



# Safety Tips



## Bike Safety



- Wear a proper-fitted helmet.
- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right hand side as possible.
- Use hand signals and follow the rules of the road.
- Wear bright colors and use lights, especially when riding in the morning or at night.
- Ride together as a family until you feel comfortable letting your kids to ride on their own.

## Swimming Safety



- Watch kids when they are in or around water, no matter how well the child can swim or how shallow the water.
- Swim in designated areas supervised by lifeguards. Always swim with a buddy.
- Appoint a Water Watcher- an adult who is responsible for watching children in or near the water for a certain time.
- Do not rely on the use of water wings, swim rings, or inflatable toys to replace adult supervision.

## Fire Safety



- Check smoke alarms. Test them every month and replace them every 10 years or when the battery is low.
- Create and participate in a fire escape plan. Choose a place to meet outside that is a safe distance from your home.
- Practice a home fire drill at least twice a year.
- If there is a fire, leave the home immediately. Call 911 after you are a safe distance from the home.

## Medication Safety



- Keep medicine up, away, out of reach and out of sight from children.
- Read all information on the medicine label and follow directions. Do not give child medicine more often or in greater amounts than stated on the package.
- Always measure your child's dose using the dosing device that comes with the medicine.
- Call your poison control center (800-222-1222) right away if your child got into medicine or vitamins.

# Sleep Safety School Bus Safety

- Place baby on their back for all sleep times-nap and at night.
- Use a firm, flat mattress and a fitted sheet for baby's crib. Remove toys, blankets, pillows and other items from crib.
- Keep your baby's sleep area in the same room where you sleep, ideally until your baby is at least 6 months old.
- Dress baby in wearable blanket, onesie or similar clothing for every sleep.
- Stay up to date on any recalls or safety updates on your crib.
- Walk with your kids to the bus stop and wait with them until it arrives.
- Teach kids to wait for bus to come to a complete stop before getting off and never walk behind the bus.
- Instruct kids to use handrails when boarding and exiting the bus.
- Be careful of straps or drawstrings that could get caught in the door.
- Teach kids to take five giant steps in front of the bus and look left and right before crossing the street.

## Fall Prevention

- Install window guards that older adults and older children can open in an emergency.
- Keep kids from climbing near windows.
- Secure kids when seated in high chairs, carriers, swings, and strollers.
- Visit playgrounds with shock absorbing surfaces such as rubber, synthetic turf, sand, wood chips or mulch.
- Use appropriate safety gates at the tops and bottoms of stairs.
- Secure TVs and furniture to prevent tip overs.

## Toy Safety

- Consider your child's age when purchasing a toy or a game. Read warning labels and instructions.
- Check to make sure there aren't any small parts or other potential choking hazards before you allow a child to play with toy.
- Separate toys by age and be mindful of small game pieces that may be a choking hazard for young children.
- Use bin or container to store toys when playtime is over.
- Pay attention to toy recalls for those in your collection.

source: Safe Kids Worldwide