



## *Prevention Beat*

October 28, 2011

### ***Daunting Halloween injury statistics should pose the real fright to parents on Halloween.***

While Halloween is a fun family tradition in America, it is also one of the most deadly and dangerous. Each year millions of children enjoy the activity of trick or treating. Many children are injured every year due to accidents that can be avoided by following some simple tips. Halloween-related injuries can involve lacerations from pumpkin carving, abrasions from sharp objects attached to masks or costumes, burns from flammable costumes ignited by open flames from items such as candles and jack-o'-lanterns, motor vehicle accidents (not being properly buckled in or being hit by a motor vehicle), and choking. Statistically, Halloween usually competes 1-2-3 with Fourth of July and New Years Eve for the most injuries and deaths.

Adult Quick Care wants you and your children to have a safe Halloween. Below are some safety tips to help ensure a safe Halloween for your family.

#### **Costumes**

- \* When purchasing costumes, masks, beards and wigs, look for flame resistant fabrics such as nylon or polyester or look for the label "Flame Resistant." Flame resistant fabrics will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.
- \* Purchase or make costumes that are light, bright and clearly visible to motorists.
- \* For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light colored or decorated with reflective tape.
- \* Children should carry flashlights to see and be seen.
- \* To guard against trips and falls costumes should be well-fitted and not drag on the ground.
- \* Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.
- \* Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.
- \* If your child wears a mask, make sure it fits securely, provides adequate ventilation, and has eye holes large enough to allow full vision.
- \* Swords, knives and similar costume accessories should be made of soft, flexible material.

#### **Treats**

- \* Warn children not to eat any treats before an adult has examined them carefully for evidence of tampering.

\* Carefully examine any toy or novelty items received by trick-or-treaters less than three years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.

## **Decorations**

\* Keep candles and jack-o'-lanterns away from landings and doorsteps where costumes could brush against the flame.

\* Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.

\* Indoors, keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could be ignited.

\* Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets.

\* Don't overload extension cords.

Halloween also is a time for costume parties. According to the National Highway Traffic Safety Administration, more than 50% of motor vehicle accidents occurring on Halloween are alcohol related. Follow these simple guidelines to help keep yourself, your family and others safe: if you plan on drinking alcohol choose a sober driver before going out; if impaired and a sober driver is unavailable use mass transit transportation, call a cab, or call a sober friend to drive you home; and always buckle up – it's your best defense against impaired drivers. Stay alert for children crossing streets at all locations. Drive slowly through residential areas. Make sure your vehicle has working headlights and clean windows so children are more visible. Children are 136% more likely to be killed or injured as pedestrians between the hours of 3pm and 9pm on Halloween.

*You can help protect little trick-or-treaters from being haunted by preventable injuries...* Halloween can be a safe and fun event for the entire family when planning ahead and following some simple safety guidelines.

*The above safety tips were provided by the United States Consumer Product Safety Commission and Drive and Stay Alive, Inc. To learn more visit their websites at <http://www.cpsc.gov/> and <http://www.driveandstayalive.com>.*

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***Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.***

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***For clients of OHS-COMPCARE, we are offering seasonal flu shots to employers again in 2011. To be put on the list to be scheduled for an on-site or to learn more please contact client services at 816-561-2105 (option 1) or by email at [clientservices@ohscompcare.com](mailto:clientservices@ohscompcare.com).***

***Arrange for your flu shots today and take the BITE out of the FLU BUG for you and your employees!***

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***\*\*\*We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well\*\*\****

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*Adult Quick Care is now on Facebook* ([www.facebook.com/aqcUrgentCare](http://www.facebook.com/aqcUrgentCare)).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

**\*Please feel free to forward this information to any member of management in your company who would benefit from it.\***

To learn more about services Adult Quick Care or OHS-COMPcare has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at [clientservices@ohscompcare.com](mailto:clientservices@ohscompcare.com). You can also visit us at [www.adultquickcare.com](http://www.adultquickcare.com) or [www.ohscompcare.com](http://www.ohscompcare.com).

OHS-COMPcare now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility  
19000 E. Eastland Center Crt, St. 200  
Independence, MO 64055  
816-478-9299

Johnson County Clinical Facility  
10415 Lackman Road  
Lenexa, KS 66219  
913-495-9905

St. Joseph Clinical Facility  
904 Edmond Street  
St. Joseph, MO 64501  
816-233-7702

Grandview Clinical Facility  
13830 S Us Highway 71  
Grandview, MO 64030  
816-761-4664

**After Hours Available**  
**\*Now open Saturday 9am – 1pm**

KCMO/Broadway Clinical Facility  
1650 Broadway  
Kansas City, MO 64108  
816-842-2020

KCMO/Front Street Clinical Facility  
6501 East Commerce, Suite 110  
Kansas City, MO 64120  
816-483-5550

Wyandotte County Clinical Facility  
1333 Meadowlark Lane, Suite 200  
Kansas City, KS 66102  
913-596-2774



***Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.***

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

**To learn more about *Adult Quick Care* please call 816-559-6320 or visit [www.adultquickcare.com](http://www.adultquickcare.com).**