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WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **Safe Toys and Gifts**

When it comes to toys and gifts, it is critical to consider the safety and age range of the toys. Always read labels to make sure a toy is appropriate for a child's age, individual skill, and ability level.

Consider the child's temperament, habits, and behavior whenever purchasing a new toy. Even a child who seems advanced compared with other kids the same age shouldn't use toys meant for older kids. The age levels for toys are determined by safety factors, not intelligence or maturity.

Each year, hospital emergency departments treat many children for toy-related injuries. With so many toys on the market and new ones arriving every day, it's important to make sure the toys your child plays with are safe.



Did you know?



- Emergency rooms across the country treat more than 251,000 toy-related injuries a year. 72% of those injuries were children under the age of 15. And approximately 89,500 were children under 5.¹
- The most commonly injured part of the body is the head and face area, with the most common injuries being lacerations, contusions, or abrasions.¹
- The global toy market exceeded \$90 billion in sales in the last year.²
- The average parent will spend \$6,500 on toys per child before they reach their teens.²
- At any given age, the average American child has between 70 and 100 toys—and some as many as 200.²





What to Look For

It's important to inspect all toys before purchasing. Check them for age, skill level, and developmental appropriateness.

- Avoid toys that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- Gifts of sports equipment should always be accompanied by protective gear (i.e., give a helmet with the skateboard)
- Most riding toys can be used once a child is able to sit up well while unsupported. Riding toys like rocking horses and wagons should come with safety harnesses or straps and be stable and secure enough to prevent tipping.
- Educate yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled. Older toys (made before 1978) may be more likely to contain lead in the paint.
- Avoid small toys or toys with small parts (like marbles, coins, balls, etc). If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Battery-operated toys should have battery cases that secure with screws so that kids cannot pry them open. Batteries and battery fluid pose serious risks, including choking, internal bleeding, and chemical burns.
- Avoid toys with ropes and cords or heating elements.
- Make sure art supplies are labeled “nontoxic”. They should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing

and Materials.

- Toys made of fabric should be labeled as flame resistant or flame retardant.
- Stuffed toys should be washable.



Learn More!

- Check to see if a toy has been [recalled](#)
 - If you think a toy is unsafe call the US Consumer Product Safety Commission at (800) 638-CPSC
 - Learn the signs of [lead poisoning](#)
 - Get [age specific breakdowns of appropriate toys](#)
1. [Boulder Medical Center](#)
 2. [How many toys is too many?](#)

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