

Child Safety Tips

Choking and Strangulation Prevention



The County of Santa Clara recently reviewed reports about childhood deaths caused by suffocations, strangulations, and chokings happening at home.

To avoid choking and strangulation incidents,
follow these simple preventive tips:

- **Remove all ropes and straps** not originally part of playground structures.
- Keep structures **free of rusted or broken equipment and dangerous surfaces.**



- **Remove drawstrings from children's clothing.** The strings can become entangled with playground equipment, bus doors, or cribs.

- **Keep all window blind cords out of a child's reach.** Move furniture to make sure they are unable to reach the blind cord.



- Place infants less than 1 years old **alone and on their back** in a crib, pack n play, or bassinet with a fitted sheet.
- Keep the following **out of the infant's sleep surface:**
 - Stuffed animals
 - Toys
 - Pillows
 - Pets
 - Blankets
 - Siblings and adults

- **Do not let children sleep in car seats or strollers** as part of their routine sleep.

- As soon as possible, **place the child on a firm, flat surface for all naps and nighttime sleep.**



Encourage play but **keep close supervision** on children at all times.
Remember to **learn First Aid and CPR** to know how to help in case of an emergency.

Questions?

Child Injury Prevention & SIDS Coordinator
County of Santa Clara,
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Want to learn more? Visit these resources:

- [Safe Kids Worldwide: Playground Safety Tips](#)
- [CDC: Playground Safety Tips for PARENTS](#)
- [American Academy of Pediatrics: Recommendations for Reducing Infant Deaths in Sleep Environments](#)