

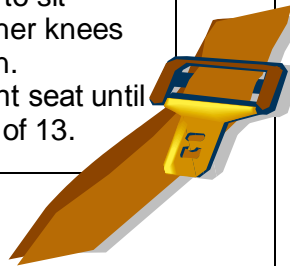
CAR SAFETY TIPS

Even the most careful driver can get in a crash. Here's how to keep your children safe on every trip and how to manage an emergency.

TIPS FOR BUCKLING UP

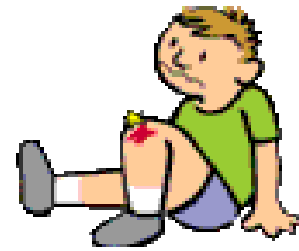
Children ages 12 and under are 33% less likely to die in a car crash if they're buckled up in the backseat of the car, not in the front. Be sure to use the correct car seat for your child's age and weight.

1. Use a rear facing seat until your child is at least 1 year old and weights at least 20 pounds.
2. Use a forward facing seat with a harness when children are older than 1 and between 20 and 40 pounds.
3. Use a belt positioning booster seat until an adult seat belt fits properly, usually at 65 to 80 pounds and 4'9" tall. The shoulder belt should lie across your child's chest (not too close to her neck), and the lap belt should lie on the upper thighs, not the abdomen. Also, your child should be tall enough to sit against the seat back with her knees bent and feet hanging down.
4. Don't let kids ride in the front seat until they reach at least the age of 13.



IN THE EVENT OF AN ACCIDENT...

- **DO NOT MOVE THE VEHICLES** - no matter where the accident occurs, whether on your property or on a main road causing major congestion. The police need to see the position of all vehicles to assess responsibility. They will likely allow you to move your vehicle once an assessment has been completed.
- Call the police as soon as possible on **999**.
- Police will come, take notes and give you an appointment to be at a police station.
- You will have to go to this appointment to obtain a police report. You will need to have the following papers with you: insurance certificate, road permit and driving licence.
- Without the police report, you can't get your car fixed!



DEALING WITH INJURED KIDS

Remember that your first job is to be a parent, not a paramedic. Reassure your child/ren with these smart moves.

! **Stay still.** In most cases, you should not move an injured child without professional help. Challenge him/her to stay as still as possible until paramedics arrive and can better evaluate his/her injuries. Although neck or back pain most commonly a minor strain, any kind of ache should be treated seriously, as it could be from a spinal-cord injury or a fracture.

! **Use Comforting words.** Explain simply what happened: "Sweetie, we've been in a car accident, and people are going to come and help us." Ask whether your child feels pain anywhere, and tell them that a doctor will make sure they feels better soon.

! **Control bleeding.** Apply direct, firm pressure to any obvious wound with a clean shirt or a towel. If possible encourage your child to help hold it in place.

! **Brush up on first aid.** Formal training will teach you how to help your child if she's unconscious or not breathing. Enroll in a class at Hamad Hospital .

USEFUL NUMBERS

Emergencies (Fire, Police or Ambulance): **999**
Hamad Hospital (First Aid Training): **4439 4444**

