HOME AND RECREATIONAL SAFETY

Be Safe!

HELMET SAFETY



- Age appropriate
- Properly fitted and maintained
- Worn consistently and correctly
- Appropriately certified for use

BICYCLE SAFETY

- Use appropriate sized bike
- Properly maintained
- Wear helmet
- Wear fluorescent or reflective clothing to increase visibility
- Active lighting increases visibility
- Know and obey "rules of the road"



WATER SAFETY







- Drowning is the leading cause of injury death for children ages 1-14
- Learn to swim
- Wear life jackets
- Learn CPR
- Make sure children are supervised

PEDESTRIAN SAFETY

- Increase visibility at night by carrying a flashlight and wearing reflective clothing
- Cross streets at a designated crosswalk or intersection
- Walk on a sidewalk or path instead of the road. If you must walk on the road, walk on the shoulder facing traffic
- Avoid using electronic devices like earbuds or walking if you have been using alcohol or drugs





PREVENT POISONINGS

Drugs and Medicine

- Only take prescription medications that are prescribed to you
- Never take larger or more frequent doses, follow directions on label
- Never share prescription drugs
- Keep medicines in their original container
- Dispose of unused, unneeded or expired medication

Household Chemicals

- Always read the label before using a product
- Keep chemicals in their original containers
- Never mix household products together
- Turn on the fan and open windows when using chemical products



SMOKING









- If cigarette smoking continues at the current rate among youth in the US, 5.6 million of today's Americans younger than 18 will die early from a smoking related illness
- Cigarette smoking is responsible for more than 480,000 deaths per year in the US
- On average, smokers die 10 years earlier than non-smokers

HALLOWEEN SAFETY

- Practice pedestrian safety
- Decorate costumes and bags with reflective tape or stickers, and choose light colors
- Choose face paint when possible, instead of masks, which can obscure a child's vision
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers
- Make sure the costume is the right size to prevent trips and falls
- Examine treats before you eat them



