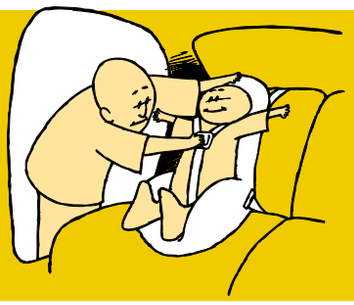
Protect the ones you love

Road Traffic Injuries



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like road traffic injuries, is a step toward this goal.

Every hour, 150 children between ages 0 and 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury.

Thankfully, parents can play a key role in protecting the children they love from road traffic injuries.

Prevention Tips

One of the best protective measures you can take is using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

Know the Stages

- Typically, babies should be placed in rear facing car seats until they are at least 1 year old and weigh 20 pounds.
- When babies move into front-facing car seats, they should remain in these seats until they are at least 4 years old or weigh 40 pounds.
- Children should be seated in booster seats from about age 4 to age 8, or until they reach 4'9" tall.
- All children ages 12 and under should be seated in the back seat of vehicles.

A Tip for Parents of Teens

If you're a parent of a teen who is learning to drive, sign an agreement with them to limit risky driving situations, such as having multiple teen passengers and driving at night.

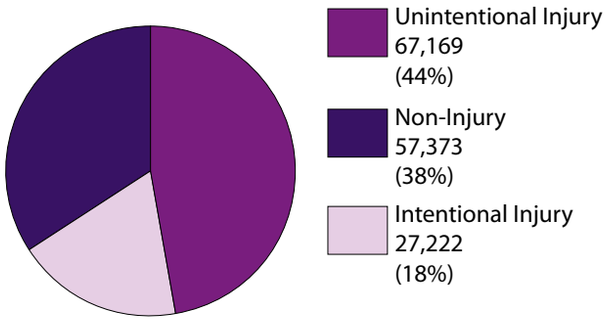
Helmets can Help

Children should wear motorcycle or bike helmets any time they are on a motorcycle or bicycle.

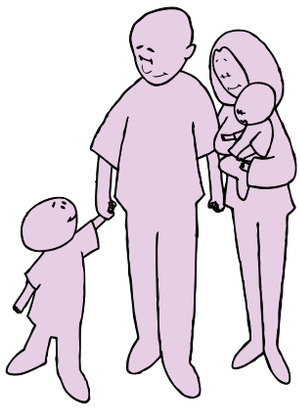
Please visit www.cdc.gov/safechild for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

Child injuries are preventable

The Burden of Child Injury, Unintentional Injury Deaths Ages 1–19, United States, 2000–2005



- Across the United States, injuries are the leading cause of death among children ages 19 and younger.
- About 33 children die every day because of injuries.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.



In addition to doing all you can to protect a child from suffering a road traffic injury, follow these steps to prevent other leading causes of injuries:

Burns —Fire and scalding water can pose threats to children. To help keep kids safer from burns caused by fire, install and maintain smoke alarms in your home.

Drownings —Drownings can happen quickly and quietly, but installing four-sided fences, with self-closing and self-latching gates, around backyard swimming pools can make a life-saving difference by keeping kids away from the water when you're not there to supervise.

Falls —Falls can happen at the playground or at home. To protect your child, check playground equipment to make sure it's properly designed and maintained and that there's a safe, soft landing surface below.

Poisonings —Everyday household products can be poisonous to children, but you can safeguard your home. Keep medicines and toxic products, such as cleaning solutions, in locked or childproof cabinets.

www.cdc.gov/safechild

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