

# Child Safety



## Car Safety

Everyone should wear a seat belt when riding in a car. No matter how short your trip may be, just riding down the street, you will need to buckle up. The seat belt helps to restrain you if the car is in an accident. Tell your child even if the car is going slowly, you can still get thrown around without your seat belt and it's the law. As soon as you get in the car buckle up right away, even if your car has two separate seat belts, buckle all of them.



## Safe Ways to wear your seat belt:

**Lap belt:** If you have a lap belt (lower belt) it should fit low and tight across the upper part of your hips. The lap belt should never go across the upper half of your belly.

**Shoulder belt:** The shoulder part should fit firmly across chest and never under your arm or across your neck or face. Check to see if your child's seatbelt needs to be adjusted. Do not share seatbelts (one person per seatbelt), you could both get hurt.

# Booster Seats: Who Needs One?



- ✚ Kids 8 and under need a booster seat so they can sit up high and use a seat belt properly.
- ✚ Kids who weight between 40-80 pounds should be in a booster seat
- ✚ Kids should continue using the booster seat until they are 4 feet, 9 inches tall and weight at least 80 pounds.

## Get in the seat!!!!

Kids 12 and under need to sit in the back, it is the safest place to be. If the car gets into an accident, you have a less chance of hitting something hard, like the windshield, if you are in the back. When driving, ask the kids to stay seated with their seatbelts fastened.



# AIR BAGS

Air bags are to protect those riding in a car from a front-end accident or hitting your head on the dashboard or the steering wheel. Kids 12 and under should never sit in front seats of a car with an air bag. If you have to sit in the front seat and you are younger than 12, make sure you push your seat far back and always put on your seatbelt. Keep your back against the seat and no moving around.

For More Information, go to the following websites:

<http://www.kidshealth.org>

<http://www.cyh.com/HealthTopic/HealthTopiccategories.aspx?p=285>

# BUS SAFETY



- While the bus is driving up your child should be at least 10 feet away from the curb and away from the street.
- When the driver stops, the children should wait until the driver opens the door to know its ok to get on the bus.
- The bus driver can see how safe the road is for your child to cross and to watch for their directions.
- If your child must cross the street, make sure to wait for the bus to stop, and the red lights are on before crossing the streets.
- Tell your child when they are riding the bus for the first time to look around for a safe way to exit.



- Once the children are on the bus they should listen to the driver and not push.
- While riding the bus there should be no running, throwing things or jumping around.
- Noise could upset the driver and everyone could get hurt.
- When your child gets off the bus, they should **never** walk behind the bus, but walk along the sidewalk so the driver can see them before going in front of the bus.
- Tell your child if they ever drop something while crossing the street, they should not bend down to get it, because the bus driver may not see them.



# Sun Safety

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- The sun can **harm** our skin if we get too much of it at one time. The sun is the **strongest** at 10:00 in the morning and 4:00 in the afternoon.
- If you have blond or red hair, or light colored eyes then you may burn quicker.
- If you have darker hair and eyes or darker skin you also can burn, but it just takes longer.
- Everyone can get sunburn but there are ways to prevent this from happening. If you are sunburned, you may look bad, feel worse and later it can cause your skin to look wrinkly.



## Sun Protection

- Wear sunscreen with at least an SPF of 15 or higher
- Put it all over your body including the back of your neck, tops of your ears, your face and the tops of your feet.
- Apply every 2 to 3 hours and if you are swimming or sweating, put sunscreen on more often.
- Always wear sunglasses that block UV rays to protect your eyes.

For more information, go to the following websites:

<http://www.nsc.org/ehc/kidscorn.htm>

<http://www.kidshealth.org>

<http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?p=285>



### Sun and Water

- While in the sun, our bodies sweat and lose water, so drinking water can help to keep your body working well.
- Always drink before you feel thirsty, it helps to keep the amount of water normal in your body especially when it is hot outside or you are exercising and sweating a lot.



### Heat Exhaustion

- This can occur while playing outside or exercising on a hot day.
- Children may get it and feel overheated, tired or weak because their bodies cannot cool themselves fast enough.
- It can happen all of a sudden, for example, someone will pass out while playing.

### Heat Stroke

- Signs of a heat stroke are red, hot skin, and a high fever.
- It may cause you to stop sweating, feel wobbly, confused or even pass out.
- If someone tells you, they feel like throwing up, feel dizzy or have a headache they may have heat stroke. Help by getting them out of the sun, give liquids and take them to a doctor.



For more information, to go to the following websites:

<http://www.nsc.org/ehc/kidscorn.htm>

<http://www.skincancer.org/children/index.php>



# Poisoning

Incase of accidental poisoning, **IMMEDIATELY** call the national phone number for poison control centers at 1-800222-1222 (for humans and animals).

**If the child has collapsed  
or is not breathing,  
CALL 911 !!!**

For more information on poisoning, go to the American Association of Poison Control Ceners website at <http://www.aapcc.org/dnn/default.aspx>. Call this number 24 hours a day, 7 days a week to talk to a poison expert. Call right away if you have a poison emergency. Also, call if you have a question about a poison or about poison prevention.