



## Shopping Cart Safety

According to the American Academy of Pediatrics, each year approximately 20,000 children under 5 are treated in hospital emergency rooms for injuries from shopping carts. 89% of these injuries involve children 3 and under. Most injuries are caused by falls from shopping carts or from the cart tipping over. These injuries included head and brain injuries, cuts and bruises and broken limbs. One and two year olds have the highest incidence of shopping cart related injuries. Falls from shopping carts are among the leading causes of head injuries in young children. Children can get hurt by falling or jumping out of carts, getting crushed or pinched by folding seats.

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### Tips

- Always secure children in a shopping cart with the provided safety belt or harness. Be sure carts have a restraint harness. If one is missing, report it to store manager.
- Use carts with child-friendly seating designed to keep the child closer to the ground. (cars & fire trucks)
- Use front packs or stroller instead.
- Find an adult shopping buddy to assist you with children while shopping.
- Before use, wipe shopping cart sides and handle with sanitizer.
- Shop with a hand-held basket when possible.
- Do not allow children to stand in a cart.
- Do not place car seats in shopping carts.
- Do not allow children to ride standing on the front or back of cart.
- Do not allow children to push shopping carts by themselves.

### Activities

- \* Have special toys in the car, just to use for shopping trips.
- \* Bring a strip of heavy duty bubble paper for children to pop while they are riding and supervised.
- \* Bring a toy shopping cart that older children can push themselves.
- \* Attach plastic rings to cart and toys to keep them clean and accessible.
- \* Make a home-made book of children's favorite foods and bring it along.