

# Shopping cart spills can be prevented

Kids dangling over shopping carts reaching for candy, standing up, and riding underneath. Every 22 minutes a child goes to the ER with a shopping cart–related injury. A study in *Clinical Pediatrics* found that falls from a shopping cart accounted for the majority of injuries for children up to 4 years old, followed by running into/falling over the cart, cart tipovers, and entrapment of arms, legs, and fingers in the cart. The kids suffered concussions and other head injuries.

Dr. Gary Smith, director of the Center for Injury Research and Policy at Nationwide Children’s Hospital, said parents need to understand the dangers. He suggests these strategies:

- Always use the shopping cart safety straps. Be sure your child is snugly secured in the straps and that the child’s legs are placed through the leg openings. If parts of the cart restraint system are missing or are not working, choose another cart.
- Use a cart that has a child seat that is low to the ground, if one is available.
- Make sure your child remains seated. Stay with the cart and your child at all times.
- Avoid placing infant carriers on top of shopping carts. If your child is not old enough to sit upright in the shopping cart seat, consider other options such as leaving your child at home with another adult while you are at the store, using in-store child care areas, using a front- or back-pack carrier, or using a stroller.

