






# Family Safety CHECK

Take this home, fill it out with grown-ups, and keep your family safe.

**YES**

**NO**

- |            |  |                          |                          |
|------------|--|--------------------------|--------------------------|
| <b>1.</b>  | Our family buckles up  on every car ride.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2.</b>  |  Our family wears bike helmets when bicycling.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3.</b>  | Kids under 10 never cross streets alone.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4.</b>  | Kids are always supervised in or near water.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5.</b>  | Our home has working smoke alarms and we check the batteries monthly.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6.</b>  | Our water heaters are set no higher than 120° F to prevent scald burns.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>7.</b>  | If guns are in our home, they are kept unloaded and locked away.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>8.</b>  |  Kids are protected against falls from windows, stairs, furniture and playground equipment. | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>9.</b>  | Household cleaners, medicines and vitamins are stored out of young kids' reach.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>10.</b> | Our home has emergency numbers near telephones and first aid supplies.                    | <input type="checkbox"/> | <input type="checkbox"/> |

Safe Kids Mid-South, led by Le Bonheur Children's Hospital, is dedicated to the prevention of accidental injury to children – the leading risk kids face today. For more safety informations, visit [www.lebonheur.org/safekids](http://www.lebonheur.org/safekids).

# Family Safety CHECK

Did you know that the #1 health risk for America's kids ages 14 and under isn't violence, drugs or disease? It's injuries. Each year, approximately 5,000 kids ages 14 and under are killed from accidental injuries and 120,000 are permanently disabled. Fortunately, you can help protect your family from these needless tragedies with simple steps like the ones listed below.

## TRAFFIC INJURIES (Items 1 - 3)

- Use child safety seats. Follow manufacturer's instructions carefully.
- Wear bike helmets properly. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side. Always fasten the safety strap.
- Teach children to stop at the curb or edge of the road, and to look left, right, and left again for traffic before and while crossing the street.

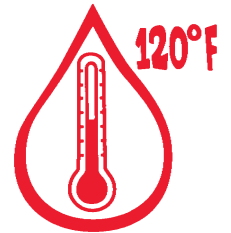


## DROWNINGS (Item 4)

- Install four-sided, five-foot high fencing with a self-closing and self-latching gate around your pool or spa. Use personal flotation devices in open bodies of water. Be aware that drownings can also happen in bathtubs, buckets, and toilet bowls.

## FIRE & BURNS (Items 5 - 6)

- Install smoke alarms in sleeping areas and on every level of your home. Check batteries monthly. Replace batteries twice a year. Practice a fire escape plan.
- Keep hot foods and drinks away from kids. The water heater should be set no higher than 120° F. Test the water temperature before placing kids in the bathtub. Consider installing anti-scald plumbing.



## FIREARM INJURIES (Item 7)

- Keep your guns unloaded and locked up. Lock and store bullets in a separate location.



## FALLS (Item 8)

- Install stairway safety gates and window guards on windows that are not fire emergency exits. Ensure playgrounds have safe equipment and cushioned surfaces.

## POISONINGS (Item 9)

- Buy child-resistant packaging, but remember this does not mean child-proof. Keep potentially poisonous substances and plants out of sight and reach of children.

## EMERGENCY RESPONSE (Item 10)

- Post police, fire, poison control center, and medical services telephone numbers near the phone. Store first aid supplies in a handy place. Please note that keeping syrup of ipecac is NOT recommended anymore. Keep activated charcoal on hand.

