



# **Safe Sleep**

## *Preventing Suffocation*

### for First Responders

# **Toolkit for EMS**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



**ARIZONA**  
Emergency Medical  
Services for Children

## Table of Contents

<b>Introduction</b>	3
<b>Scenarios</b>	4
<b>Frequently Asked Questions</b>	8
<b>Pre- and Post-Tests</b>	10
<b>Course Evaluation</b>	12
<b>Resources</b>	13
Safe Sleep Checklist	13
Crib Card (English)	14
Crib Card (Spanish)	16

# Introduction

This toolkit is meant to accompany *the Safe Sleep: Preventing Suffocation for First Responders* PowerPoint presentation training developed by the Pediatric Advisory Council for Emergency Services (PACES) within the Bureau of EMS & Trauma System at the Arizona Department of Health Services.

This toolkit is meant to be used as a resource at the discretion of each first responder agency that participates in the Safe Sleep training. Agencies who participate in the *Safe Sleep: Preventing Suffocation* presentation are not required to utilize the scenarios, checklist, or crib cards. Rather, these tools are included as a resource in the event that respective agencies or individual first responders are interested in learning additional information or having access to additional resources.

The information in the presentation and toolkit may be used as much or as little as is practical in the field or day-to-day work flow.

# Acknowledgements

We would like to thank the following partners for their collaboration on this project:

## Arizona Chapter

INCORPORATED IN ARIZONA

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Arizona Chapter of the American Academy of Pediatrics



Southern Arizona Children's Advocacy Center

## Scenario 1

Instructions: Practice role playing the following scenario, imagining what you might say to a parent or caregiver.



You are called on scene to check on an elderly Patient in a home. After treatment, the patient is stabilized and does not require transport. You notice a baby is sleeping in an adult bed with pillows around him. Based on what you learned in the *Safe Sleep: Preventing Suffocation* presentation, what are your concerns about this baby's sleeping environment? What might you say to the caregiver to offer education and improve the safety of the child?

### Suggestions

- Start by asking whether or not the baby has a designated sleeping area.
- Emphasize that the safest place for an infant to sleep is in his or her own dedicated sleeping space, free of pillows and other soft objects.

## Scenarios for EMS

### Things to Keep in Mind

#### The Safest Way to Put a Baby to Sleep:

- Have a separate sleeping space for the baby
- Place baby to sleep in a crib or bassinet
- Place babies on their back every time – at night and for naps
- Give babies space to breathe – no pillows, bumpers, blankets, or toys in the crib or bassinet

#### Babies under the age of 1 are at risk for suffocation while:

- Sharing a Bed
- Sleeping in a cluttered crib or bassinet
- Sleeping on their side or on their stomach
- Sleeping on an unsafe surface such as a couch or chair, on in a place not designed for a baby

#### Tips for Talking to Parents & Caregivers:

- Start with a simple question: where does your baby sleep?
- Acknowledge and respect the family's culture
- Let them share their ideas/opinions
- Physically demonstrate the ABCs of safe sleep
- Share the facts about safe sleep: baby sleeps safest alone, on their back, and in a crib

## Scenario 2

Instructions: Practice role playing the following scenario, imagining what you might say to a parent or caregiver.



You are called to a scene for an infant choking event. The child recovers and appears well by the time you arrive at the scene, but you find out the baby was placed on the couch to sleep. You see a bassinet in the corner, but it is full of laundry and looks unused. Based on what you learned in the *Safe Sleep: Preventing Suffocation* presentation, what are your concerns about this baby's sleeping environment? What might you say to the caregiver to offer education and improve the safety of the child?

### Suggestions

- Start the conversation by asking where the infant typically sleeps.
- Emphasize that placing infants to sleep on an unsafe surface (such as a couch) can lead to suffocation and other adverse outcomes.

## Scenarios for EMS

### Things to Keep in Mind

#### The Safest Way to Put a Baby to Sleep:

- Have a separate sleeping space for the baby
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- Physically demonstrate the ABCs of safe sleep
- Share the facts about safe sleep: baby sleeps safest alone, on their back, and in a crib

## Scenario 3

## Scenarios for EMS

Instructions: Practice role playing the following scenario, imagining what you might say to a parent or caregiver.



You are called to a scene for a female with presyncope. The patient is in her late third trimester of pregnancy (close to delivery). By the time you arrive, she is recovered, is stable and refuses transport. You begin speaking to the patient about her pending delivery and newborn care and notice no nursery furnishings or preparation. The mom asks about infant sleeping/care. Based on what you learned in the *Safe Sleep: Preventing Suffocation* presentation, what information would you share with her? What education can you offer to improve the sleep safety of the child?

### Suggestions

- Emphasize the importance of the infant having a designated sleeping space free of blankets, pillows, stuffed animals, and bumpers.
- Alone, Back, Crib (ABC) is a short phrase to help parents remember the three most important aspects of safe sleep: ensure the baby has a separate sleep space, such as a crib, place the baby on his or her back to sleep, and give the baby space to breathe by keeping the area free of blankets, pillows, stuffed animals, and bumpers.

### Things to Keep in Mind

#### The Safest Way to Put a Baby to Sleep:

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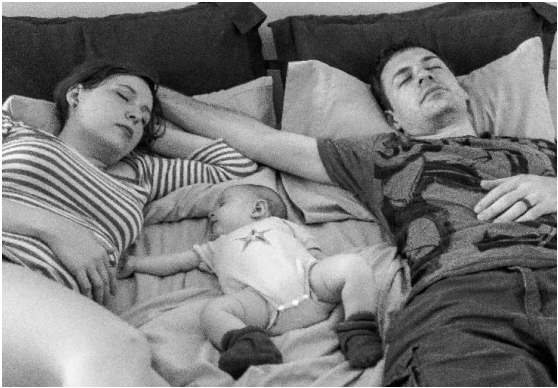
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- Let them share their ideas/opinions
- Physically demonstrate the ABCs of safe sleep
- Share the facts about safe sleep: baby sleeps safest alone, on their back, and in a crib

## Scenario 4

## Scenarios for EMS

Instructions: Practice role playing the following scenario, imagining what you might say to a parent or caregiver.



You are off duty and at a neighborhood BBQ. Friends are discussing family planning as new parents, and are having a debate on how best to care for a newborn. One of them is promoting the practice of having the child in bed with them for the convenience of frequent breastfeeding. The friends approach you and ask you to weigh in on cultural practices of sleeping with an infant. Based on what you learned in the *Safe Sleep: Preventing Suffocation* presentation, what information would you share? What education can you offer to improve the child's sleep safety?

### Suggestions

- Acknowledge that there are specific cultures and families that practice co-sleeping.
- Emphasize that sharing a bed is not safe for the baby and can lead to suffocation.

### Things to Keep in Mind

#### The Safest Way to Put a Baby to Sleep:

- Have a separate sleeping space for the baby
- Place baby to sleep in a crib or bassinet
- Place babies on their back every time – at night and for naps
- Give babies space to breathe – no pillows, bumpers, blankets, or toys in the crib or bassinet

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#### Tips for Talking to Parents & Caregivers:

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## Frequently Asked Questions

### **Where is the safest place for my baby to sleep?**

The safest place for your baby to sleep is alone, on his or her back, in his or her own crib, with nothing else in the crib.

### **If my baby is sleeping on his back, is he more likely to choke?**

No; he is actually less likely to choke while sleeping on his back. When your baby is lying on his back, the breathing tube (trachea) lays on top of the feeding tube (esophagus). It is harder for stomach contents to come up from the stomach and into the airway when the baby is on his back.

### **How can I hear if my baby needs me if he is in his own crib?**

The American Academy of Pediatrics recommends room sharing, not bed sharing. You can set up a crib or bassinet in your room with you so that you can hear your baby and get to your baby easily for feedings.

### **I am afraid that my baby is going to hit his head on the crib. Is it okay to use bumpers?**

No! Crib bumpers, pillows and other soft bedding have been implicated in many infant suffocation deaths. It is best to use a firm mattress with a fitted sheet and have nothing other than your baby in the crib.

### **It has been really cold this winter. Is it okay to put a blanket on my baby?**

Loose blankets and soft bedding can result in infant suffocation and have been responsible for many infant suffocation deaths. Using a sleep sack or warm infant sleep clothes can keep your baby warm without the risk of loose blankets.

### **Are there times when my baby should be on his or her stomach? My doctor told me that tummy time is important.**

Yes, your baby should have plenty of Tummy Time-being on his or her stomach while he or she is awake and being supervised. Tummy Time will help make your baby's neck and shoulder muscles stronger and will help prevent flat spots on the head.

### **What if I fall asleep while feeding my baby?**

Try not to fall asleep while feeding your baby. If you do, return the baby to his or her safe sleeping area as soon as you wake up.



### **What if I don't have a crib?**

There are resources available across Arizona with cribs available. Reach out to your nearest Safe Sleep Coalition for more information:

Safe Kids Coconino County  
Heather Williams  
[hwilliams@coconino.az.gov](mailto:hwilliams@coconino.az.gov)

Safe Kids Pima County  
Jessica Mitchell  
[jessica.mitchell@tmcaz.com](mailto:jessica.mitchell@tmcaz.com)

Safe Kids Maricopa County  
Zoraida Ettrick  
[Zoraida.Ettrick@childcrisisaz.org](mailto:Zoraida.Ettrick@childcrisisaz.org)

Safe Kids Yuma County  
Ryan Butcher  
[ryan.butcher@yumacountyaz.gov](mailto:ryan.butcher@yumacountyaz.gov)

Safe Kids Chapter Navajo County  
Amy Stradling  
[amy.stradling@navajocountyaz.gov](mailto:amy.stradling@navajocountyaz.gov)

### **Where can I go to find out more information about Safe Sleep?**

To find out more information about Safe Sleep, visit the Arizona Department of Health Services website at [azdhs.gov/safesleep](http://azdhs.gov/safesleep), or the Arizona Chapter of the American Pediatrics (AzAAP) website at [azaap.org/safesleep](http://azaap.org/safesleep).

# Safe Sleep for First Responders

## Pre-Test

Date:	Location:
Student's Name:	
Agency:	
EMCT Level:	

1. The leading cause of death for infants in Arizona is:
  - (a) Drowning
  - (b) Suffocation
  - (c) Motor Vehicle Accidents
  - (d) Non Accidental Trauma (Child Abuse)
2. True or False: Stuffed animals pose no risk to a sleeping infant.
3. True or False: Tummy time is recommended for infants, thus putting a baby to sleep on his or her stomach is safe.
4. True or False: Babies should sleep in bed with their parents in order to maximize bonding.
5. Which of the following pose a risk to an infant sleeping in a crib (circle all that apply):
  - (a) Blankets
  - (b) Toys
  - (c) Bumpers
  - (d) Fitted Sheet
6. True or False: As a First Responder, I have no role in contributing to an infant's safe sleep environment.
7. True or False: Most Sudden Unexpected Infant Deaths are *not* preventable.
8. True or False: Every 911 call is an appropriate time to discuss safe sleep with families.
9. True or False: Room sharing can decrease the risk of infant suffocation.
10. What are the A, B, C's of Safe Sleep?

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## Safe Sleep for First Responders

### Post-Test

Date:	Location:
Student's Name:	
Agency:	
EMCT Level:	

11. The leading cause of death for infants in Arizona is:
    - (e) Drowning
    - (f) Suffocation
    - (g) Motor Vehicle Accidents
    - (h) Non Accidental Trauma (Child Abuse)
  12. True or False: Stuffed animals pose no risk to a sleeping infant.
  13. True or False: Tummy time is recommended for infants, thus putting a baby to sleep on his or her stomach is safe.
  14. True or False: Babies should sleep in bed with their parents in order to maximize bonding.
  15. Which of the following pose a risk to an infant sleeping in a crib (circle all that apply):
    - (e) Blankets
    - (f) Toys
    - (g) Bumpers
    - (h) Fitted Sheet
  16. True or False: As a First Responder, I have no role in contributing to an infant's safe sleep environment.
  17. True or False: Most Sudden Unexpected Infant Deaths are *not* preventable.
  18. True or False: Every 911 call is an appropriate time to discuss safe sleep with families.
  19. True or False: Room sharing can decrease the risk of infant suffocation.
  20. What are the A, B, C's of Safe Sleep?
- 



## Safe Sleep for EMS Providers

### Course Evaluation

1. The training course successfully helped me to understand safe-sleep related risk factors for infant suffocation.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

2. I feel comfortable in my knowledge and ability to provide safe sleep guidance to parents and caregivers.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

3. I am able to identify and evaluate unsafe sleep environments as a risk factor for suffocation.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

4. I will be able to use the information from this training in my line of work.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

5. The training course fulfilled the stated objectives.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree





Arizona infant safe sleep campaign

# HOME VISIT SAFETY CHECKLIST

## IS YOUR BABY SLEEPING SAFELY?

### THINGS TO LOOK FOR:

- ☐ A separate sleeping space for the baby.
  - ☐ Crib or bassinet in the room.
  - ☐ Baby not sharing a bed.
  - ☐ Sharing a room with parent/guardian until 1 year old.
- ☐ This separate sleeping space should have:
  - ☐ A firm mattress with a fitted sheet.
  - ☐ No bedding (blankets, pillows, bumpers).
  - ☐ No clutter (stuffed animals, toys).
- ☐ Room temperature should not be too warm.
  - ☐ If room temperature is comfortable for an adult, no extra heat is needed.
- ☐ No smoking in the baby's home.



## DON'T WAKE UP TO A TRAGEDY

[DCS.AZ.GOV/SAFESLEEP](https://DCS.AZ.GOV/SAFESLEEP) | [PREVENTION@AZDCS.GOV](mailto:PREVENTION@AZDCS.GOV)

[AZAAP.ORG/SAFESLEEP](https://AZAAP.ORG/SAFESLEEP)



\_\_\_\_\_’s Safe Sleeping Environment



**A** **A** LONE  
on my **B** **B** ACK  
in a **C** **C** RIB

Weight \_\_\_\_\_ D.O.B. \_\_\_\_\_ Attending \_\_\_\_\_

[SafeSleepAZ.org](http://SafeSleepAZ.org)

#  
FIRST THINGS FIRST

march  of dimes®

  
ARIZONA DEPARTMENT  
OF HEALTH SERVICES



# SAFE SLEEP

**Share your room,  
but not your bed.**

**Avoid alcohol and  
any drug use during  
pregnancy and after birth.**

**Don't overdress  
the baby.**

**Avoid smoke exposure  
during pregnancy and  
after birth.**

**Keep soft objects or  
loose bedding out of  
the crib.**

**Use a new, firm  
mattress with a  
tight fitting sheet.**

[www.ashline.org](http://www.ashline.org)



Ambiente seguro para dormir de \_\_\_\_\_



solas



BOCA arriba

en una



CUNA

Peso \_\_\_\_\_ Fecha de Nacimiento \_\_\_\_\_ Asistir \_\_\_\_\_





# DORMIR SEGURO

Comparte tu  
recamara pero  
no tu cama.

No deben tomar alcohol  
o consumir ningún tipo  
de drogas durante el  
embarazo o después de  
que nazca el bebé.

No vestir de más  
al bebe.

No deben fumar cerca  
del bebé durante el  
embarazo o después de  
que nazca el bebé.

Mantenga los objetos  
blandos o ropa de cama  
suelta fuera de la cuna.

Usar un colchon nuevo  
y firme con la funda  
bien puesta y ajustado  
en la cuna.

[www.ashline.org](http://www.ashline.org)

**Siempre acostar al bebe boca arriba.**

OIP-009S Rev. 11/17