

## 100 SAFETY AND INJURY PREVENTION SOLUTIONS FOR YOU AND YOUR DOG

### Mindset

1. Problem prevention starts with awareness
2. Prioritize safety over speed/schedule
3. Learn and respond to canine body language
4. Be aware of your body language and tone of voice
5. Anticipate and avoid trigger situations/locations
6. Scan for what distracted/vision-impaired dog might not notice: holes, steps, elevator gap, etc.
7. Help others avoid trouble: pick up troublesome debris
8. Respect limitations: your own and your dog's

### Training

9. Training a dog starts with training yourself
10. Learning is faster if all dog's people are consistent
11. "Leave It" response could save your dog's life
12. Immediate "Come" recall could save your dog
13. Dogs who walk nicely on leash prevent human injuries
14. Sit/Down/Stay protects small, frail, fearful, and distracted people
15. Letting dogs jump sometimes invites unsafe knock-downs
16. Avoid tripping: teach your dog to put toys away

### Interactions

17. Don't assume a person wants to interact with your dog
18. Don't assume another dog wants to interact
19. Always ask if it's ok and where to pet a dog
20. Cross the street or "hide" to avoid interactions
21. Tell people if/how to approach your dog
22. Tell people how and where to touch your dog
23. Avoid prolonged eye contact with dogs
24. Position dog so fingers are away from teeth
25. Some kids will bravely touch a dog with one finger
26. Don't hesitate to redirect adults and children
27. Let guests in your home know your dog rules
28. Put down pen, fork, etc. before touching a dog
29. One interaction at a time
30. Do not approach a service dog in a working harness

### Injury Prevention

31. Stretch yourself and your dog before exercise
32. Know how to fall safely: roll, bend/relax arms and wrists
33. Stop exercise/play before over-exertion
34. Change plan/expectations/duration based on weather
35. Be safe about if/how you handle animals in conflict: Call for help, toss blanket or water, separate with barrier, use airhorn or make a distracting sound

### Dog Parks

*Before you go...*

36. Research how to keep your dog safe at a dog park
37. Investigate dog park's safety policies
38. Carefully examine dog park set-up, how dogs interact, if humans are attentive to dogs
39. Be confident your dog will come when called

### Emergency Prep

40. Microchip your dog
41. "I'm lost" dog tag with phone #, QR code and without dog's name
42. Emergency contacts for you and your dog on your phone
43. Emergency supplies including meds ready to go
44. Keep water for everyone in car

### Dog Emergencies

45. Know what could constitute a dog emergency and seek vet care asap:
  - Trauma
  - Unconscious
  - Choking
  - Difficulty breathing
  - Fracture/lameness
  - Seizure
  - Obstruction
  - Eye injury
  - Heatstroke
  - Parvo/infectious disease
  - Animal bite
  - Poison consumption
  - Severe vomiting or diarrhea
  - Inability to toilet
  - Refusal to eat or drink for a longer period than your vet says is ok for your dog

### Dog Rehab

46. Consider PT; ask your vet about alternative treatments
47. Stretching, massage, strength training helps dogs too
48. Time, patience, and discovering likes, dislikes, and fears key to emotional recovery

### Gear/Weather

49. Walking a dog on buckle collar reveals partnership/control
50. Harnesses avoid pressure on dog's neck
51. Products like Gentle Leader help address pulling
52. Muzzles can prevent a dog from eating something harmful
53. Remember retractable leashes can snap or trap a finger
54. Wear shoes with traction
55. Choose footwear with ankle support in bad weather
56. Salt icy areas with a pet-safe product
57. Wipe your dog's paws if they've been on salt
58. On hot days, test asphalt temp with your hand before asking your dog to walk in the street or on a parking lot
59. Adjust length/route of walks based on weather conditions

### Holidays/Parties

60. Make sure your dog sees/ moves freely in costumes/clothing
61. Place party food/drinks out of dog's reach
62. Avoid toxic décor (mistletoe and holly)
63. Use crate/sitter if you're too busy/distracted to monitor your dog
64. Second-hand smoke is a cause of cancer in dogs

### Know What's Toxic

65. Know dog-toxic foods: chocolate, nuts, grapes, etc.
66. Xylitol in common sugar-free food products can be fatal to dogs

67. Other artificial sweeteners can cause GI issues
68. Toxic herbs include chives
69. Toxic plants include aloe
70. Toxic flowers include tulips
71. Toxic shrubs include azalea
72. Black Walnut tree's nuts produce toxic mold
73. Web search before you decide what to plant
74. Mushrooms/decomposing critters can be toxic

### Safety Outdoors

75. Pull/dig weeds rather than use pesticides
76. Use boiling water on garden invaders
77. Deal with pests inside the house safely
78. Keep your dog's eyes away from spiky shrubs
79. Monitor the condition of fencing and tethers
80. Monitor dogs loose in a fenced area or on a tether

### Cars and Driveways

81. Keep your dog safe in a car seat, crate, or with a seatbelt
82. Make sure car crate does not impede driver's view
83. Don't leave your dog in your car unsupervised
84. Pull over; don't let a dog distract you while driving
85. Don't rely on a back-up camera in the driveway
86. Train dogs not to chase cars

### Household Safety

87. Use natural cleaning products like vinegar
88. Keep Rx and other meds and supplements capped/unreachable
89. Beware of cooked bones and bacteria in raw foods
90. Select dog toys carefully; monitor use to prevent broken teeth, obstructions, and choking

### Grooming

91. Check for changes (lumps, bumps) and parasites
92. Make sure dog's fur does not impede vision
93. File sharp nails or use a Dremel
94. Trim the fur between dog's pads for traction

### Moral/Legal

95. Call Bucks SPCA 844-SPCA-TIP if you suspect animal cruelty
96. Call local police or animal control if you spot an out-of-control dog
97. Put # of SPCA, police, and animal control on your phone
98. Respect dog leash rules and pick up your dog's poop
99. Keep dog up to date on Rabies and dog license
100. Don't let an unwell/unvaccinated dog interact with other dogs

Every dog and every human is different. Check with your doctor and veterinarian to see which of these possibilities is right for you and your dog.

Scan QR code for more information.

