



## Children's Health

# Safety

### WAYS TO PLAY SAFELY

#### TIPS TO PREVENT INJURIES FROM TOYS

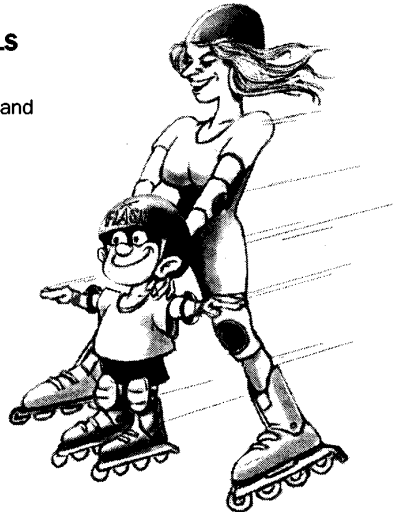
- Pay attention to the recommended age labels on toys and buy only toys that are suitable for your child's age.
- To prevent eye injuries, avoid projectile toys, such as dart guns, BB guns, slingshots and bows and arrows.
- Regularly check toys for sharp or exposed edges. Also look for small or loose parts, such as beads or buttons, that can detach and cause choking.
- Avoid giving your children toys that can shatter or break easily.
- Avoid buying inexpensive novelty glasses that can break and cut the eyes.
- Avoid toys with strings or cords that could encircle the child's neck and cause strangulation.

#### STAYING SAFE DURING SPORTS ACTIVITIES

- Make sure your child's sports equipment is in good condition, fits properly and has been tested and approved.
- Teach your child to warm up before and cool down after sporting activities. Ask your child's coach about specific exercises to help prevent injuries.

#### HOW TO STAY SAFE ON WHEELS

- Make sure your child wears a helmet, wrist guards and elbow and knee pads when skating or skateboarding. Keep equipment in good condition and make sure it fits properly.
- Explain to young skaters and bikers that they must obey all traffic rules. Whether on skates, boards or bikes, they must follow the same rules as any vehicle with wheels.



- Teach your children the rules of the road. Courteous and safe skaters pass on the left and skate on the right. Let them know the importance of yielding to pedestrians and announcing their intentions when on wheels, such as saying "passing on your left."
- A properly fitted helmet should always be worn when on wheels. When purchasing a helmet, look for the ANSI seal of approval. Many state laws now require helmets for children on bikes.
- Set a good example for your child: Wear a helmet when you ride or skate.

#### TIPS FOR WATER SAFETY

- A child can drown in just 1 inch of water in a matter of minutes. Supervise your child in and near water.
- Enroll your child in swimming classes taught by qualified instructors. However, keep in mind that lessons won't make your child "drownproof."
- Never allow your child to swim anywhere unsupervised, including quarries, canals, ponds or pools.
- Teach your child to always swim with a buddy, never alone.

- Tell your child that diving into unknown bodies of water is dangerous. Explain that a shallow bottom is not always visible from the surface.

#### PROMOTE SAFETY IN YOUR YARD

- Make sure that all gardening equipment is safely stored when not in use.
- Frequently inspect outdoor play structures to see if they need repair.