



CHILDREN'S
HOME
SOCIETY OF
CALIFORNIA
www.chs-ca.org

For additional CHS Family Education Program materials, please call (714) 712-7888. For more information about CHS Early Learning and Education Programs, call (888) CHS-4KIDS.

Family Education Program materials and podcasts, and information on CHS programs can also be found on our website at www.chs-ca.org.



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C H I L D R E N ' S H O M E S O C I E T Y O F C A L I F O R N I A

SAFETY

PROTECTING CHILDREN THROUGH PREVENTION



As children explore and play in their environment, they can get hurt. Whether at home, at child care, at school, or outside, parents and caregivers may not be able to protect children all the time. However, you can take steps to lessen the chances of injuries happening. You can also teach children safe habits and attitudes so they can protect themselves from dangerous situations.



This brochure includes tips to keep children safe. By evaluating your home and making necessary changes, you can help prevent an injury from happening. Remember, dangers change as children grow and develop, so continue to look out for new hazards.

★ CARS

If a child is 12 years old or younger, he should not sit in the front seat. A passenger airbag can hurt him. The safest place for a child is the center of the back seat.

Do not let children ride in a car while sharing seat belts, without fastened seat belts, or sitting on someone's lap.

A child who is between 8 and 12 years old, and at least four feet, nine inches tall should always buckle her lap/shoulder seat belt. The belt should go across her hips, not her stomach, and across the center of her shoulder.

Car Seat Safety

- Use seats that meet or exceed Federal Motor Vehicle Safety Standards. For information about the type of seat that should be used based on a child's age, height, and weight, contact the National Highway Traffic Safety Administration. **For information about your state's safety seat laws, contact your local law enforcement agency.**
- For information about Car Seat Check Up events or seats for low-income families, contact the National SAFE KIDS Campaign.
- Always use safety seats, even for short rides.
- Before installing a car safety seat, read both the instructions about the safety seat provided by the manufacturer and your car owner's manual.
- To find out if your child's seat has been recalled, contact the National Highway Transportation Safety Administration.
- If your child's seat has been in an accident, replace it with a new one.
- For a special needs child, contact his doctor to find the appropriate seat.

Never leave your children alone in the car, even for a minute. The temperature can become too hot or your child may hurt herself inside.



★ INDOOR ENVIRONMENTS

Have a fully-stocked first-aid kit in your home and car. Make sure your child care provider or child's school has one. To find out what should be in a first-aid kit, contact the American Red Cross.

Keep a list of emergency phone numbers near the phone: 911 (Teach children who are old enough how and when to call it.), dentist, emergency contacts, home telephone number/address for the person who is calling, hospital, local Poison Control Center, pediatrician, and police.

Use safety latches in the bathroom, bedrooms, and kitchen so young children cannot open cabinets and drawers.

Electrical Appliances

- Cover unused electrical outlets.
- Don't use appliances (hair dryer, radio) near water.
- Don't plug in cords with wet hands or while standing on a wet floor.
- Keep electrical cords out of reach. Children can trip or pull the cords, causing objects to fall.

Falls

- Keep nightlights in bedrooms and hallways.
- Use a rubber mat in the shower or bathtub.
- For children under four years old, use safety gates at the top and bottom of stairs.

Kitchen

- On the stove, turn pot and pan handles toward the back so children cannot pull them off.
- Teach children that the stove and oven are hot and should not be touched.
- Keep knives out of children's reach.
- Talk to children about the dangers of the garbage disposal.

Never shake a baby.

Never leave a baby alone on a bed, on a changing table, or in a bathtub, not even for a second.

doctor	555-582
dentist	555-215
police	911
dad-work	555-230
mom-cell	555-30
grandma	555-56
school	555-43
hospital	555-10

★ OUTDOOR ENVIRONMENTS

Check playgrounds for safety (hot surfaces, sharp objects, sturdiness).

Safety Gear

- Bikes: Children should wear a helmet and elbow pads.
- Inline skating and skateboarding: Children should wear a helmet, knee and elbow pads, and wrist guards.

Streets

Teach children to:

- Hold an adult's hand and look both ways before crossing a street.
- Not run into the street to chase a ball.
- Use hand signals when riding their bike.
- Watch for cars backing out of driveways.
- Follow traffic rules.
- Ride their bike on the right side of a road moving with traffic.

Sun

- Keep babies younger than six months old out of direct sunlight.
- The sun's rays are strongest between 10:00 a.m. and 4:00 p.m. and can be dangerous even on cloudy days.
- Thirty minutes before going outside, children should apply sunscreen lotion with an SPF of at least 15, except for infants under six months old. Throughout the day, apply sunscreen on children again as needed after swimming or sweating.



Take classes in infant/child CPR and first aid at the American Red Cross or another certified program.

★ WATER

- Never leave infants and young children alone near water. They can drown in a bathtub, bucket of liquid, or toilet.
- Teach children four years of age and older to swim.
- When children are swimming, an adult should always be present. Check for poolside emergency equipment.
- If you have a pool or hot tub, make sure there is a locked fence (at least four feet high with slats less than four inches apart) enclosing it.
- Beach and pool toys are not appropriate flotation equipment.

★ POISONS

- When using cleaning products, open windows to have proper ventilation.
- Do not use barbecues or other outdoor equipment as a source of heat. They can cause carbon monoxide poisoning.
- Keep chemicals, cleaning products, cosmetics, shampoo, and soap out of children's reach or in a locked cabinet.
- Some houseplants can be poisonous when eaten or touched. Keep them away from children.
- Teach children not to eat, drink, or open products if they do not know what they are.
- Warning signs of poisoning: Strange smelling breath, burns around the mouth, sweating, upset stomach or vomiting, dizziness, or convulsions. If your child has these symptoms, call the Poison Help Line at (800) 222-1222. Do not try to make your child throw up.
- If your child has trouble breathing or has collapsed, call 911 immediately.

Lead

Sources of Lead Poisoning:

- Dust, keys, paint chips, play sand made of stone or marble, soil, water, painted and plastic toys.

Preventing Lead Poisoning:

- Use "unleaded" paints and chemicals.
- Wash hands regularly and eat healthy foods to lower the chances of having lead absorbed into the body.
- Test painted surfaces.

Testing and Removal:

- Testing should be done by a professional, especially for homes built before 1978.
- At-risk children should be tested at ages 1, 2, and 6.
- The following agencies can assist with testing for and removing lead:
 - Local health department or family doctor
 - National Lead Information Center at (800) 424-LEAD (5323)
 - You can have your water tested by contacting the Environmental Protection Agency's Safe Drinking Water Hotline at (800) 426-4791.

Medicine

- Keep bottles locked and out of children's reach.
- Always check with a doctor before giving a child medicine.
- Do not call medicine "candy."
- Read and follow all instructions and warnings.
- Prescription medicine should only be used for the child and sickness it was prescribed.



★ INTERNET SAFETY

Internet Safety Law

The Children's Online Privacy Protection Act (COPPA) requires websites to explain their privacy policies on the site and get parental consent before asking children 13 years and younger for their information such as a name, address, phone number, or Social Security number.

Protect and Teach Your Children:

- About online behavior and safety before they start to use a computer.
- To come to you if they experience any problems online.
- To never arrange meetings with strangers or give out personal information including passwords.
- To communicate only with people that they know in person.
- About possible dangers, including false information, online predators, cyberbullying (online bullying that includes embarrassing photos or unkind comments), and phishing (senders who disguise themselves as a friend, government agency, or bank for illegal purposes).
- Rules that limit the amount of time they may use the computer, with whom they are allowed to interact, what types of websites and games they can access, and when they are allowed to use the computer.
- They are still responsible for their actions even in the online world.



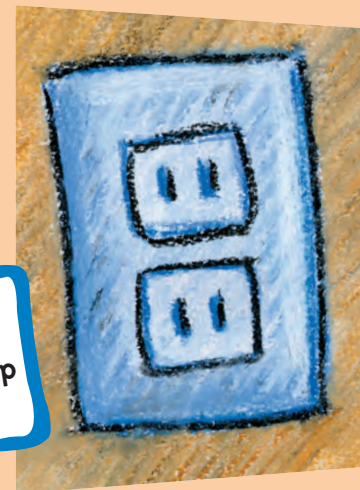
Additional Safeguards

- Keep the computer in a common room in the home, where it is easy to supervise.
- Bookmark the websites that your children can visit.
- Use parental controls that allow you to block, monitor, filter, and rate websites with inappropriate content.
- Find additional Internet safety resources at www.onguardonline.gov and www.cybertipline.com (to report child sexual exploitation).



★ FIRE

- Talk to children about not playing with candles, lighters, and matches.
- Too many plugs in one outlet and electrical cords under carpets or rugs can cause a fire.
- Make sure there is a smoke alarm outside every room where someone sleeps, on every level, and in the garage. Test alarms every six months and change the batteries every year.
- Keep flashlights and fire extinguishers in your home. Know how to use them.
- If your windows have security bars, make sure the safety latches and bars open.
- Have a fire escape plan and practice it.
- In a fire, crawl on the floor since smoke and heat rise.
- Teach your children not to run if their clothes are on fire, but to "stop, drop, and roll." They should STOP where they are, DROP to the ground, and ROLL covering their faces with their hands.



Children need rules to know what the boundaries are. Keep the rules specific.

TO LEARN MORE

BOOKS FOR CHILDREN

NO DRAGONS FOR TEA: FIRE SAFETY FOR KIDS (AND DRAGONS)

Jean Pendziwol, illustrated by Martine Gourbault

IT'S TIME TO CALL 911

Penton Overseas

I CAN BE SAFE

Pat Thomas, illustrated by Lesley Harker

ORGANIZATIONS

THE AMERICAN ACADEMY OF PEDIATRICS

(847) 434-4000 or www.aap.org

SAFE KIDS

(202) 662-0600 or www.safekids.org

CHILDREN'S SAFETY NETWORK

(617) 618-2918 or www.childrensafetynetwork.org