

# SAFEEKIDSWEEK

## TAKE SIMPLE STEPS TO KEEP YOUR KIDS SAFE.



- Remind your child to wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating.
- Check equipment. Make sure your child's bike is the appropriate size and works properly.
- Teach your kids the rules of the road. Make sure they know proper hand signals, understand traffic signs and signals.
- Be sure your kids are seen while riding. Wearing bright colors, using lights, and using reflectors will help them be seen.



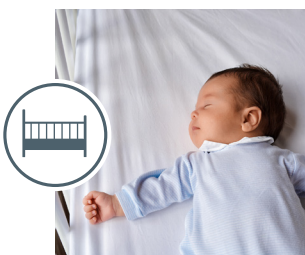
- Choose the right car seat for your child.
- Keep children rear-facing until they are age 2 or older before moving to a forward-facing seat.
- Teach your kids from a young age to buckle up every ride, every car, every time.
- Use and install your car seat according to the directions.



- Install smoke alarms on every level of your home, inside bedrooms and near sleeping areas. Test alarms every month.
- Create a fire escape plan and practice a home fire drill with your family.
- Install carbon monoxide (CO) alarms and test alarms every month. In a CO emergency, leave your home immediately.
- Watch children around balconies and windows. Install window guards or stops to prevent falls.
- Secure unstable TVs and top-heavy furniture to the wall. Use wall mounts, anti-tip straps and brackets.
- Put cleaning products, medicine, and button batteries up and away, out of children's reach and sight.
- Save the Poison Help Number in your phone: 1-800-222-1222.



- Watch kids around water. Keep young children within arm's reach of an adult.
- Enroll children in swim lessons and teach them water survival skills.
- Install 4-sided fences around home pools.
- Teach children that swimming in open water is different from swimming in a pool.
- Teach children to wear U.S. Coast Guard-approved life jackets when boating.
- Learn CPR and basic water rescue skills.



- Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.
- Choose a firm mattress and fitted sheet for baby's crib. Remove toys, blankets, pillows, bumper pads and other accessories.
- Dress baby in a wearable blanket or onesie. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.
- Share your room, not your bed. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.