

Family Safety Check for Parents

The #1 Health Risk for kids ages 14 and under is **Injuries**.

Follow these simple steps to keep your family safe



Traffic Injuries

- Use **car seats** for children less than 40 pounds and **booster seats** for children 40 to 60 pounds. **Seat belts always buckled.**
- All riders use **helmets** when on bicycles, scooters or skateboards.
- Hold hands** in parking lots and when crossing streets
- Teach children to **stop** at curb and **look left, right, and left** before crossing the street.



Water Injuries and Drowning

- Enclose pools with five-foot high **fencing** and **self-locking gates**.
- Remember, children can drown in bathtubs, buckets, and toilet bowls.
- Children must wear **lifejackets** in **boats and tubes** on lakes and rivers

Injuries at Home

- Keep **hot foods and drinks** away from kids. Do not warm bottles in the microwave. Do not set **water heater** higher than 120° F. Feel the bath water temperature before putting children in.
- Install **smoke detectors** in sleeping areas and on every floor. Test batteries every month. **Replace** batteries every year. Plan **2 fire escape routes** and practice fire drills. Pick a place to meet outside the house.
- Install **safety gates** on stairs and **window guards** on windows. Make sure outside play areas are safe.



Poisoning and Emergencies

- Keep medicine and vitamins in child-proof containers **out of reach**.
- Keep cleaners, detergents, bleach, bug sprays in locked cabinets.
- Post **9-1-1** and Poison Control **1-800-222-1222** by the telephone.
- Keep **First Aid** supplies in your house.

