

Parents and Caregivers Can Play a Lifesaving Role in Protecting Children From Unintentional Injuries

FIRE SAFETY

- Check smoke detectors and carbon monoxide detectors every month
- Make a family fire escape plan and practice
- Keep matches and lighters out of reach

WATER SAFETY

- Teach water safety and enroll children in lessons early
- Be aware of distractions – drowning can happen in a matter of seconds

HOME SAFETY

- Never leave the stove unattended while cooking
- Keep all electrical outlets covered
- Check the house for button size batteries, they can be devastating if swallowed
- Secure any unsteady furniture securely to the wall

POISON PREVENTION

- Keep all medications out of reach and in a child-proof bottles
- Keep all cleaning products out of reach including laundry pods
- Have poison control number preprogrammed in your mobile phone
1-800-222-1222

VEHICLE SAFETY

- Always use a proper car seat or booster seats for children
- Tug on belts to be sure they are secure
- Children under the age of one should always be rear facing
- Children should ride in the back seat until at least age 12

SPORTS SAFETY

- Make sure children always wear well fitting helmets while biking
- Properly fitted sports gear is critical to prevent or reduce severity of injuries
- Learn the signs and symptoms of concussions