



SAFETY

AT HOME & AT PLAY



FAMILY TIP SHEET



BIKES:

REMINDERS FOR ADULTS, LESSONS FOR CHILDREN



1. **Wear a helmet.**
 - A. Make sure that the helmet fits on top of your head, not tipped back or forward.
 - B. Try the Eyes, Ears and Mouth Test
 - EYES Check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
 - EARS Check: Make sure the straps of the helmet form a “V” under your ears when buckled. The strap should be snug but comfortable.
 - MOUTH Check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.
 - C. After a crash or any impact that affects your helmet, visibly or not, replace it immediately.
2. **Follow the rules of the road.**
 - A. Ride with traffic and obey the same laws as motorists.
 - B. Use the rightmost lane that heads in the direction that you are traveling.
 - C. Obey all traffic control devices, such as stop signs, lights and lane markings.
 - D. Always look back and use hand-and-arm signals to indicate your intention to stop, merge or turn.
 - E. Cycling should be restricted to off roads(e.g. sidewalks and paths) until age 10.
3. **Be visible.**
 - A. Ride where drivers can see you.
 - B. Wear brightly colored clothing at all times.
 - C. At night, use a white front light and red rear light or reflector. Wear reflective tape or clothing.
4. **Be predictable.**
 - A. Ride in a straight line and don't swerve between parked cars.
 - B. Make eye contact with motorists to let them know you are there.
5. **Anticipate conflicts.**
 - A. Be aware of traffic around you and be prepared to take evasive action.
 - B. Learn braking and turning techniques to avoid crashes.
 - C. Be extra alert at intersections.



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PLAYGROUNDS:



1. Always supervise children using playground equipment. Stay where you can see and hear them.
2. Ensure that schools and childcare centers have age-appropriate, well-maintained playground equipment and that trained supervisors are present at all times when children are on the playground.
3. Recommended surface materials include sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials also are safe surfaces and require less maintenance.
4. If there are any hazards in a public or backyard playground, report them immediately (to the school, park authority or city council). Do not allow children to use the equipment until it is safe.
5. Remove hood and neck drawstrings from all children's clothing. Never allow children to wear helmets, necklaces, purses, scarves or clothing with drawstrings while on playgrounds.

FIRES, BURNS AND SCALDS:



1. Stay in the kitchen when you cook. Unattended cooking is the #1 cause of home fires and fire-related injuries in homes.
2. Have working smoke alarms in your home. Make sure you test alarms often to ensure the batteries are working. Change the batteries every time you change your clocks for daylight savings.
3. Create a 'kids free zone' and keep children at least three feet away from the stove. Cook on the back burners with pot handles turned back so children cannot pull down hot things from the stove.
4. Plan and practice two escape routes out of each room in the house. It is important to have an alternative escape route in case one is blocked by fire.
5. Choose a safe meeting spot outside, away from your home, where the family will go in case of an emergency.
6. Set your water heater to 120 degrees F to prevent scald burns.

POISONING:



1. Program the Poison Control Center number into your cell phone, so you have the number if you need it: **1-800-222-1222**.
2. Household products such as cleaners, pesticides, cosmetics, art supplies and medicines should be kept up and away, out of children's reach. Use child safety locks on cabinets as appropriate.
3. Buy child-resistant packages and containers when they are available.
4. Keep products and medicines in their original containers to avoid confusion.
5. Always read the label and follow the directions on the product you are using.