



CHILDREN'S  
HOME  
SOCIETY OF  
CALIFORNIA

[www.chs-ca.org](http://www.chs-ca.org)

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you are interested in learning more  
about our programs and services,  
please visit [www.chs-ca.org](http://www.chs-ca.org)



#### Corporate Headquarters

1300 West Fourth Street  
Los Angeles, CA 90017  
(213) 240-5900  
(213) 240-5945 Fax

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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 preventive tips to help 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

There are many car seat choices to choose from. For more information on how to choose the best type of car seat that meets your child's needs (rear-facing, forward facing, booster, seat belt), please contact the National Highway Traffic Safety Administration (NHTSA).

#### Car Seat Safety

- In general, children 12 and under should sit in the back seat
- Children should not share seat belts or ride without a seat belt (this includes riding on laps)
- Choose a car seat based on your child's age, height, and weight
- Before installing a car seat, read both the car seat owner manual and the car owner manual on how to install the car seat
- Register your car seat and sign up for recall notices to receive safety updates
- For information about Car Seat Check-Up events or resources for families with low income, contact the National SAFE KIDS Campaign

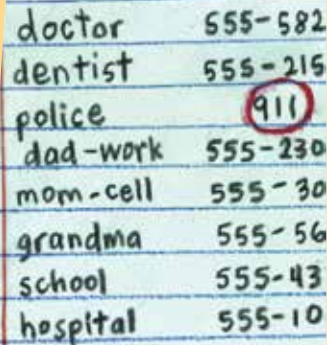
- Never leave a child unattended inside the car, even for a minute. The temperature can become dangerously hot
- Buckle up each time the car is in motion
- Set rear seat reminders, like leaving a child's toy in the passenger seat as a back seat passenger reminder



## ★ 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, visit the website [www.ready.gov](http://www.ready.gov).

Have a clear family emergency plan, and practice it. Keep a list of emergency phone numbers where it can be easily seen (teach children who are old enough how and when to call): 911, dentist, emergency contacts, main telephone number/address for the household, hospital, local Poison Control Center, pediatrician, and police.



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

### Electrical Appliances

- Know the location of the circuit breaker
- Do not plug in cords (hair dryer, toaster) near water
- Do not plug in cords with wet hands or while standing on a wet floor
- Use child-proof outlet covers (sliding covers, plug in caps)
- Secure all electrical cords (clips, cord organizers), as children can trip or pull cords, causing objects to fall

### Falls

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

### Furniture

- Anchor shelves and tall pieces of furniture
- Use safety latches or locks to help prevent access to harmful items (laundry detergent, cleaners, sharp objects, medications)
- Use cordless window coverings and/or window guards and safety netting

### 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
- Use safety covers on stove knobs that are in front and reachable
- Use safety latches to keep the refrigerator, freezer, and oven doors closed so children cannot climb inside

## ★ 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

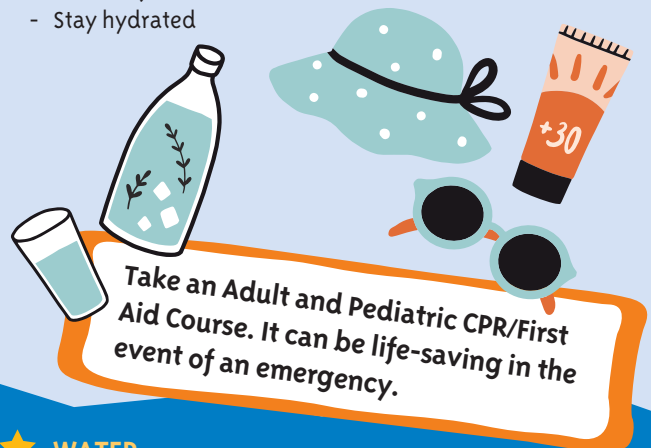
### Streets

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 the road moving with traffic

### Sun

- Limit direct sun exposure between 10:00 a.m. and 4:00 p.m. when the UV rays are the strongest, even on cloudy days
- Wear a hat, sunglasses, and cool comfortable clothing
- Use and follow sunscreen directions
- Stay hydrated



## ★ WATER

- Never leave infants and young children alone near water. They can drown in just one inch of water. This can include 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 that poolside emergency equipment is present and in good repair
- If you have a pool or hot tub, the best safety measure to prevent drowning is a locked fence (at least four feet high with slats less than four inches apart) enclosing it. A certified pool safety cover can also be used
- Beach and pool toys are not appropriate flotation equipment and will not prevent drowning



## POISONS

- When using cleaning products, open windows to have proper ventilation
- Do not use barbeques or other outdoor equipment as a heat source. They can cause carbon monoxide poisoning
- Keep chemicals, cleaning products, cosmetics, shampoo, and soap out of children's reach or in a locked cabinet
- Research your houseplants. Some plants may cause irritation or can be poisonous when eaten or touched
- 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 Control Hotline 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 lead-free 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 medication in a locked cupboard out of children's reach
- Always check with a doctor before giving a child medicine
- Read and follow all instructions and warnings
- Prescription medicine should only be used for the child and sickness it was prescribed
- Log the times and dosages given



## 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 communicate only with people that they know in person
- To never arrange meetings with strangers or give out personal information, including passwords
- 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

- Set phone, tablet, and computer boundaries that enable you to monitor your child's activities
- Use parental controls that allow you to block, monitor, filter, limit time, and rate websites with inappropriate content
- Find additional Internet safety resources at [www.onguardonline.gov](http://www.onguardonline.gov) and [www.cybertipline.com](http://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 and carbon monoxide alarm outside every room where someone sleeps, on every level of the home, 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 face with their hands



## TO LEARN MORE

### BOOKS FOR CHILDREN

**NO DRAGONS FOR TEA: FIRE SAFETY FOR KIDS (AND DRAGONS)**  
Jean E. Pendziwol, illustrated by Martine Gourbault  
**IT'S TIME TO CALL 911: WHAT TO DO IN AN EMERGENCY**  
Penton Overseas

**I CAN BE SAFE: A FIRST LOOK AT SAFETY**  
Pat Thomas, illustrated by Lesley Harker

### ORGANIZATIONS

**THE AMERICAN ACADEMY OF PEDIATRICS**  
(847) 434-4000 or [www.aap.org](http://www.aap.org)

**SAFE KIDS**  
(202) 662-0600 or [www.safekids.org](http://www.safekids.org)

**CHILDREN'S SAFETY NETWORK**  
(617) 618-2918 or [www.childrenssafetynetwork.org](http://www.childrenssafetynetwork.org)

