

March

March brings longer days, warmer weather, and plenty of opportunities for fun — as well as important safety reminders



Spring Forward with Safety

Daylight Savings Time
March 8th



What's Inside

- * Spring Safety Tips
- * Brain Injury Awareness
- * National Poison Prevention
- * Pedestrian Safety
- * Playground Safety

CLASSES & SERVICES safekidscolumbusga.org

Safe Sleep Class: includes a new portable crib for eligible parents.

Requires Program Application:

[CLASSES & SERVICES \(safekidscolumbusga.org\)](http://CLASSES & SERVICES (safekidscolumbusga.org))

Upcoming dates:

Mar 3 • Apr 21 • May 5

Car Seat Class: includes a new car seat for eligible parents.

Requires Program Application:

[CLASSES & SERVICES \(safekidscolumbusga.org\)](http://CLASSES & SERVICES (safekidscolumbusga.org))

Upcoming dates:

Mar 17 • Apr 7 • May 19



Preventing Childhood Injuries at home, at play & on the way.





Piedmont Columbus Regional joined the Piedmont family in March 2018. It consists of two primary hospitals, a children's hospital, cancer center and over 35 physician practice locations.

The Midtown Campus is a licensed 583-bed, acute care hospital and features a regional Level II Trauma Center, and one of six perinatal centers in the state with a Level III Neonatal Intensive Care Unit. The Bill and Olivia Amos Children's Hospital is the area's Children's Miracle Network Hospital, and only children's hospital within Piedmont. A dedicated, pediatric-trained care team paired with a child-friendly, therapeutic environment allows parents to take comfort in knowing their child is receiving quality care.

The Northside Campus is a licensed 100-bed general acute care hospital specializing in orthopedic, spine, bariatrics, gynecology, urology and general surgical services. Northside is proud to be a Comprehensive Bariatrics Center, Blue Cross Blue Shield Bariatrics Center of Excellence and Surgical Quality Partner.

The Piedmont Mobile Unit offers services and health education programs to meet the needs and improve the health of the Chattahoochee Valley area. The 40-foot vehicle, which serves as a mobile clinic, consists of a waiting area, well-equipped exam rooms and a lab. The Mobile Unit team consists of a registered nurse, social worker, physicians and a pharmacist. Through health screenings, health and wellness education and resources, the Mobile Unit is able to help identify and target health risks.



Together, we can protect what matters most.

We are neighbors serving neighbors. Parents serving parents. Community members standing together to make Columbus, Georgia safer for every child.

Injury prevention isn't just what we do - it's who we are. And we are grateful for the opportunity to work alongside families, partners, and volunteers who share the same passion.

When we say we love keeping kids safe, we truly mean it.

We love what we do!



Click Here

Spring Forward With Safety

Active Play & Sports Safety

Ensure helmets fit snugly and are worn for bikes, scooters, skates, and board sports every time.

Wear appropriate protective gear — knee/elbow pads, closed-toe shoes, and reflective gear if near roads.

Teach kids to stop and look for traffic before crossing streets or sharing sidewalks.



Tips to Keep Kids Safe Around Cleaning Products

- 1 Store cleaning products out of children's reach and sight.
- 2 Keep cleaning products in their original containers and read product labels.
- 3 Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222

[Click Here](#) SAFE KIDS WORLDWIDE. american cleaning institute®

Spring Cleaning & Home Safety

Store cleaning products, medicines, and hazardous materials locked and out of reach during spring cleaning.

Teach kids which chores are safe for their age — dusting and organizing are OK; handling chemicals isn't.

Change batteries in smoke and carbon monoxide alarms when you set clocks forward for [Daylight Saving Time](#)

Weather Awareness

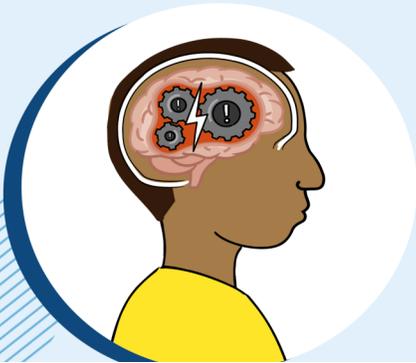
Be prepared for sudden changes in weather. Dress children in layers so they can stay warm in cool mornings and cool in warmer afternoons.

Keep kids inside when thunderstorms or heavy rain make outdoor conditions unsafe.

Remind teens learning to drive that wet roads take longer to stop — slow down and stay alert.



Brain Injury Awareness



Symptoms that stay around can affect children as they grow up, and even through adulthood.

[Click Here](#)

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

1. These changes in the brain lead to symptoms that may affect how a child thinks, learns, feels, acts, and sleeps.
2. Symptoms are usually most severe right after the injury.
3. Learn more about the signs and symptoms.



[Click here to learn more](#)

Kids and Wheeled Sports Safety

Every hour, nearly 50 children visit emergency departments with an injury related to **bikes, scooters, skates or skateboards.**



Serious head injuries (concussions, internal injuries and fractures) made up 11% of ED visits across the four wheeled sports.

Fractures to the shoulder, arm, elbow, wrist or hand were the most frequent diagnoses for hospital admissions.

19% of hospital admissions for **scooter injuries** to children in 2015 were because of a **head injury.**



Almost 40% of parents of children ages 5-14 years indicated that their **child did not always wear a helmet** when participating in one of the four wheeled sports.



Among parents who say they **always wear a helmet** when riding a bike, 86% say their child also does. However, among parents who say they **never wear a helmet**, only 38% say their child always does.



Reasons why parents report their **children do not always wear a helmet:**

47% Parents think area is safe/View child as experienced/Don't see helmets as necessary.

27% Child finds helmet uncomfortable.

24% Other kids don't wear one.

22% Child thinks helmets aren't cool.



Why no helmet?



Top Tips to Keep Kids Safe on Wheels

- All riders should wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ensuring correct fit of a helmet can increase comfort and use.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders. Wrist guards are also recommended for skaters and skateboarders.

[Click Here](#)



For more information visit safekids.org

March 15–21: National Poison Prevention Week

Poisoning is one of the leading causes of injury for young children. Keeping dangerous products out of reach can save lives. Program the Poison Help Number – **1-800-222-1222** – into your home and cell phones so you have it handy when you need it.

National Poison
Prevention Week
March 15-21, 2026

Who should I call?

Poison
Help line

or

911

POISON
HELP
1-800-222-1222

National Poison
Prevention Week
March 15-21, 2026

When You've
Been Bitten
or Stung,

Poison Help
is here for you.

POISON
HELP
1-800-222-1222

[Click Here](#)

National Poison
Prevention Week
March 15-21, 2026

When the
Unexpected
Happens,

Poison Help
is here for you.

POISON
HELP
1-800-222-1222

National Poison
Prevention Week
March 15-21, 2026

When It Didn't
Get Put Up
and Away,

Poison Help
is here for you.

POISON
HELP
1-800-222-1222

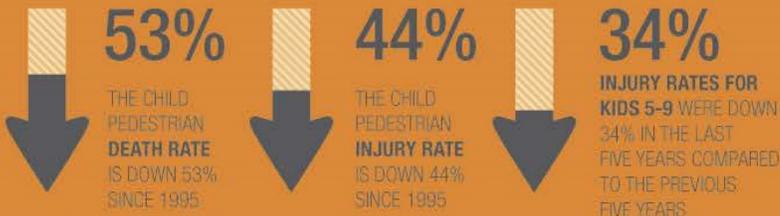


PEDESTRIAN SAFETY

BY THE NUMBERS

THE GOOD NEWS IS

[Click Here](#)



Most at risk are TEENS

In the last five years, injuries among 16-19 year olds **increased 25%** over the previous five years



Could digital devices be a cause?

75% of 12-17 year olds owned cell phones in 2009, up from 45% in 2004

WALK SAFELY

61 kids are hit by cars every day in the United States. Every one of these injuries is preventable. Learn how at safekids.org



As the weather gets warmer, more kids will be playing outdoors and visiting playgrounds – running and jumping, climbing and swinging.

March 30-April 5 is National Playground Safety Week, so it's the perfect time to review some safety tips and talk with your children about being safe while having fun on the playground.

SAFE KIDS
WORLDWIDE

[Click Here](#)

Playground Safety Tips

Everything you need to know to keep your kids safe at the playground.

With active supervision and some basic safety tips, every day at the playground can be a walk in the park.

Supervise Kids Using Playground Equipment

Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.



- Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
- Little kids can play differently than big kids. It is important to have a separate play area for children under 5.

Choose the Right Play Area Based on Your Child's Age

- Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
- For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.
- If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

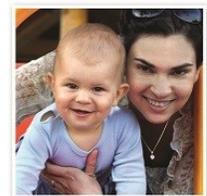
- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
- Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.
- For swings, make sure that the surfacing extends, in the back and front, twice the height of the suspending bar. So if the top of the swing set is 10 feet high, the surfacing should extend 20 feet.

Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries. Lack of or improper supervision is associated with approximately 45 percent of playground-related injuries.



Check That Playgrounds Are Inspected and Maintained by Qualified Personnel

- Double check with your school and child care center to make sure they have age-appropriate, well-maintained playground equipment.
- If there are any hazards in a public or backyard playground, report them immediately and do not allow children to use the equipment until it is safe.
- Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority or city council).



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SAFE KIDS
COLUMBUS

Piedmont
COLUMBUS REGIONAL

MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		3 Safe Sleep Online Class	Spring Forward with Safety			
8	March 9-15: Brain Injury Awareness					
15		16 Car Seat Online Class	National Poison Prevention Week			
22	March 23-29: Pedestrian Safety Week					
29	March 30-April 5: Playground Safety					



RESOURCE

PARTNER POP-UP



HOP INTO SAFETY

APRIL 2nd 10AM - 1PM

Safe Kids Columbus will be providing **FREE booster seats (ages 4 +) or bike helmets for kids (while supplies last).**

- Child must be present for helmet fitting or boosters seat sizing
- While supplies last (**parent must sign waiver for safety gear**)
- **Need a car seat?** Sign-up for an online **Car Seat Class.**

WHERE: Retail Store & Goodwill KIDS
6499 Veterans Parkway | Columbus, GA 31909



Take a picture with the
Easter Bunny!

