

Baseball Safety



True Story

A 4-year-old was on the sidelines at baseball practice while the father was pitching. A ball went over the father's head and struck the boy in the chest. The boy went into immediate cardiac arrest and died.

-From the files of MECAP
(Medical Examiners and Coroners Alert Project)

The Facts

- Each year more than 125,000 baseball and softball players younger than age 15 are injured badly enough to seek treatment at a medical facility.
- Baseball is the leading cause of sports-related eye injury in children.
- Extremely serious injuries in baseball and softball are rare but occur most often when players are struck in the head or chest with a ball or a bat.
- On average, three children younger than age 15 die each year from baseball-related injury.

What You Can Do

- Make sure your children wear all the required safety gear not only when they play but also when they warm up and practice.
- Insist that your child wear a helmet when batting, waiting to bat or running the bases.
- Batting helmets should have eye protectors – either safety goggles or face guards.
- Make sure first aid is available at all games and practices.
- Teach your child not to play through pain. If your child gets injured, see your doctor and get the doctor's OK before returning to practice or play.

Source: KidSource.com



Led By

**BLANK CHILDREN'S
HOSPITAL**
IOWA HEALTH SYSTEM

Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit www.dsmsafekids.org.

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