



Training Instructions

ET 1: Prevention of Injuries

2 Training Hours

LEARNING OBJECTIVES

- Increase awareness about the types of injuries that are common in the childcare setting, who gets injured, how, when, and why
- Understand the connection between the developmental age of a child and the kind of injuries they may have
- Understand regular safety checks and how to take actions to eliminate or reduce environmental hazards
- Connect to local health and safety resources

MATERIALS

Training hours will post to your Training Log after completing all steps (1 through 5) for this training. The completion date reflected on your Training Log will be the date you view the training video.

1. Training video:
 - a. *Prevention of Injuries*
2. Handouts:
 - a. What You Will Learn
 - b. Checklist of Practice
 - c. Care Seat Recommendations: Choosing the Right Seat
 - d. Field Trip Safety Tips
 - e. Outdoor Safety Checklist

INSTRUCTIONS

- Please note: there is nothing to submit to the Training Office. Your training log will automatically update upon viewing the training video. If you have any questions, please contact the IdahoSTARS Training Office by dialing 2-1-1 or 1-800-926-2588 (the Idaho CareLine).

Step 1: Review Training Instructions

Step 2: Watch training video, *Prevention of Injuries*, through your [provider account](#)

Step 3: Review training handouts

- Care Seat Recommendations: Choosing the Right Seat
- Field Trip Safety Tips
- Outdoor Safety Checklist

Step 4: Review the What You Will Learn training handout

- What information was familiar to you, or a reminder of what you already knew?
- Was any of the information brand new to you? If so, will you need to make any changes to your practice based on this information?

Step 5: Review Checklist of Practice training handout

Identify 2 items from the Checklist of Practices which you marked as “sometimes” or “not yet” which you would like to pay more attention to.

- Make a plan for how you can begin to implement those. Identify barriers to those practices and actions to address them.

OPTIONAL ADDITIONAL RESOURCES

- *Caring for our Children, National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*, 3rd Edition <http://cfoc.nrckids.org/>

Additional Training Information

IDAHO EARLY LEARNING eGUIDELINES

Multiple strategies in the Idaho Early Learning eGuidelines emphasize the importance of health and safety and injury prevention. Practices include allowing children to learn to take risks and feel competent to move and experiment in play areas, and seeking medical or developmental expertise if concerned about a child’s learning and development. These are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

ESSENTIAL TRAININGS

This training is one of the Essential Trainings developed or identified by IdahoSTARS to meet our goal of improving child care through professional development. The Essential Trainings are embedded in Steps to Quality (Idaho’s Quality Rating and Improvement System), and introduce the basics of child development, health & safety, relationships with families & communities, and supporting children with diverse abilities. Think of this training and all Essential Trainings as introductions to a broad subject. You can explore other IdahoSTARS trainings to deepen your knowledge.