



Child Passenger Safety

1. Teach your kids from a young age to **buckle up every ride, every car, every time.**
2. **Choose the right car seat** for your child's weight, height and age.
3. Use and install **car seats according to the directions.**
4. Keep children in a **booster seat until they have outgrown the seat by height or weight.**
5. Look before you lock and **never leave a young child alone in a car**, not even for a minute.



Safety Around Water

1. **Watch kids** around water. Keep **young children within arm's reach** of an adult.
2. Enroll children in **survival swim lessons** and **learn CPR.**
3. **Install 4-sided fences** around home pools.
4. Ensure children wear a **properly fitted USCG approved life jacket** when on boats, near water, or during water activities.
5. **Wear sunscreen** that is broad spectrum (UVA + UVB protection) and at least SPF 30 or more. Reapply at least every 2 hours.



Safe Sleep

1. **Place babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat, and level surface in their own crib, bassinet or play yard.
2. Choose a **firm mattress and fitted sheet** for baby's crib.
3. **Remove everything from the sleep environment** except the fitted sheet.
4. **Dress baby in a wearable blanket, onesie, or similar clothing to keep them warm.** A loose blanket could cover baby's airway or make their body temperature too high while they sleep.
5. **Share your room, not your bed, for the first year of life.** Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.

*What's high
on your list?*

**SAFE
KIDS**
WORLDWIDE.





Home Safety

1. Install **smoke alarms on every level** of your home, inside bedrooms and near sleeping areas.
2. Install **carbon monoxide (CO) alarms** and test alarms every month. In a CO emergency, leave your home immediately.
3. Create and **practice a home fire drill** with the whole family at least twice a year. Ensure you have two ways out of every room and choose a meeting place that is a safe distance away from your home.
4. Keep **hot objects out of children's reach**. Cook on the back burners of the stove and turn pot handles away from the edge. Keep hot foods and drinks away from the edge of your counters and tables.
5. Watch children around balconies and windows. **Install window guards and safety gates on stairs** to prevent falls.



Safe Storage

1. **Save the Poison Help number** in your phone and post it visibly at home: **1-800-222-1222**. Specialists provide free, confidential, expert medical advice 24 hours a day.
2. Store all **medicine, vitamins, supplements, personal care products, and household products safely up and away**, and out of reach and sight of children.
3. Keep all **household cleaning products in their original containers**. Also, when buying products, look for **child-resistant containers** to help prevent poisoning in children.
4. Keep small electronics or **devices that use button batteries out of children's reach**.
5. **Store guns unloaded and secured with effective, child-resistant gun locks** in a locked container out of the reach and sight of children.



Pedestrian Safety

1. Teach kids at an early age to **look left, right and left again before crossing** the street. Then remind them to continue looking until safely across.
2. It's always best to **walk on sidewalks or paths and cross at street corners**, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
3. **Children under 10 need to cross the street with an adult**. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
4. **Be a good role model**. Set a good example by putting your phone, headphones and devices down when walking around cars.
5. Teach kids to put **phones, headphones and devices down** when crossing the street. It is particularly important to reinforce this message with teenagers.



Bicycle Safety

1. Remind your child to wear a **properly-fitted helmet** when biking, skateboarding, riding a scooter or inline/roller skating.
2. **Check equipment**. Make sure your child's bike is the appropriate size and works properly.
3. Teach your kids the **rules of the road**. Make sure they know proper hand signals, understand traffic signs and signals.
4. **Be sure your kids are seen** while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen.
5. Teach children under 10 to **ride on the sidewalk when allowed. If not, ride in the same direction as traffic** as far on the right-hand side as possible.