

The Most Common **School and Daycare Injuries**

1. Lacerations and Contusions

Parents should observe cuts and bruises for several days to be sure signs of infection aren't setting in.

2. Head Injuries

If your child describes some type of head trauma, have them medically evaluated as soon as possible.

3. Sprains and Strains

Sprains and strains are typically easy to care for at home, but should be diagnosed by a doctor.

4. Dislocated Joints

A doctor will have to put a dislocated joint back in place and then brace it so it can heal correctly.

5. Internal Injuries

If your child complains of pain following an accident or has a bruise that won't go away, see a doctor.

6. Fractures or Broken Bones

Fractures tend to be obvious injuries, but don't count on that. A partial fracture may not be easily seen.

7. Accidental Strangulation

Adults in charge should ensure that all playground equipment is safe for use to avoid strangulation.

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