

Safety Tips

2011 - 2012 Kids Safety Calendar Contest



SAFETY BY MONTH

January:	Gun Safety
February:	Scald & Burn Injuries
March:	Poison Prevention
April:	Sports & Recreation Safety
May:	Bicycle Safety
June:	Water Safety
July:	Fireworks Safety
August:	Pedestrian Safety
September:	Motor Vehicle Safety
October:	Residential Fire Safety
November:	Railroad Safety
December:	Home Safety

Gun Safety - January

- Tell adults that they should always store firearms unloaded and locked up, out of reach. Ammunition should also be stored locked in a separate location, out of reach.
- Ask an adult to talk to you about the dangers of guns. You should never touch or play with guns, and IMMEDIATELY tell an adult if you find a gun.
- Tell adults that they should check with neighbors, friends or relatives – or adults in any other homes where you may visit – to ensure they follow safe storage practices if firearms are in their homes.

Scald & Burn Injuries - February

- Tell an adult that the water heater temperatures should not be higher than 120 degrees.
- Tell adults to use the back burners and turn pot handles to the back of the stove when cooking.
- Tell adults to keep appliance cords away from the reach of children, especially if the appliance contains hot foods or liquids.

- Tell adults not to carry children and hot food or drinks at the same time.

Poison Prevention - March

- Do not play with household products or medications. Tell and adult to lock these items up. Tell and adult if potentially poisonous household products are left unattended.
- Look for a phone numbers posted next to the telephone to the poison control center and emergency medical services. If they are not posted ask an adult to post them near every phone. Talk with an adult about when to call these numbers.
- Tell adults to always read labels, follow directions and give medicines to children based on their weight and age.
- Tell adults to test homes built before 1978 for lead-based paint. If the home does have lead-based paint tell adults to cover lead paint with a sealant or hire a professional company to remove the paint. Children's hands and faces should be frequently washed as well as toys and pacifiers to reduce the risk of ingesting lead-contaminated dust.
- Ask an adult if a CO detector is installed in your home in every sleeping area, and on the ceiling at least 15 feet from fuel-burning appliances. Tell an adult that space heaters, furnaces, fireplaces and wood-burning stoves should be vented properly and inspected annually.

Sports & Recreation Safety -April

- You should always should always wear appropriate safety gear when participating in sports and recreational activities. Ask an adult what you need for your sport.
- Ask an adult how to use appropriate safety

equipment, what the safety rules are, and make sure there is an adult supervising during a sport or recreational activity.

- Make sure that you drink lots of liquids while engaging in athletic activities.

Bicycle Safety - May

- A bicycle helmet is a necessity, not an accessory. Wear a bicycle helmet correctly and every time you ride a bike. Ask an adult if you are not sure if your helmet fits correctly.
- Ask an adult the traffic rules of riding your bike when you ride a bike in a street.
- You should ride your bike on sidewalks and paths until a child you are 10 years old and able to show an adult how well you ride and observe the basic rules of the road.

Water Safety - June

- You should always have an adult with you when you are in or around a swimming pool or spa, at ALL times.
- Ask an adult if they know CPR and if they keep rescue equipment, a telephone and emergency numbers near the pool.
- If you are playing outside and see a pool or spa without a fence tell an adult immediately and do not play in this area at all.
- Always wear a U.S. Coast Guard-approved PFD when on a boat, near open bodies of water or when participating in water sports. Air-filled swimming aids, are not considered safety devices and are not substitutes for PFDs.
- Never dive in water less than 9 feet deep.
- You should never operate a personal watercraft if you are younger than 14 years old.

Fireworks Safety - July

- You should always have adults present when fireworks are being used.
- Tell adults that a bucket or other container of water should be readily accessible when using fireworks.
- You should “stop, drop and roll” if your clothes catch fire.
- Never place your face or any other body part over fireworks.

Pedestrian Safety – August

- If you are a child under the age of 10 then you should not cross streets alone. Adult supervision is important until you gain traffic skills and knowledge.
- You should always cross streets at a corner, using traffic signals and crosswalks whenever possible. Make eye contact with drivers prior to crossing in front of them. Don’t assume that because you can see the driver, the driver can see you.
- You should always look left, right, and left again when crossing a street and to continue looking as they cross. You should never run into the street.
- You should always wear retro-reflective materials and carry a flashlight at dawn and dusk.
- You should walk facing traffic, as far to the left as possible, when sidewalks are not available.
- Do not play in driveways, streets, parking lots and unfenced yards next to streets.
- You should cross the street at least 10 feet in front of a school bus and to wait for adults on the same side of the street as the school bus’s loading/unloading zone.

Motor Vehicle Safety - September

- Correctly use child passenger safety seats and seatbelts **every time you ride.**
- If you are 12 years old and younger you should always ride in the back seat of the car.
- Tell an adult that infants should be in rear-facing child safety seats until they are at least 1 year old and weigh at least 20 pounds.

- Tell adults to never put a rear-facing infant or convertible safety seat in the front passenger seat of a vehicle with an active passenger air bag.
- Children over 1 year old and between 20 and 40 pounds should be in forward-facing child safety seats.
- Children should ride in a booster seat until they are at least 8 to 12 years old, weigh 80-100 pounds and are up to 4 feet 9 inches tall. Ask your parent about which seat you should be in.
- If you ride a bus to school you should arrive at the bus stop early, wait for the bus to come to a complete stop before approaching the street, watch for cars and avoid the driver’s blind spot or anywhere the bus driver cannot see you.
- You should stay seated at all times and keep your heads and arms inside the bus while riding.
- When exiting the bus, you should wait until the bus comes to a complete stop, exit from the front using the handrail to avoid falls, and cross the street at least 10 feet in front of the bus.

Residential Fire Safety - October

- You should never play with matches, gasoline, lighters or any other flammable materials. If you see them you should tell an adult immediately.
- Ask an adult if you have smoke alarms in your home on every level and in every sleeping area. Ask adults to test them once a month, replace the batteries at least once a year (unless the batteries are designed for longer life), and replace the alarms every 10 years. Ten-year lithium alarms are also available and do not require an annual battery change.
- Ask adults if they knew there were different types of fire alarms. For the best protection against different types of fires, consider installing both ionization alarms (better at sensing flaming fires) and photoelectric alarms (better at sensing slow, smoky fires).
- Do you have a home fire drill plan? Get an adult to practice several fire escape routes with you from each room of the home, and to identify an outside meeting

place. This will help you be less scared and more prepared in case of a fire.

Railroad Safety - November

- Do not walk on railroad tracks, they are private property and walking or playing on them is illegal.
- Cross tracks **ONLY** at designated pedestrian or roadway crossings.
- Observe all railroad warning signs and signals. Ask an adult to explain what each sign means.
- Tell adults to never try to out run a train and to stay behind the indicated marks for safety.
- Never attempt to get aboard railroad equipment at any time.

Home Safety - December

- Tell adults to use Mylar balloons instead of latex balloons. Uninflated or broken balloons are a choking hazard.
- Tell adults that when selecting toys, they should consider your age, interests and skill level.
- Look for and follow age and safety recommendations on labels.
- Make sure you play with your toys in a safe environment. Riding toys should not be used near stairs, traffic or swimming pools.
- You should always have an adult supervising when you are playing. Play is even more fun when adults play with you rather than watching from a distance.
- Tell an adult to never use baby walkers on wheels. Use stationary activity centers or walker alternatives.
- Do you have stairs in your home? Tell an adult to use safety gates at the top and bottom of stairs if there are infants or toddlers in the home.
- Make sure there is always an adult present when you are using playground equipment. Do not use unsafe behaviors like pushing, shoving, crowding and using equipment inappropriately.