

Coloring and Activity Book



SAFETY FOR ALL SEASONS



KOHL'S
Cares 



NATIONWIDE
CHILDREN'S



NationwideChildrens.org/Safety



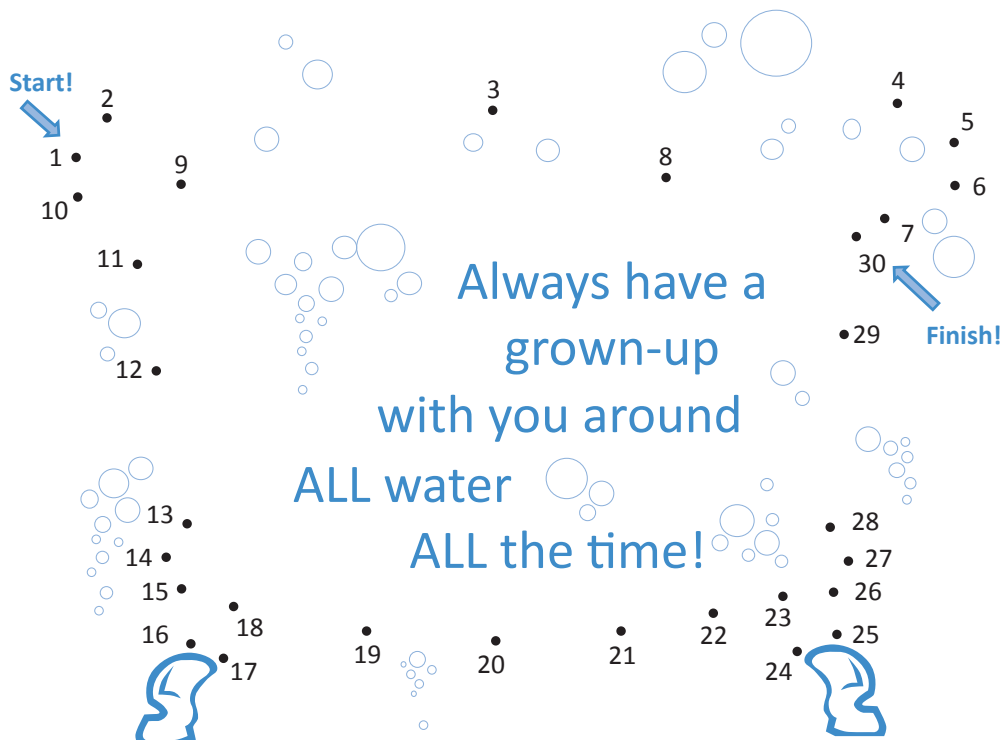
Safety for All Seasons (formerly K.I.S.S Your Kids – Kohl's Is Sold on Safety) is a childhood injury prevention program from Nationwide Children's Hospital, made possible through a Kohl's Cares® grant. With coloring contests four times a year and safety tips all year round in *Columbus Parent* magazine and *ThisWeek* newspapers, keeping your family informed and safe is our mission! For full information about the program, go to www.NationwideChildrens.org/Safety or call (614) 355-0679.

Water Safety

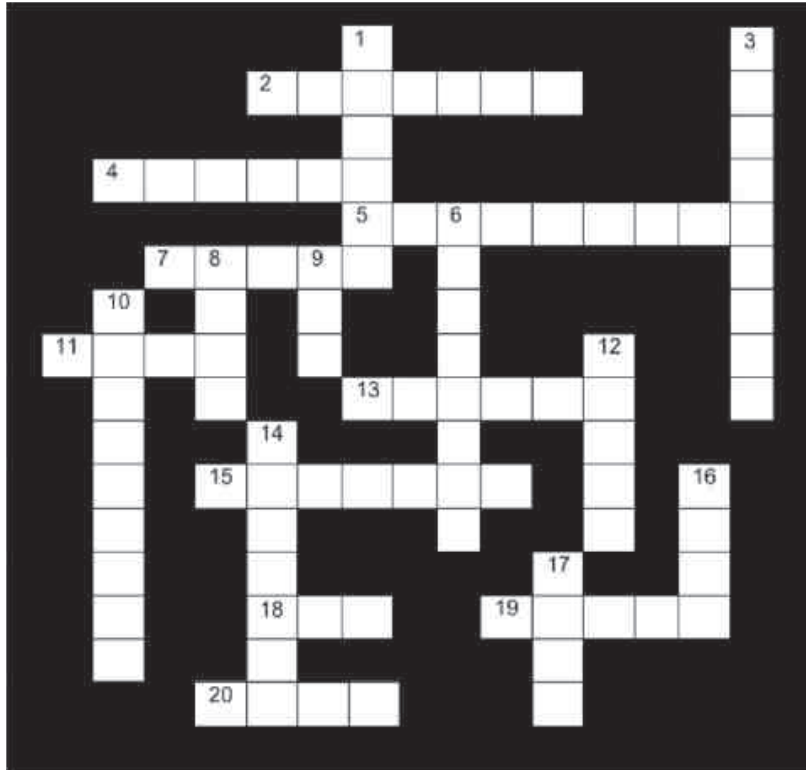
- **“ONE INCH - ONE MINUTE:** a child can drown in an inch of water in the time it takes to answer the phone! **ALWAYS** stay in arm's reach whenever there is water nearby.
- Nobody is **“drown-proof,”** even people who have taken swimming lessons!
- **Take a CPR** class and keep quick reference information by the pool and on your refrigerator.

Dot To Dot

Direction: Starting from 1, connect the dots to make a picture of a place where you might be in water. A grown up should be with you around ALL water ALL the time...at the pool, near a pond, or even...here:



BB, Pellet and Paintball (Non-Powder Gun) SAFETY



ACROSS:

2. Non-powder guns are NOT TOYS, they are _____ (of fast destruction)!
4. Your _____ will tell you that emergency rooms see many serious non-powder gun injuries.
5. Chest and neck protectors, gloves and pads, and goggles are kinds of safety _____ (gear) that should be worn during target practice.
7. Pellet and BB guns fire small bits of _____, usually lead.
11. Keep any gun in a _____ place where a child cannot get to it without an adult.
13. Always treat any gun as though it is _____.
15. Make sure everyone has been properly _____ by an instructor before using any kind of gun.
18. Never use a non-powder _____ anywhere other than a controlled field meant for its use.
19. _____ Is Sold on Safety! (K.I.S.S.)
20. Make sure the entire _____ around your target is clear!

DOWN:

1. Never, ever look down the _____ of a gun.
3. They make a colorful splash but _____ guns are still dangerous.
6. Always keep a gun _____ when it is not being used.
8. Goggles and face guards help protect your _____.
9. Never _____ a gun at others.
10. Non-powder guns can be as _____ as regular guns: they can cause multiple injuries, blindness, even death.
12. Always have an _____ present when using any kind of gun.
14. Fingers must be kept off the _____ until it is ready to be fired.
16. Motion made with the lips that can say, "I love you, stay safe!"
17. Kohl's Is _____ on Safety! (K.I.S.S.)

See page 5 for puzzle solution.



SEEK & FIND

Find and **CIRCLE** these items in the picture:

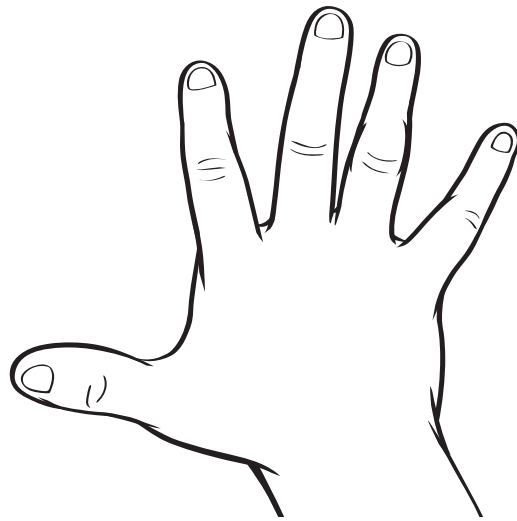
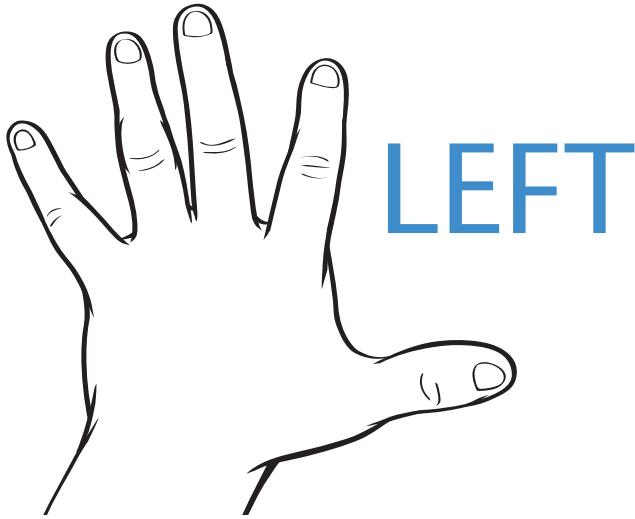
- 1 pair of goggles (for yard work)
- 4 pairs of closed-toe shoes (for grass mowing, bike-riding, skateboarding)
- 2 staying inside while the grass is being cut (1 child, 1 pet)
- 2 pairs of knee pads (for skating/skateboarding)
- 2 pairs of wrist pads (for skating/skateboarding)
- 2 pairs of elbow pads (for skating/skateboarding)
- 4 helmets (for any activity on wheels)
- 2 Stop Signs
- 3 crosswalks
- 1 "Pedestrian Crossing" Sign
(Pedestrian means "walking person")
- 1 "Walk" Signal
- 1 "Don't Walk" Signal

Find and draw an **"X"** through these items in the picture:

- 3 hazards to avoid on the sidewalk (puddle, broken path, stones,)
- 4 things to pick up before mowing the grass (toys, tool, clothing)

Look Before You Leap!




Try this! Place your palms down here. Trace your own hands over the handprints.



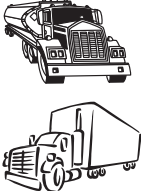


RIGHT

Now, that you know your LEFT and RIGHT, use the clues below the blanks to decode the not-so-secret Secret Slogan.

----- THE -----
 B4 U X 

 L  R  2

----- !
 4  & 

Solution: Before you cross the street, look LEFT-RIGHT-LEFT to watch for cars and trucks!

Color Me!

Always Wear Your Helmet When You're on Wheels

Always Wear Your Helmet When You're on Wheels



Did You Know...

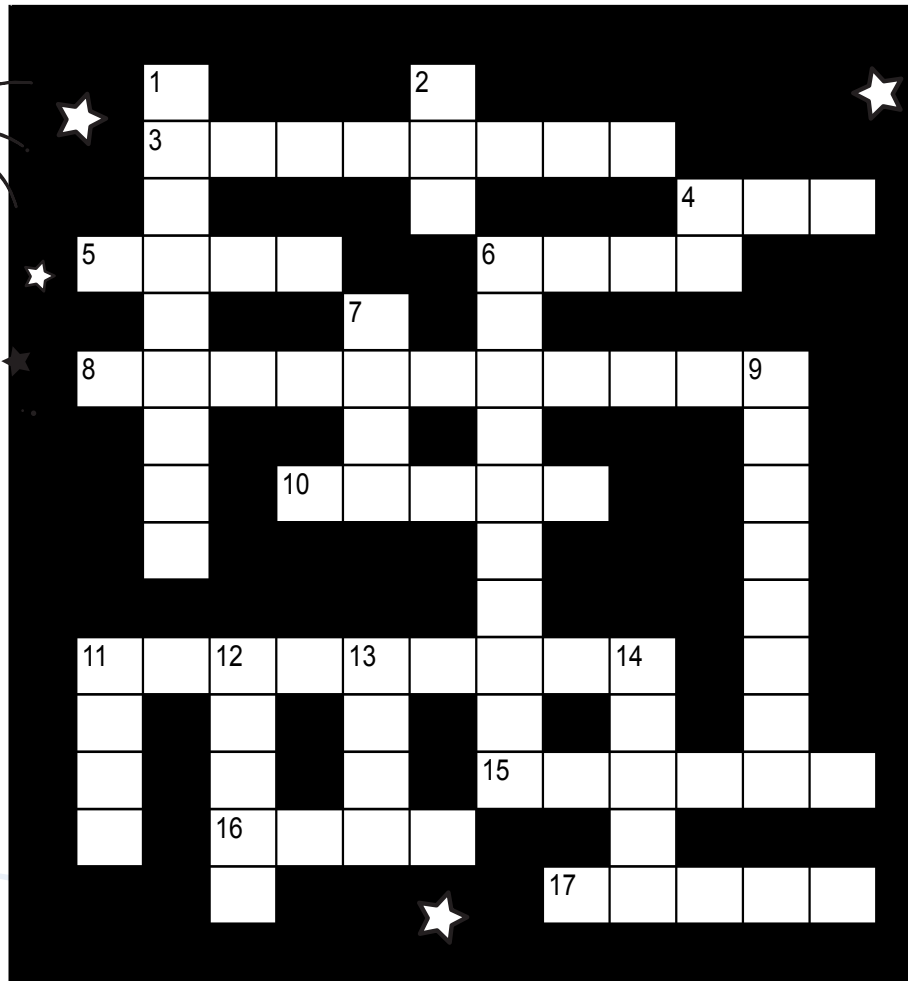
That you can also use your bike helmet to protect your brain during winter sports too? Go to page 27 to discover the Snow Sports Safety Maze!

To play our safety [video game](#), "Play it Safe!" and find more info, go to: www.NationwideChildrens.org/Safety - ask a grown-up first!



SOLUTION
BB, Pellet & Paintball
Safety Crossword on Page 2

Fireworks Safety Word Puzzle



Fill in the **CAPITALIZED** words in the right places in the crossword grid!

ACROSS:

3. Ninety percent (90%!) of eye **INJURIES** can be prevented with precaution and protection.
4. It is *illegal* to USE firecrackers in the State of Ohio. If you are out of Ohio and legal fireworks are in **USE**, take the same precautions!
5. Fireworks can cause **HEAT** injuries to your eyes and skin!
6. Seventy-five percent (75%) of fireworks injuries happen to **BOYS** between the ages of 13 and 15.
8. Stay far, far away from others who ignore **COMMON SENSE** (and the law) by using firecrackers.
10. **LEGAL** does *not* = safe.
11. What burns hot enough to melt gold? **SPARKLERS!** They burn at 1800 degrees.
15. Keep **SAFETY** first during summer celebrations.
16. Fireworks cause over 2,000 eye injuries resulting in vision **LOSS** yearly.
17. Try **BREAK**-and-glow sticks or other safe alternatives.

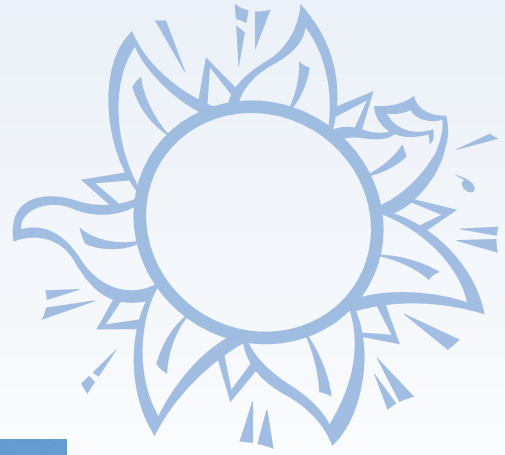
DOWN:

1. They can explode unexpectedly, hurting eyes, hands, face, ears, etc....**FIREWORKS** can even cause death.
2. **TRY** glow-in-the-dark toys or other safe options.
4. Fireworks cause over 2,000 eye injuries resulting in vision loss yearly in the **U.S.** alone
6. Half of all fireworks injuries happen to **BYSTANDERS!**
7. Kiss the ones you **LOVE** and keep them safe!
9. Protect your **EYESIGHT** by avoiding personal use of *any* fireworks.
11. Go to a professional **SHOW** to enjoy fireworks.
12. Tell a responsible **ADULT** if you see people using fireworks or sparklers, especially around little ones.
13. **K.I.S.S.** = Kohl's Is Sold on Safety!
14. Just because fireworks are legal in some states, does *not* suddenly make them any **SAFER!**

Visit www.NationwideChildrens.org/Safety for the solution

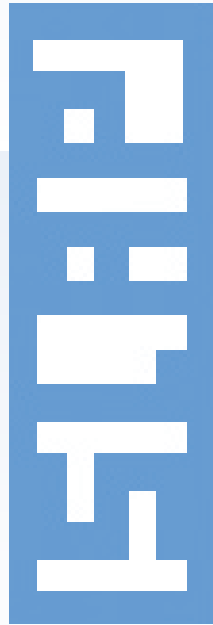
Protect your skin & eyes from sun damage.

Directions: Each phrase has a secret word hidden inside the design on the left of each section below. Decode each part to learn the Summer Sun Safety Slogan! (HINT: If you need help seeing the hidden words, try tilting your head toward your left shoulder.) See if other people you know can figure it out without the hint!



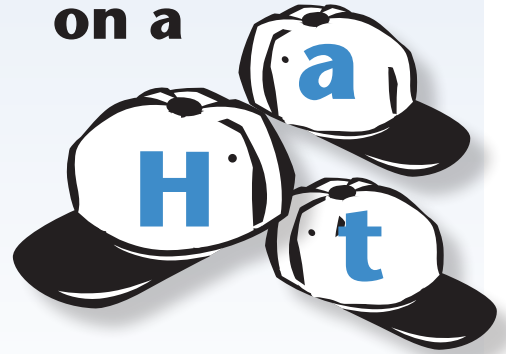
1. _____

on
a



2. _____

on a



3. _____

on



4. _____

harmful rays
from eyes with



UVA/UVB
Sunglasses

Solution: 1. = **SLIP** on a T-shirt. 2. = **HAT** on a hat. 3. = **SLOP** on Sunscreen every hour. 4. = **STOP** harmful rays from eyes with 100% UVA/UVB sunglasses.

WHO Is In My Car Seat?!

Connect the dots to find out!



♥ NEVER leave your child alone in the car!

It can take only minutes for your child to overheat and die.

- ♥ How can a Teddy Bear save a life? Keep a large teddy bear in the child's car seat when it's not occupied. When the child is placed in the seat, put the teddy bear in the front passenger seat. This will remind you that your child is in the back seat.
- ♥ Put your cell phone in the back seat (or something you'll need like a handbag, lunch or brief case, etc. on the floor board) so you HAVE to open the back door.
- ♥ BONUS: if your cell phone is in the back seat, you can't talk or text while driving -- a dangerous distraction!
- ♥ Make sure your child care provider has ALL of your phone numbers, including emergency contacts. Ask them to phone you if your child doesn't show up when expected....then check your car (or the car of who drops off your child).
- ♥ If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them OUT as quickly as possible....and call 911 immediately.
- ♥ Mistakes DO happen. Make it a HABIT to open the back door of your vehicle EVERY time you get out!

Are you a good Poison Pirate? Can you help your fellow pirate take home the treasures safely? Be Poison Smart®! Find and cross out all 8 poisons on your way to him.



1. Aerosol Spray
2. Wild Berries (Holly)
3. Bug Killer
4. Motor Oil
5. Rubbing Alcohol & Perfume
6. Dishwashing Soap
7. Pills (Medicine or Supplements)
8. Toadstools (Wild Mushroom)

**Kohl's
Is
Sold
on
Safety!**

1 Inch
1 Minute

Did you know... that a child can drown in 1 inch of water in 1 minute? NEVER leave a small child alone around water—especially in the bathtub—even for a minute!

**POISON
Help**
1-800-222-1222

If you think someone might have eaten (or drank) something that might be poison, call the Poison Center at **1-800-222-1222**.

K.I.S.S. Summer Shadow Activity



What you need:

- Yourself
- A grown-up and permission!
- Chalk
- Sidewalk or driveway
- A nice sunny day

What to do:

- On a sunny day, go outside before 10 a.m. with your chalk and a grown-up.
- Stand on the sidewalk or driveway and trace your feet.
- After your feet are traced, trace your shadow.
- Write the time you traced your shadow inside your tracing.
- Go outside a couple hours later and stand in the same place and trace your shadow again. Also remember to write the time in the tracing.
- Continue to go out and trace your shadow every few hours for the rest of the day.
- Notice how your shadow changes length during the day. When your shadow is short, the sun is hottest! So, short shadow = seek shade!

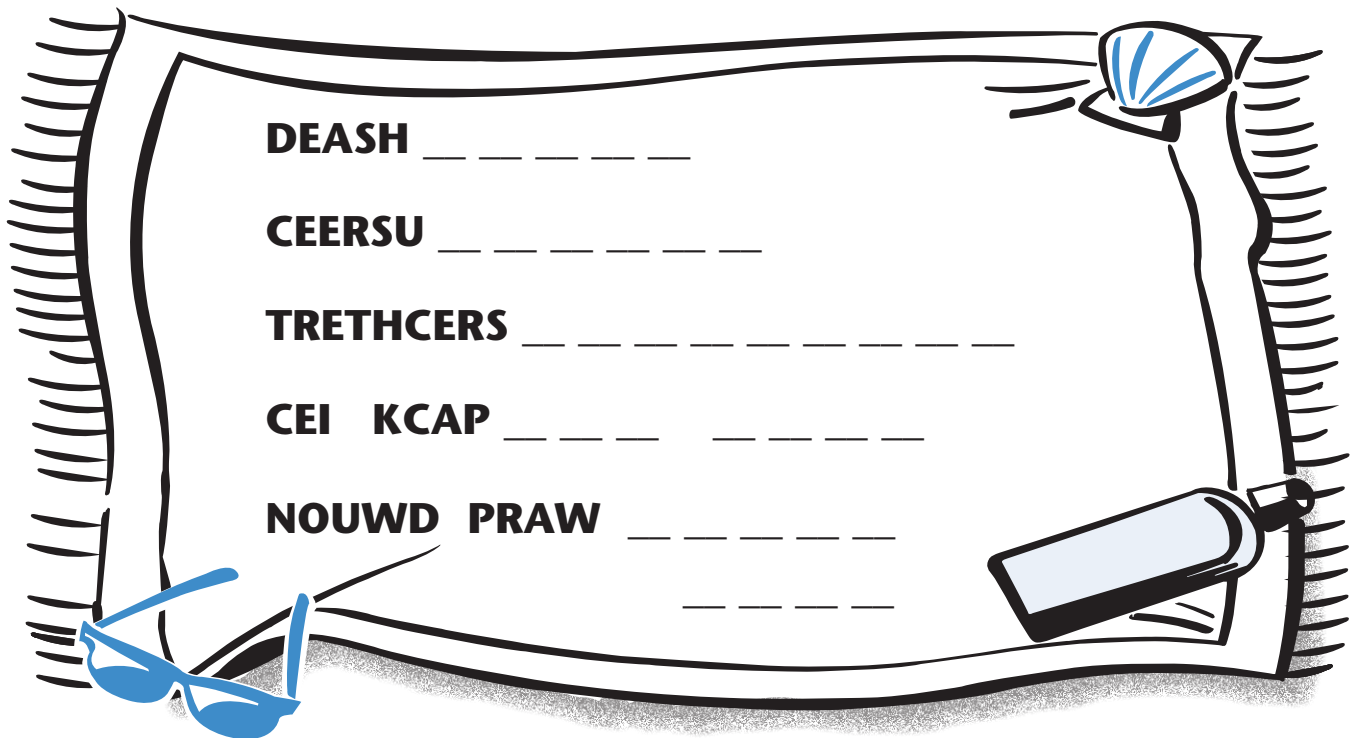
Things to remember:

- Try to stay out of the sun from 10 a.m. - 3 p.m.
- If you have children less than 6 months old, keep them OUT of the sun.
- Apply and reapply! Keep that sunscreen on, and reapply it after sweating, swimming, and every hour.

Things to Do with a Towel

(Besides dry off!)

Unscramble the words to find out how to use your towel for FIRST AID...



Solution: SHADE, RESCUE, STRETCHER, ICE PACK, WOUND WRAP

Boat Safety

Color in part of the picture with the number that matches the number in that spot. Why do the animals have life jackets, a whistle and a mirror? To stay _____ when they are boating!

- 1** Blue
- 2** Yellow
- 3** Green
- 4** Red

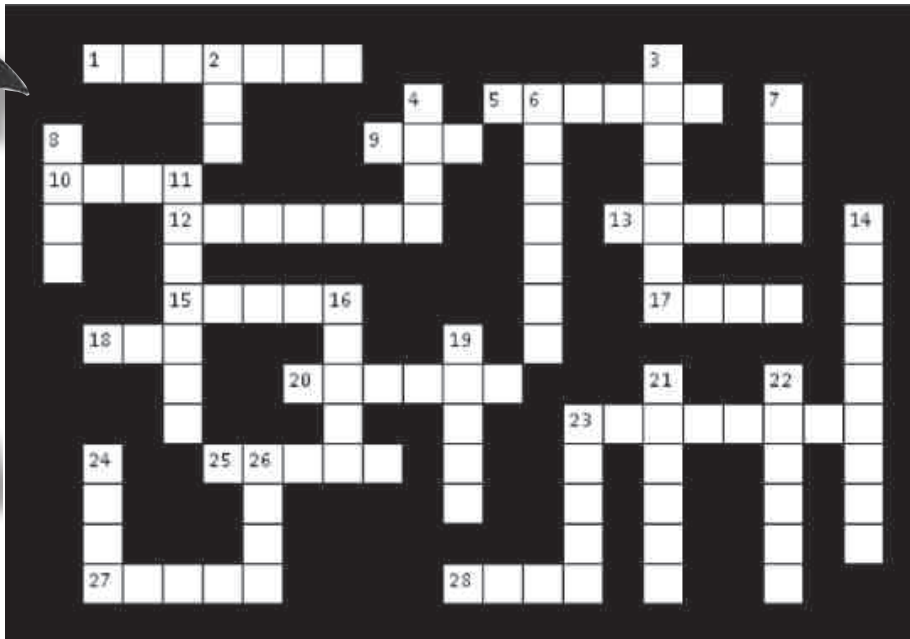


A mirror reflecting in the sun can act as a signal beacon for help. Blowing a whistle can be a signal call for help. Your life jacket can keep you afloat if you fall in the water.

Animal Bites Crosswords

Most dog bites “are from a dog known to the child—his or her own pet, a neighbor’s or friend’s.”*

Directions: Fill the words that are in ALL CAPITAL LETTERS into the numbered blanks in the puzzle. Stay safe around animals!



ACROSS*

1. These **PLEDGES** will help keep me safe from animal bites:
5. I will not tease dogs behind **FENCES**.
9. I will teach my dog to **SIT** before giving a treat, rather than to jump up or grab it.
10. I will not stare into a dog’s **EYES**.
12. I will not go near dogs **CHAINED** up in yards.
13. I will not touch a dog I see loose (off-**LEASH**) outside.
15. If I see a loose dog, I will tell an **ADULT** right away.
17. I will stand very still (like a **TREE**), and will be very quiet if a dog I do not know comes near me.
18. I will **NOT** run and scream if a loose dog comes near me.
20. I will not touch or play with a dog while he or she is **EATING**.
23. I will not touch a dog when he or she is **SLEEPING**.
25. I will only pet a dog if the dog’s **OWNER** says it is ok.
27. Then I will ask permission of the dog by letting him **SNIFF** my closed hand.
28. I will be kind to animals and **PLAY** gently.

DOWN

2. “50% of all children in the United States will be bitten by a **DOG** before their 12th birthday.”*
3. Treat all animals with **RESPECT!**
4. Stay away from **WILD** animals.
6. Keep calm – nice animals who get too **EXCITED** can hurt you too.
7. If you are bitten, **WASH** the skin with soap and water right away.
8. Handle **PETS** gently.
11. An animal **SCRATCH** or a bite could make you sick.
14. See a doctor if a bite was from an animal that was acting **STRANGELY**.
16. Never **TEASE** pets.
19. Stay away from animals who seem hurt, scared or **ANGRY**.
21. Train your pets to be **GENTLE**.
22. Call your doctor if you have been **BITTEN** by an animal.
23. Stay away from **STRAY** animals.
24. Wild animals like raccoons, skunks, foxes and **BATS** can have rabies (a disease).
25. Keep your distance from a dog barking, “**WOOF!**”

*The quotes and the pledge statements in this puzzle are Copyright © 2010. The American Society for the Prevention of Cruelty to Animals (ASPCA). All Rights Reserved. Visit www.ASPCA.org for more info on protecting yourself and the pets in your life.

If you suspect someone is overheating, cool them off! Get inside to the air conditioning, drink lots of fluids, and rest.

Drink Water Before You Play!



If someone is overheated and not acting like themselves – or is unconscious – call 911.

Visit www.NationwideChildrens.org/Safety for the solution

HEY KIDS

- Get in the water only with an adult's permission AND someone watching you.
- Nobody is "drown-proof," even people who have taken swimming lessons!
- Fencing around pools needs self-locking latches which are out of reach of children.
- Never allow wheels (bikes, tricycles, baby walkers, wagons, skateboards, etc.) at poolside.



Be Poison Smart!® Circle the POISON Words

20 words for things that can be poisons are hidden here. Can you find the words and circle them? Here's What to Look For:

- | | |
|---------------|-----------|
| LYE | SHAMPOO |
| DYE | FLOWERS |
| WAX | AMMONIA |
| ASPIRIN | POLISH |
| CIGAR | SOAP |
| PILLS | BLEACH |
| PLANTS | TOADSTOOL |
| GLUE | PERFUME |
| PAINT THINNER | |
| HOLLY BERRY | |
| ALCOHOL | |
| KEROSENE | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| S | T | Z | P | E | R | F | U | M | E | P |
| H | O | L | L | Y | B | E | R | R | Y | A |
| A | A | S | P | O | L | I | S | H | B | I |
| M | D | O | A | L | C | O | H | O | L | N |
| P | S | A | C | I | G | A | R | A | I | T |
| O | T | P | L | O | N | Z | P | X | Q | T |
| O | O | G | A | S | P | I | R | I | N | H |
| J | O | K | E | R | O | S | E | N | E | I |
| F | L | O | W | E | R | S | W | A | X | N |
| D | Y | E | S | B | L | E | A | C | H | N |
| P | L | A | N | T | S | Y | G | L | U | E |
| P | I | L | L | S | A | L | E | A | D | R |
| A | M | M | O | N | I | A | S | S | Y | Z |

Be Poison Smart!® is a registered trademark of Nationwide Children's Hospital (2000).

Visit www.NationwideChildrens.org/Safety for solution

Medicine Is Not Candy...

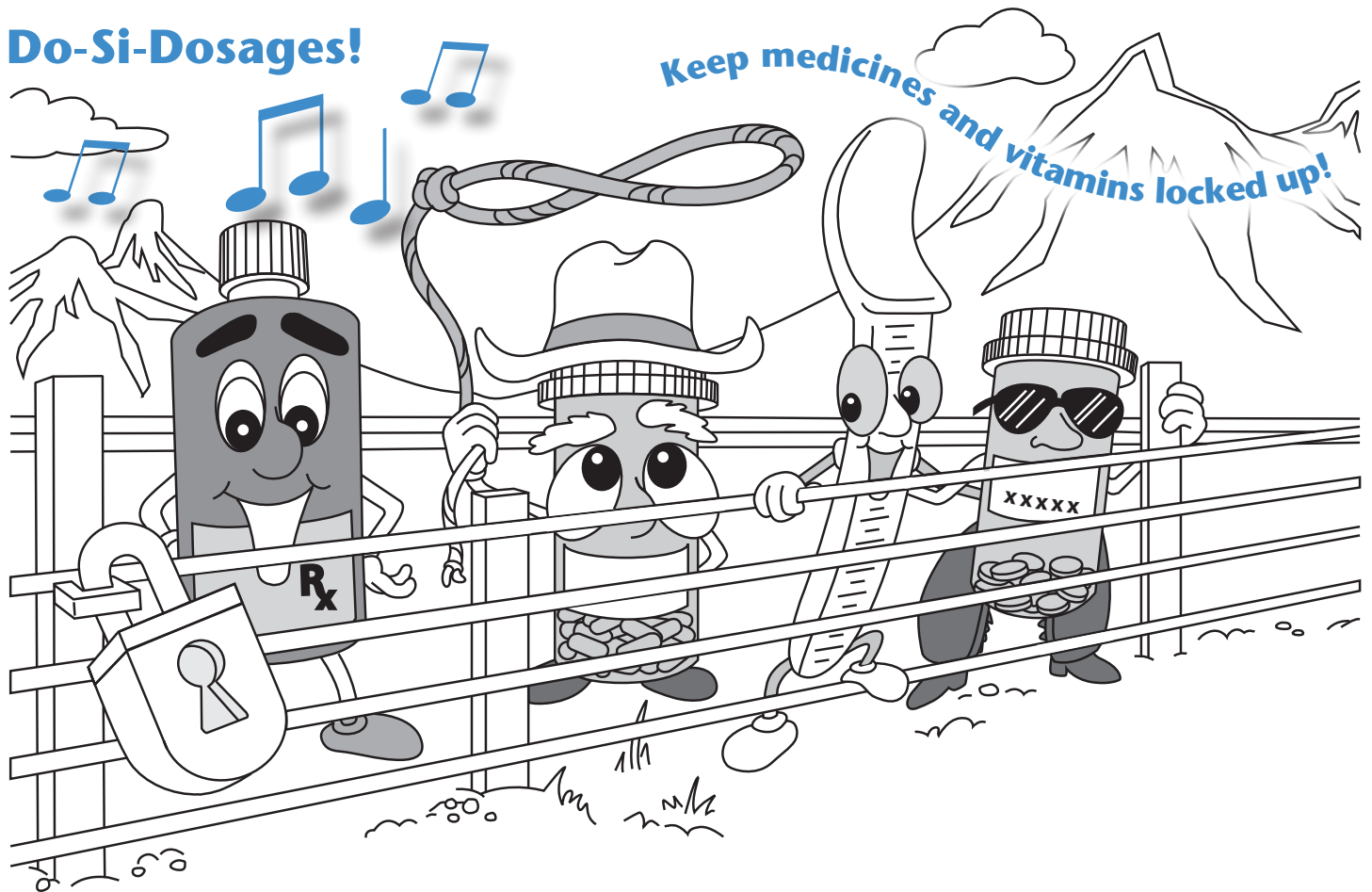
Medicines you don't need can hurt you.
Vitamins and drugs are not candy!

- Find and circle the four kinds of candy.
- Mark an X over the four medicines.



- **If you think someone might be poisoned, call the Poison Center first at 1-800-222-1222! If they're unconscious, call 911.**
- Poison Centers offer non-emergency information too. Call 1-800-222-1222 if you have questions.

Do-Si-Dosages!



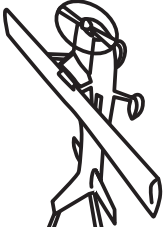
1. I am a vitamin, I'm good for you -- but take too much and you will be _____!
(Hint: the color of the sky -- also means 'sad'.)
2. Tiny as Tim, Big as Buffalo Bill – have an adult check the label before taking that _____!
(Hint: another word for 'medicine tablet'.)
3. Swing your partner 'round and 'round – be sure of the dose before gulping the medicine _____! (Hint: the opposite of UP.)
4. Medicine might taste like something that's yummy, but the wrong kind or too much is bad in your _____! (Hint: another word for 'belly'.)
5. The owl cries, "Whose? Whose?" It's an important task. "Is this MY medicine?" – always a good thing to _____! (Hint: what you do with questions.)

Parents!

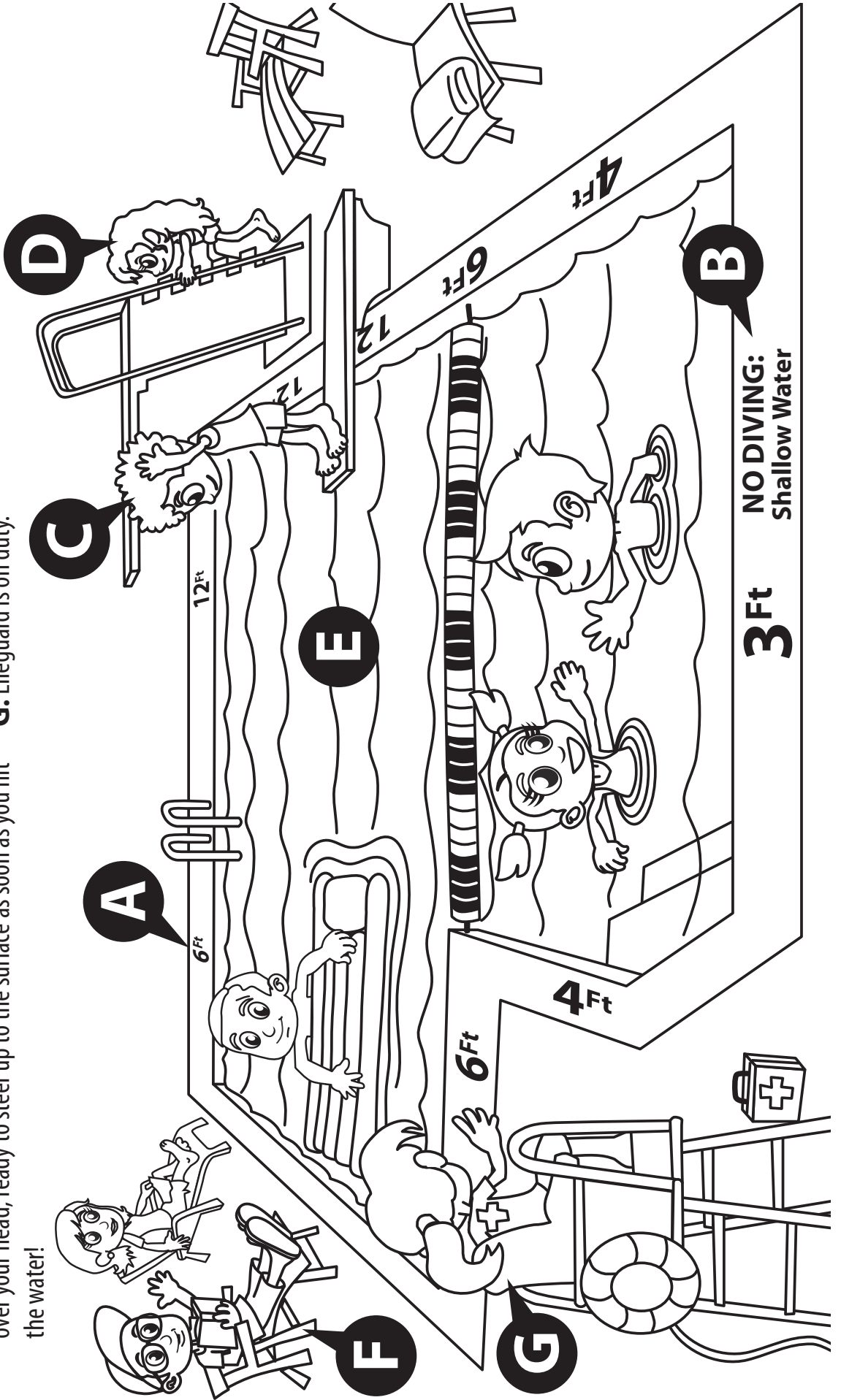
1. Never call medicine "candy."
2. Do not take your own medicine in front of children.
3. Keep medicines and vitamins in a locked cabinet.
4. During illness, choose one person to give a child medicine, to avoid giving it twice.
5. IRON pills and vitamins with IRON can POISON a child!

Answer Key:
1. BLUE! 2. PILL! 3. DOWN! 4. TUMMY! 5. ASK!

Find and color the things that can help keep you safe when diving!



- A.** Water depth is clearly marked.
- B.** Never dive into shallow water: only dive where signs say it's OK.
- C.** Know the right way to dive: hands flat and aiming up, extended over your head, ready to steer up to the surface as soon as you hit the water!
- D.** One person at a time on the diving board. Take turns!
- E.** Wait to dive until the water under the diving board is clear.
- F.** Parents or guardians are watching.
- G.** Lifeguard is on duty.



Dive only into clear water in an area marked for diving.
Follow all the pool rules!



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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

Always wear a helmet whenever you're on wheels!

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**NATIONWIDE
CHILDREN'S**



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www.NationwideChildrens.org/Safety

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Wear your bike helmet plus knee and elbow pads
when on a scooter or skateboard.



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www.NationwideChildrens.org/Safety

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Enjoy fireworks from a safe distance: see a professional show!



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www.NationwideChildrens.org/Safety

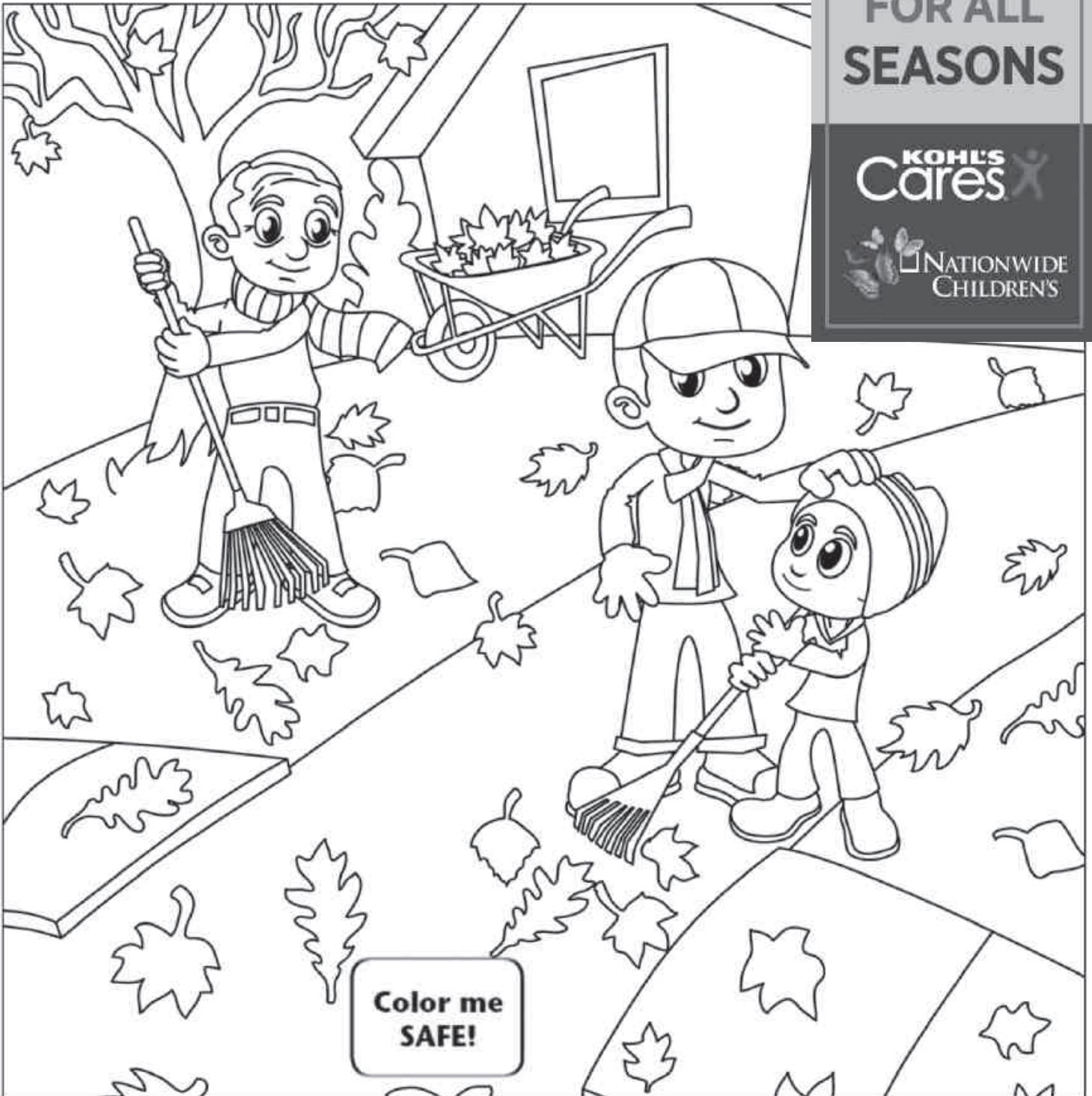
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Keep outside steps, walkways, and driveways free of leaves, ice and snow to help prevent slips and falls!

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Make sure there is a soft surface on the ground at least six (6) feet all around play equipment!



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PULL-OUT PARENT Pages

Kids! This section (on yellow paper) of this book is for your parent(s) or guardian(s). They can take it out and keep it for reminders on how to keep you safe all year long.

Parents! Please post this safety information! Safety is a team effort. Kohl's Department Stores and Nationwide Children's Hospital have put together this activity book to help you and your child learn how to be safe. Our Emergency Room sees serious injuries that may be avoided with the right information and proper protection. Keeping you and your kids safe is our mission!

For more about this program, go to www.NationwideChildrens.org/Safety or KISS@NationwideChildrens.org call (614) 355-0679.

PREVENT FALLS

| | |
|--|--|
| Children can easily fall out of windows! | Screens can keep insects out, not children in. |
| If a child can climb it, keep it away from the windows! ONLY open windows kids CANNOT reach. | Set & enforce rules to keep children's play away from patio doors and windows. |

Lawnmowers can cause disfiguring and deadly injuries!

- Keep children AWAY from mowers at all times: they can be injured and/or burned.
- Mow when grass is DRY: slipping on wet grass can cause serious injuries.
- Mow when it's fully LIGHT: even at twilight you can't see well enough to be sure of safety.
- NEVER allow a child to control a mower and NEVER leave a running mower unattended!
 - Never take a child on a riding mower!



CUT OUT the quick-reference numbers below to keep in your wallet at all times.

PERSONALIZE the other side with your doctor's number and your own emergency contacts.

Our Doctor is:

Phone Number:

(____) _____

Emergency Contact

Friend or Relative:

Phone Number:

(____) _____



NUMBERS YOU NEED!

Poison Center:
1-800-222-1222
EMERGENCY: **911**

Nationwide
Children's Hospital
(614) 722-KIDS
1-800-875-KIDS

Preventing Winter Falls

- Keep all stairs inside and outside your home clear of clutter.
- Remove throw rugs, or tape them down so they can't slip.
- Make sure your driveway, sidewalks, and outdoor stairs are free of ice and snow.
- Check your boots and shoes for good, non-skid treads.

Preventing Falls - Baby

- If it's HIGH UP it's HIGH RISK.
- Keep infant seats off high surfaces and baby properly strapped in.
- Keep hold of children on exam tables, counters and chairs.
- If car seats are used out of the car, they should be placed on hard, flat floor, where there is no danger of falling over.

DRIVE SOBER!

Alcohol use is one of the top causes of motor vehicle crashes.

- Never drink and drive.
- Be a role model and designate a driver.
- Avoid distractions like phone use.
- **NEVER TEXT** while driving!
- **Kids!** Use your inside voice in the car, and be patient.

- When pulling out or into a driveway or parking space, double check in all directions for children. Fifty (50) kids are backed over each week in the U.S. and 70% of them are run over by a family member.
- Talk to teens about only riding with a sober driver. Let them know you would rather pick them up at a party than in the morgue.

STAY FOCUSED!



ONE for YOU:
Fill Out & Cut Out.
Keep in your wallet
for safety's sake!

Our Doctor is:

Phone Number:

(____) _____

Emergency Contact
Friend or Relative:

Phone Number:

(____) _____

ONE to SHARE:
Fill out and give
to your child's
sitter or Grandparent!



**NUMBERS
YOU NEED!**

Poison Center:
1-800-222-1222
EMERGENCY: **911**

Nationwide
Children's Hospital
(614) 722-KIDS
1-800-875-KIDS

LET KIDS

- Get in the water only with an adult's permission AND someone watching them.
- Nobody is "drown-proof," even people who have taken swimming lessons!
- Fencing around pools needs self-locking latches which are out of reach of children.
- Never allow wheels (bikes, tricycles, baby walkers, wagons, skateboards, etc.) at poolside.

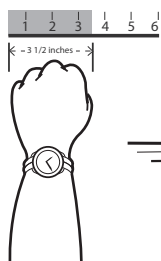


PARENTS!

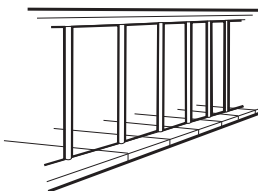
You are your child's greatest teacher. Lead by example and follow the safety rules around buses.

- Never pass a school bus that has red flashing lights on. This means that the bus is loading or unloading children.
- Stay stopped until the bus moves or the driver tells you to go, and always be alert for any children at bus stops. It is a crime to pass a stopped school bus.
- Be ready to stop when a bus has yellow flashing lights.
- Review bus safety rules with your children.
- Help your child to be on time for their bus.
- Take turns supervising bus stops for smaller children.

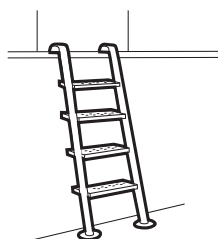
Playground Safety Checks



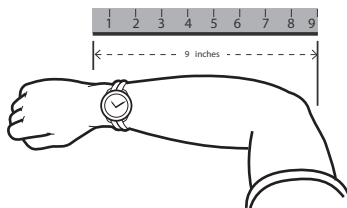
- Check playground equipment for openings that won't trap children.



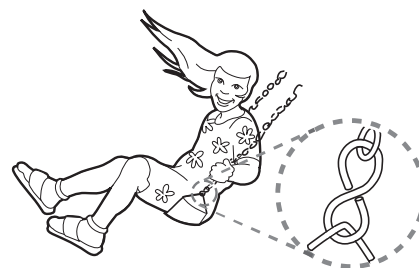
- Rails should be **SMALLER** than 3.5 inches apart! (3.5 inches is about the width of an adult's fist.)



- Ladder rungs should be **AT LEAST 9 inches** wide! (9 inches is about the length of an adult's forearm, from the wrist to the elbow.)



- "S" hooks on swings should be **CLOSED** and without gaps that can pinch small fingers or catch on clothing!
- Good surfaces are soft and extend at least 6 feet in all directions.
- Equipment is anchored safely in the ground.
- Sharp things are not sticking out.
- No tripping hazards like exposed bases, tree stumps and rocks.
- Platforms and ramps should have guardrails to prevent falls.







Questions or concerns? Contact the playground's owner or the Ohio Department of Health at <http://www.odh.ohio.gov>

Take a CPR class
and keep quick reference
information handy.

Call 614-355-0662
for CPR classes at
Nationwide Children's Hospital

Use Car Seats, Boosters & Belts! They **reduce death** in crashes up to **71%**.

1. Always wear YOUR seat belt and make sure ALL passengers do too. Make it a "Habit for LIFE!"
 2. Never place a rear-facing seat in the front seat. Serious injury or death can occur, especially if there is an airbag
 3. Always put your CHILDREN in the CORRECT car seat, booster seat or seat belt!
 4. Follow the instructions from your car seat including weight limits.
 5. Children who have outgrown their booster seats should ride in a lap and shoulder seat belt in the BACK seat until 13 years of age.
- Check out this simple chart to learn what kind of restraint your child should use.**

| AGE | WEIGHT/HEIGHT | SEAT TYPE | |
|-------------------------------------|---|---|---|
| Birth to at least 2 years | Until the child reaches the maximum weight or height limit of the rear-facing seat. | Rear-facing seat: Infant seat OR Convertible seat |  |
| OR | | | |
| 2 to 4 years | Up to 65 pounds | Convertible seat with internal harness OR Forward-facing seat with internal harness |  |
| AND | | | |
| 4 to 8 years | At least 40 pounds and up to 4 feet, 9 inches tall | Booster seat (booster seats do not have an internal harness) |  |
| AND | | | |
| 8+ years | At least 4 feet, 9 inches tall | Take the 5-STEP TEST at www.carseat.org to see if your child is ready for a seat belt alone. |  |
| AND | | | |

RESOURCES:

| | | |
|---|--|--------------------------------|
| Nationwide Children's Hospital | 614-722-6524 (Passenger Safety) | Car seat questions |
| Nationwide Children's Hospital Center for Injury Research and Policy | 614-722-2400 www.injurycenter.org | Safety Research and Policy |
| Columbus Public Health Dept. | 614-645-7748 | Car seat fitting and questions |
| Ohio Traffic Safety Office | 1-866-Car Seat (1-866-227-7328) | Car seat fitting and questions |
| National Highway Traffic Safety Administration | www.nhtsa.dot.gov/cps/cpsfitting/index.cfm | Car seat fitting |
| Safe Kids Central Ohio | www.safekidscentralohio.org/ | Car seat fitting |

Check smoke alarms every month to be sure they're still working.
Practice an escape route, just in case!

Color me
SAFE!



For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

© 2012 Nationwide Children's Hospital
www.NationwideChildrens.org/Safety

Dress in layers to keep warm. Clear sidewalks of slippery ice and snow!



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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

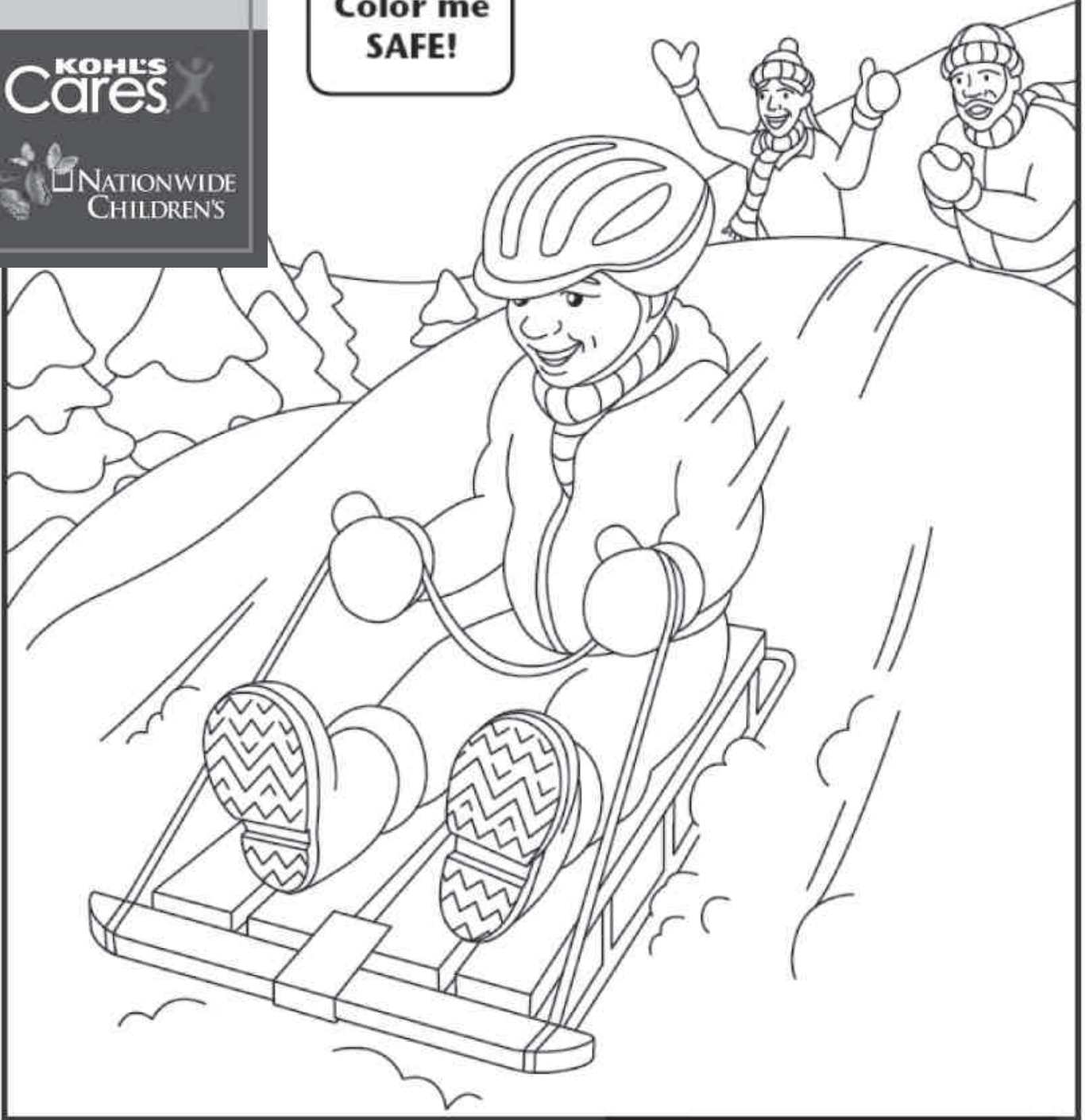
SAFETY FOR ALL SEASONS

KOHL'S
Cares

NATIONWIDE
CHILDREN'S

Wear your bike helmet in the winter when you sled, ski, snowboard, skate, or snow-mobile!

Color me
SAFE!



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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

Always swim with a buddy!

Color me
SAFE!

**SAFETY
FOR ALL
SEASONS**

**KOHL'S
Cares**

**NATIONWIDE
CHILDREN'S**



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For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

SAFETY FOR ALL SEASONS

KOHL'S
Cares

NATIONWIDE
CHILDREN'S

Start using sunscreen ½ hour before going into the sun.
Always have an adult around all water all the time.



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For info about CPR, Babysitting, Parenting,
and other classes and programs:
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Community Education (614) 355-0662

**SAFETY
FOR ALL
SEASONS**

**KOHL'S
Cares**

**NATIONWIDE
CHILDREN'S**

**Always wear a helmet
whenever you're on wheels!**

**Color me
SAFE!**



For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children's Hospital Community Education (614) 355-0662

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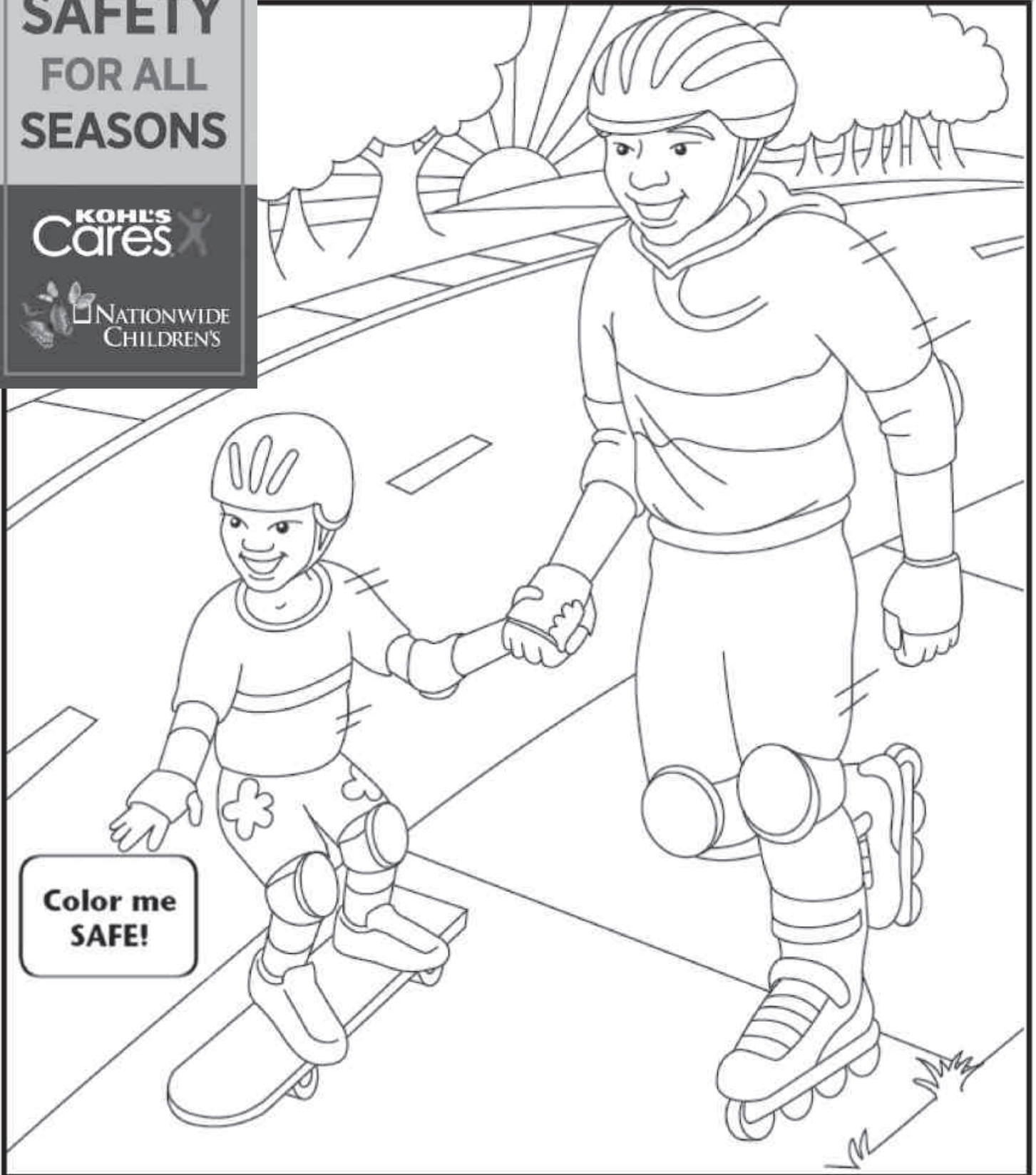
www.NationwideChildrens.org/Safety

Always wear a helmet whenever you're on wheels!

SAFETY FOR ALL SEASONS

KOHL'S
Cares

NATIONWIDE
CHILDREN'S



Color me
SAFE!

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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting,
and other classes and programs:
Nationwide Children's Hospital
Community Education (614) 355-0662

Halloween Safety Tips

Costumes:

- Costumes should fit over warm clothes and be short enough so children don't trip.
- Wear a light-reflective costume so drivers can see you.
- Shoes should be safe and comfortable.

Going out:

- Take a flashlight in case you are out after dark.
- Prevent fires: put jack-o-lanterns away from paths. Never leave them unattended.
- Always trick-or-treat with your child and go to homes that you know well.

Back at home:

- Check all candy before your kids eat it.
- Throw away candy that is not wrapped.
- Just in case: the Poison Center helpline 1-800-222-1222 is open 24 hours a day.



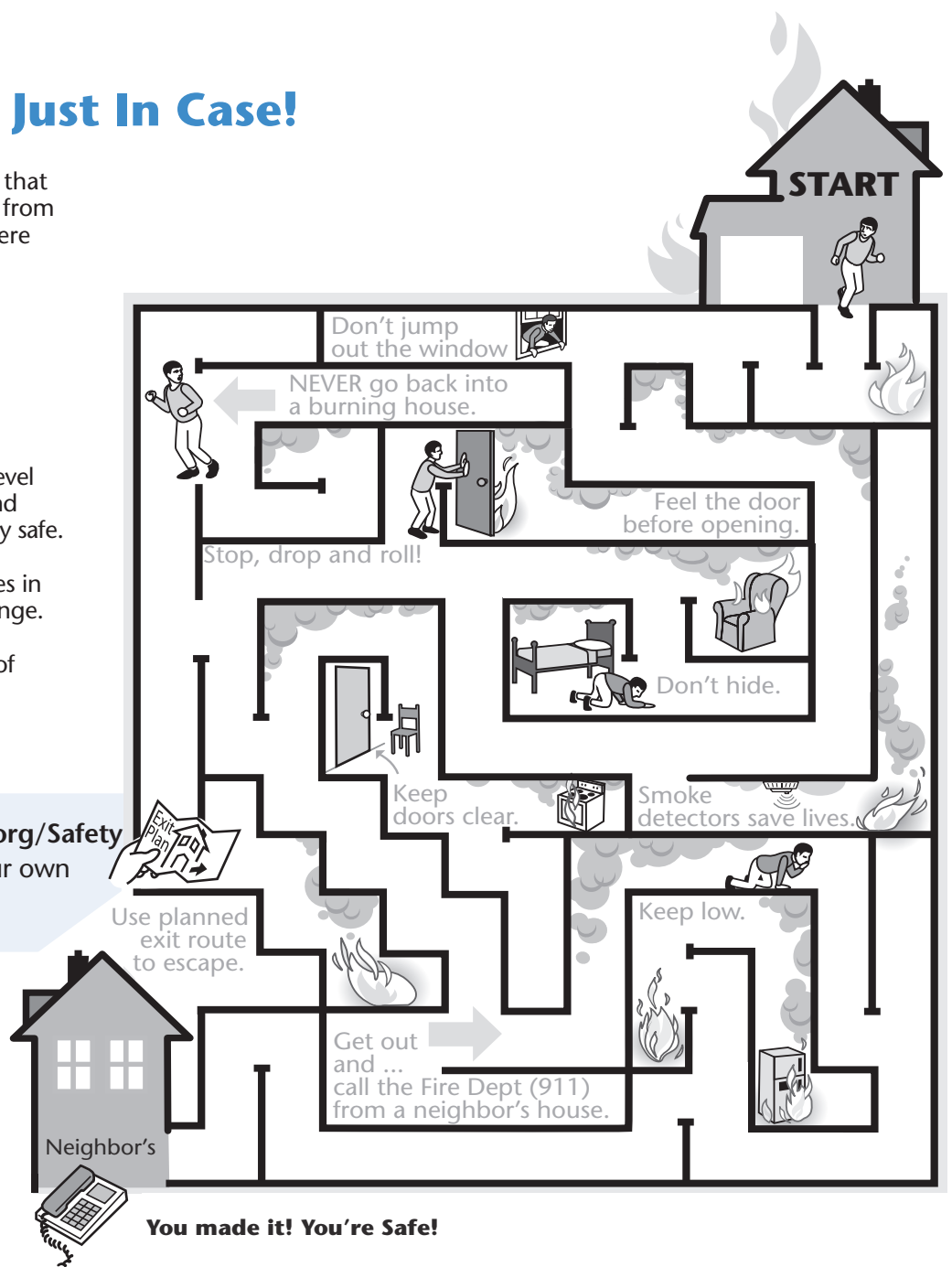
For info about CPR, Babysitting, Parenting, and other classes and programs:
 Nationwide Children's Hospital
 Community Education (614) 355-0662



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www.NationwideChildrens.org/Safety

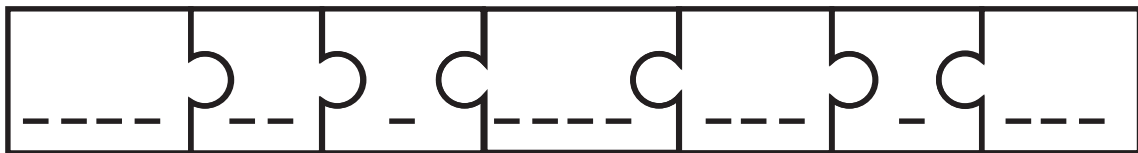
Plan An Escape, Just In Case!

- Make a map of how to get out that includes a meeting place away from your home. Practice getting there once a month.
- Once you're out, stay out!
- Call 911 once you are out of the house.
- Have **smoke detectors** with **working batteries** on every level of your home. This is the best and cheapest way to keep your family safe.
- Change smoke detector batteries in Spring and Fall, at the time change.
- Keep matches and lighters out of children's reach.



Visit www.Nationwide Childrens.org/Safety for directions on how to create your own fire escape plan.

Fire Safety Puzzle Plan an escape, just in case! If there is a fire, just get OUT and call 911!



Copy the words that fit the matching pieces in the above puzzle to discover the Fire Safety Phrase!



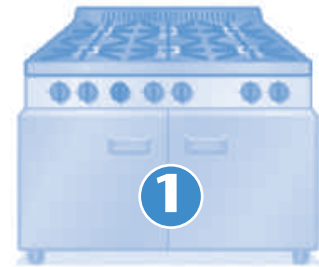
REMEMBER:
If you see someone playing with fire, tell an adult.
SPEAKING UP keeps everyone safe!



Watch OUT...for HOT Things in Your House!

Directions: These are things you should be SUPER careful around, and only use with a grown up helping. Find the HOT item that matches the number. Fill in the blanks with the name of the HOT item!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



- Answer Key**
1. OVEN
 2. STOVE TOP
 3. HOT WATER
 4. SPACE HEATER
 5. FIREPLACE
 6. CANDLES
 7. GRILL
 8. SOUP
 9. MICROWAVE
 10. IRON
 11. COFFEE
 12. TOASTER

Become a Great Babysitter!

If you are at least 11 years old, you can take Babysitter Training to learn the ins and outs of being a sitter parents will invite back! Go to www.NationwideChildrens.org/edu or call (614) 355-0662 for more info!

Break the code and learn how to *Be Poison Smart!*[®]

Use the picture to figure out the safety rule.
The first letter is done for you.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| | | | | | | | | | | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| | | | | | | | | | | | | |

A

&

!

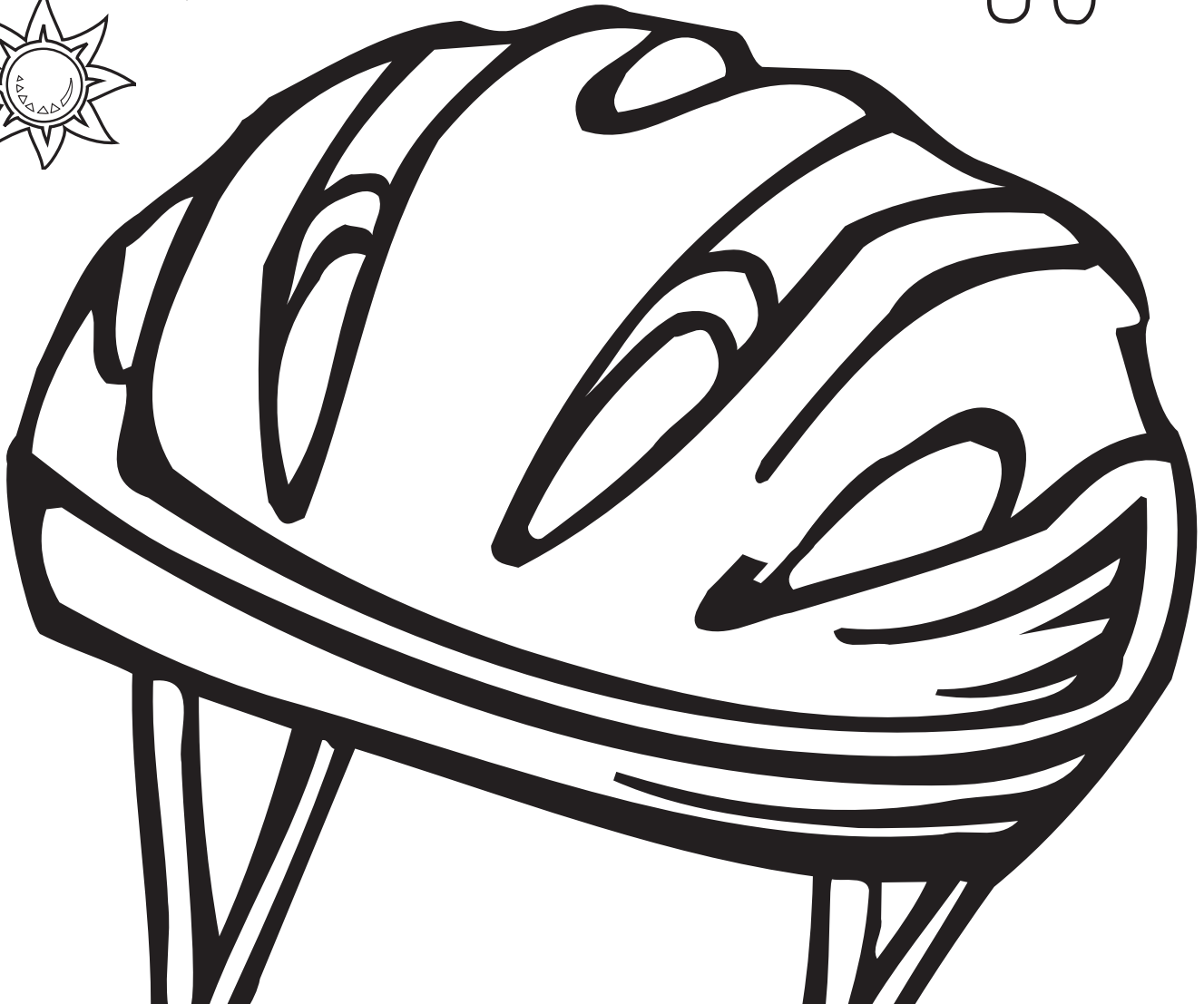
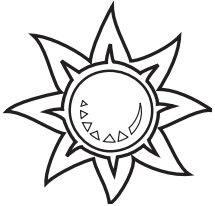


- If you think someone might be poisoned, call the Poison Center first at 1-800-222-1222! If they're unconscious, call 911.
- Poison Centers offer non-emergency information too. Call 1-800-222-1222 if you have questions.

Answer Key:
Always keep poisons out of sight & out of reach!

Decorate Your Dream Helmet!

Color the helmet with the colors and designs of your choice! or Color and cut-out the symbols on this page and glue them on the helmet.



Hidden Pictures – Backyard Safety



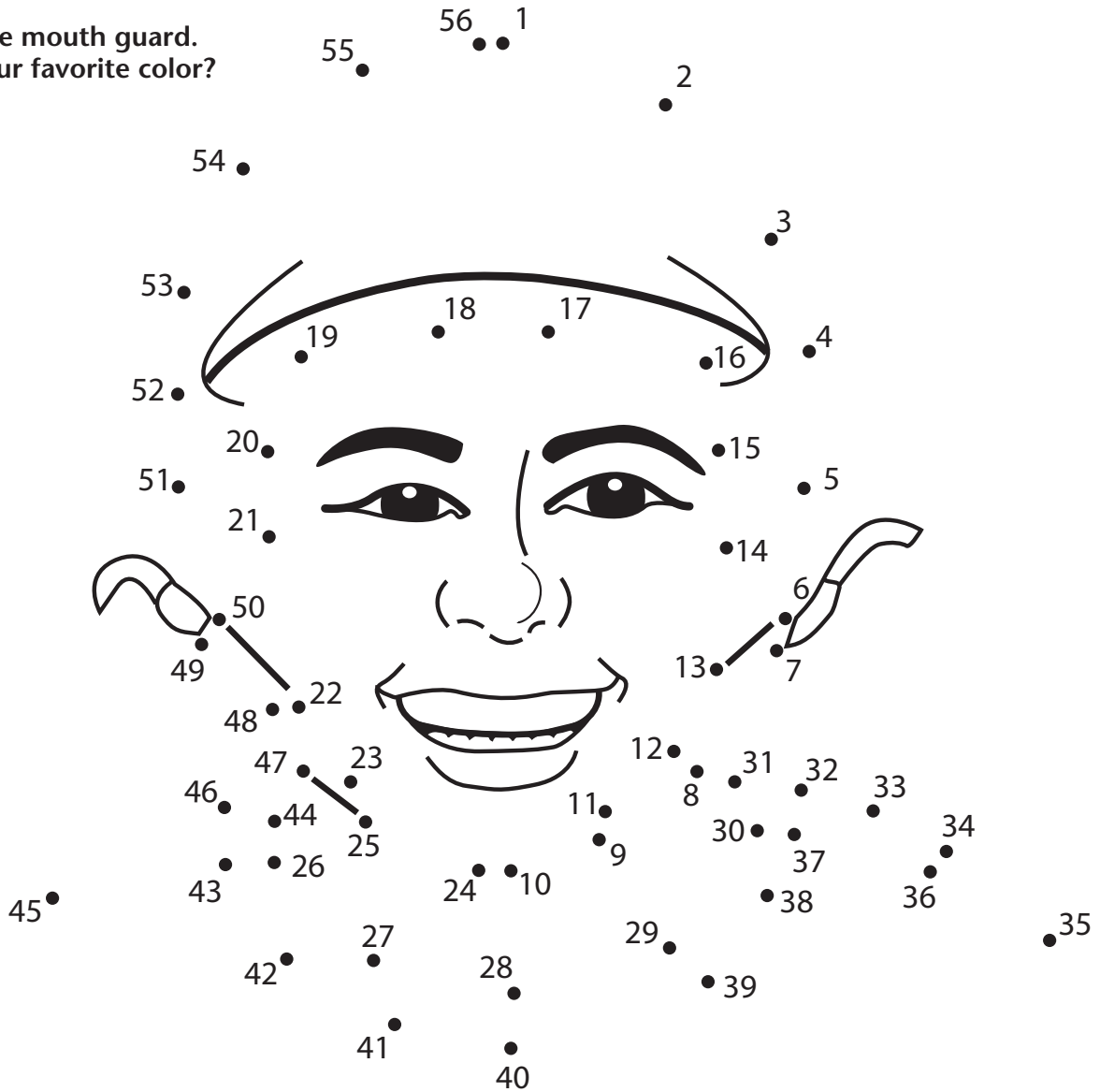
Directions: Find these things hidden in the backyard picture.

- 1. TENNIS SHOES:** Sneakers are the safe choice for play.
- 2. FOOTBALL:** Wear team helmets and shoulder pads, or play **TOUCH** football, **NOT** tackle!
- 3. VOLLEYBALL:** Always know where the ball and players are.
- 4. SOCCER NET:** Fix any rips, so nobody gets caught in it.
- 5. LACROSSE STICK:** Sticks can swing faster than you can run.
- 6. HOLLY PLANT:** Don't taste wild plants, they could be poison!
- 7. JUMP ROPE:** Never hang ropes on play equipment because kids can get tangled or trapped.
- 8. BUCKET:** If you have a fire pit, keep water nearby. **NEVER** use lighter fluid or gas on it!
- 9. SWING:** Make sure there is a soft surface on the ground all around swing sets.

Mouth Guard Safety

1. Connect the dots around this safety-smart sports star!

2. Color in the mouth guard.
What is your favorite color?



- Damaged teeth do not grow back!
- You can use a “boil and bite” guard (you can find these at stores that sell sporting equipment) or a custom made guard from your dentist.
- Make sure you can talk and breathe with your mouth guard in.
- Clean your mouth guard, but don't share it with your friends. This spreads germs and you can get sick.
- If someone gets hurt and you think the injury is serious, call the doctor.
- If someone is unconscious, not moving or not responding to you, call 911.

Nationwide Children's Sports Medicine
(614) 355-6000
www.NationwideChildrens.org/SportsMedicine

Monkey Maze

Directions:

Help the Monkey get through the Monkey Bars safely!

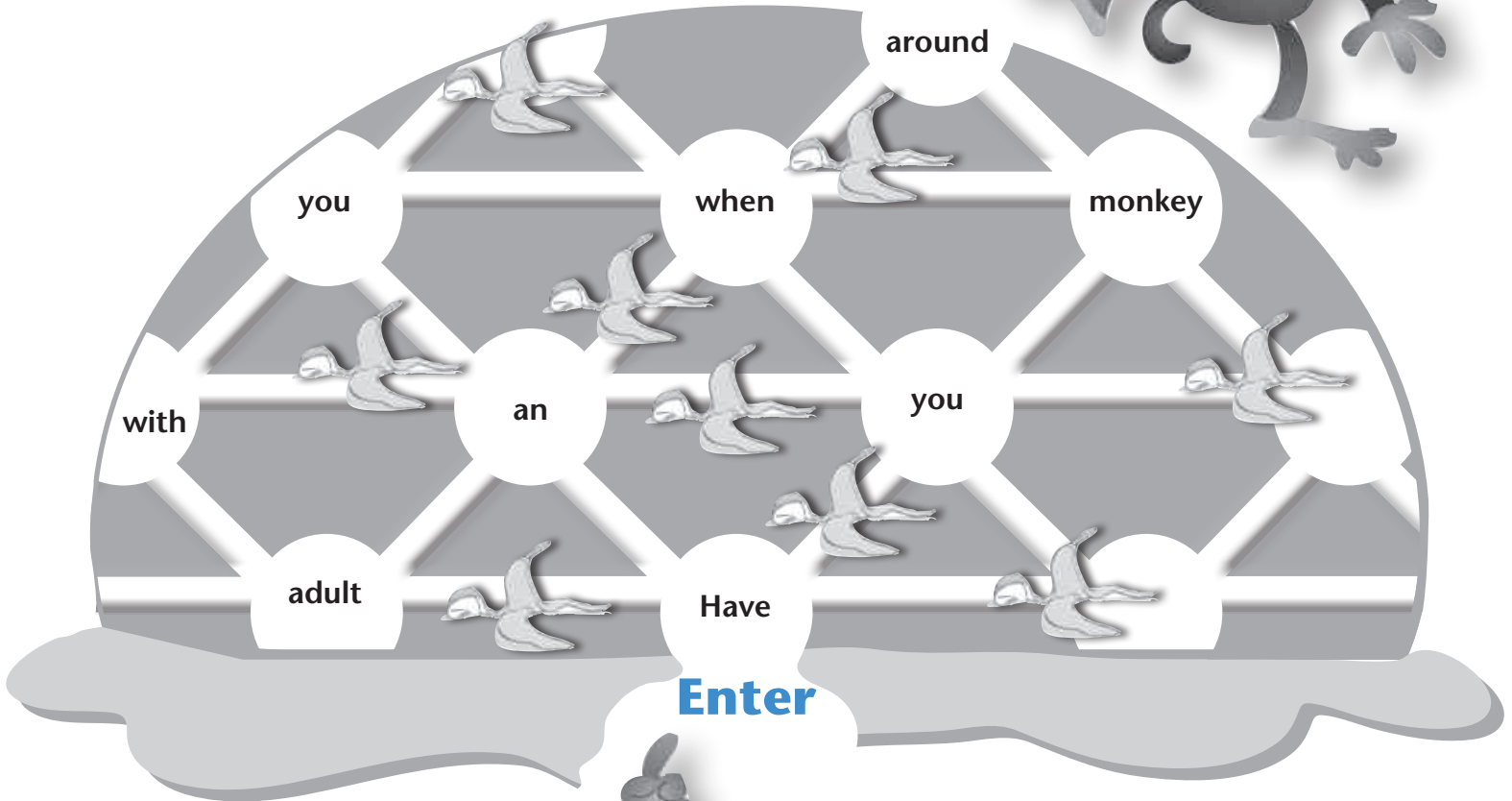
Watch out for banana peels blocking the way!

Yea!
You made it!



Exit

around



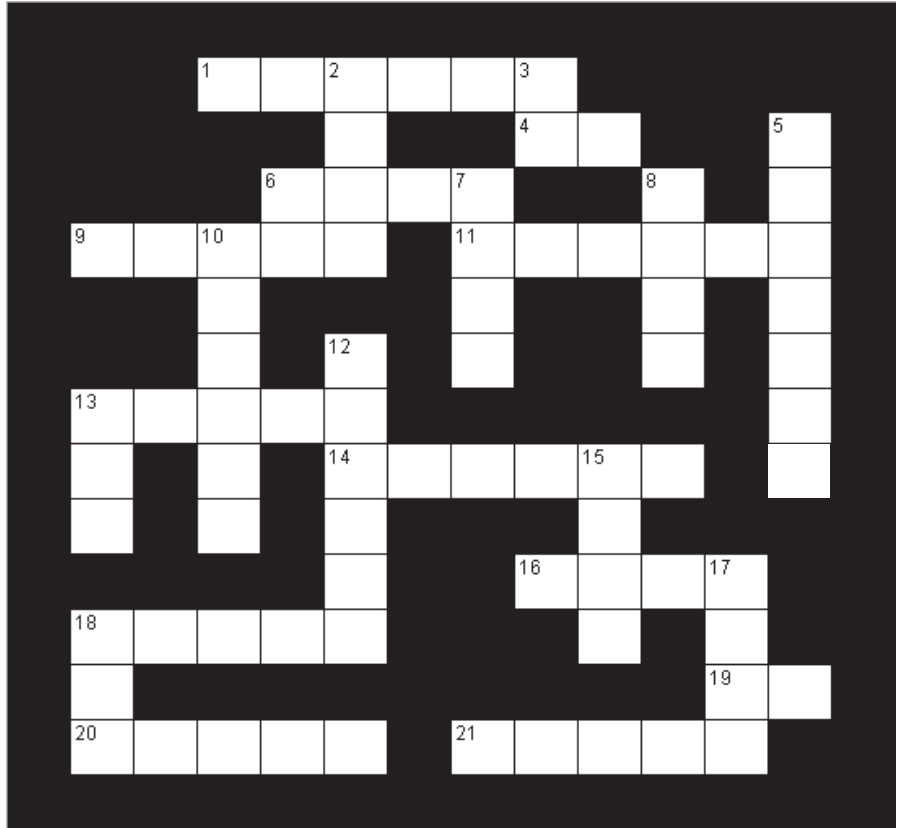
Before you climb, check for:

- Sharp or pointy parts!
- Wet or slippery parts!
- Hot metal parts!
- Soft surface padding the ground all around!
- Strings or dangling things hanging from your clothes or the bars!

Parents!

See "Playground Safety Checks" in the **Pull-Out Parent Pages** in the center of this booklet for more information on how to make sure equipment is safe.

My Bus Safety Crossword



Fill in the boxes with the **bolded** word.

ACROSS:

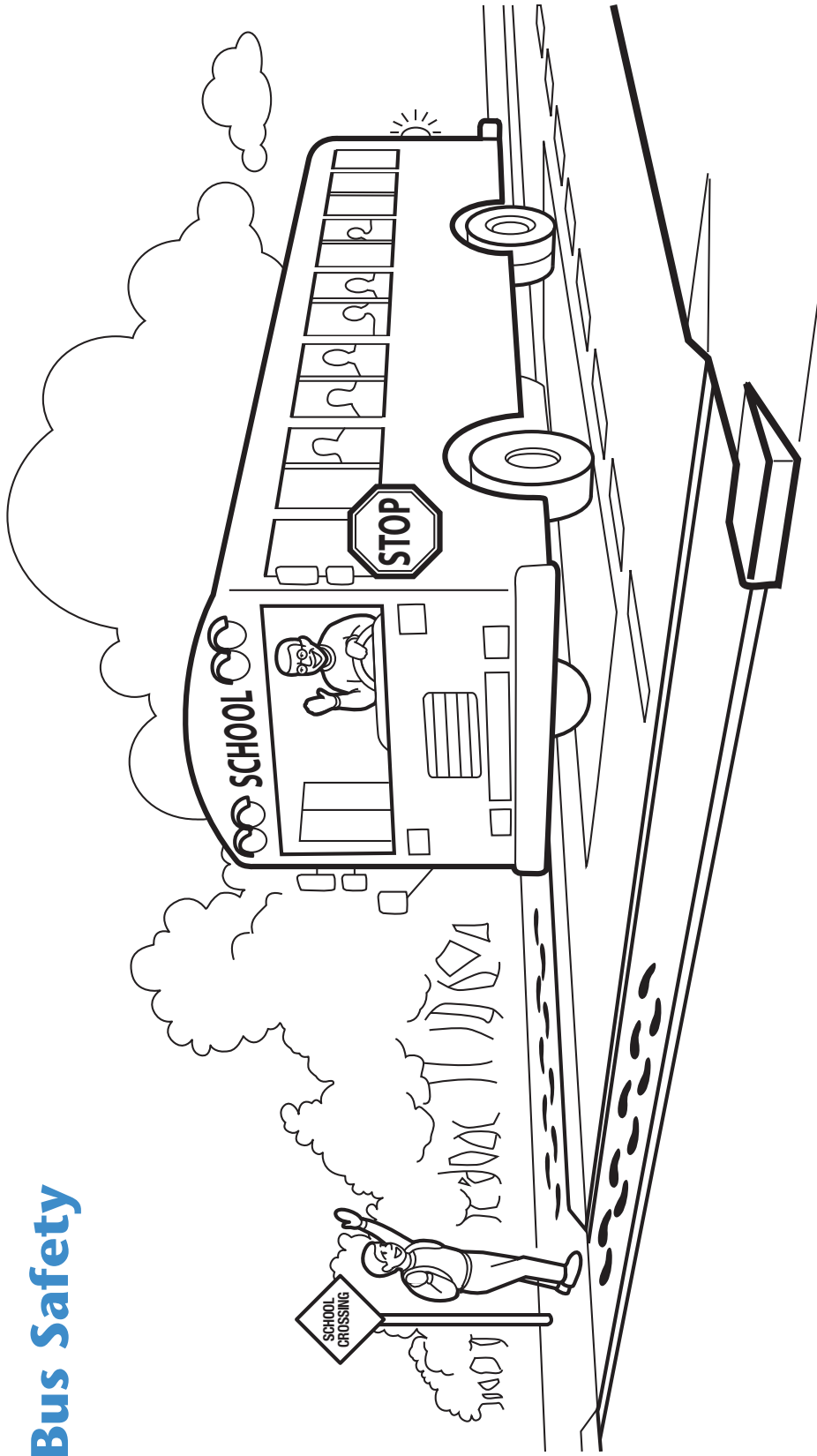
1. I always **LISTEN** to what my bus driver is saying to keep me safe.
4. I make sure strings and straps **ON** my backpack and jacket are tucked in so they don't catch on anything.
6. I will **WAIT** on the sidewalk or driveway until it's time to get on my bus.
9. At train crossings, I will be very **QUIET**.
11. Once inside my bus, I use my **INDOOR** voice.
13. I **SMILE** and wave to my bus driver before crossing the street.
14. I always **FINISH** any food and drink before getting on the bus.
16. When crossing a street, I always STOP, **LOOK**, and LISTEN!
18. If I use a bus with seat belts, I will leave my safety straps **ALONE** during the trip.
19. Rules are made **SO** that I stay safe.
20. If I drop something under or near a bus I will **LEAVE** it there, and tell my bus driver.
21. I will follow all the safety **RULES** on my bus.

DOWN:

2. I will stay in my **SEAT**.
3. On the way to the bus, there should be **NO** rough-housing so nobody gets hurt!
5. I always look LEFT-RIGHT-LEFT first, and then cross all **STREETS** carefully.
6. My friends and I are respectful when **WE** speak to our bus drivers.
7. I get to my bus stop on **TIME**.
8. I stay out of the DANGER **ZONE** which is the area 10 feet all around the bus.
10. I always keep my arms, legs and head **INSIDE** the bus!
12. I look at my bus driver and wait for him or her to tell me it is safe **BEFORE** I cross the street.
13. If I use a lift bus, I will help the adult secure my wheelchair and make sure it is **SET** in place.
15. I will be patient at the bus **STOP**.
17. Kohl's Is Sold on Safety means **KISS** Your Kids!
18. I obey **ALL** traffic signals, and walk facing traffic on my way to my bus stop.

Visit www.NationwideChildrens.org/Safety for the solution

Bus Safety



10 Giant Steps all around a bus is the DANGER ZONE!

Always **LOOK** at your bus drivers and wait for their signal to **GO** before crossing in front of buses!

Look at the picture above. Learn the safety tips by doing these 8 things on the picture.

1. Count 10 foot prints from the side and front of the bus.
2. Draw a line between the eyes of the child crossing the street and the bus driver's eyes.
3. Color the STOP sign RED
4. Color the LIGHTS on the bus RED
5. Count how many friends are on the bus.
6. Draw yourself in the window!
7. Color the DANGER ZONE all around the bus in BLUE.
8. Color the school BUS bright YELLOW.

Winter Word Wiggle

Directions:

The scrambled words on the left are all things that protect you during winter play. Unscramble, then draw a line to the picture that matches.

oact c o a t
keeps body warm

ckss _____
keep feet warm

mrfuaes _____
keep ears warm

sbtoo _____
keep feet warm & dry

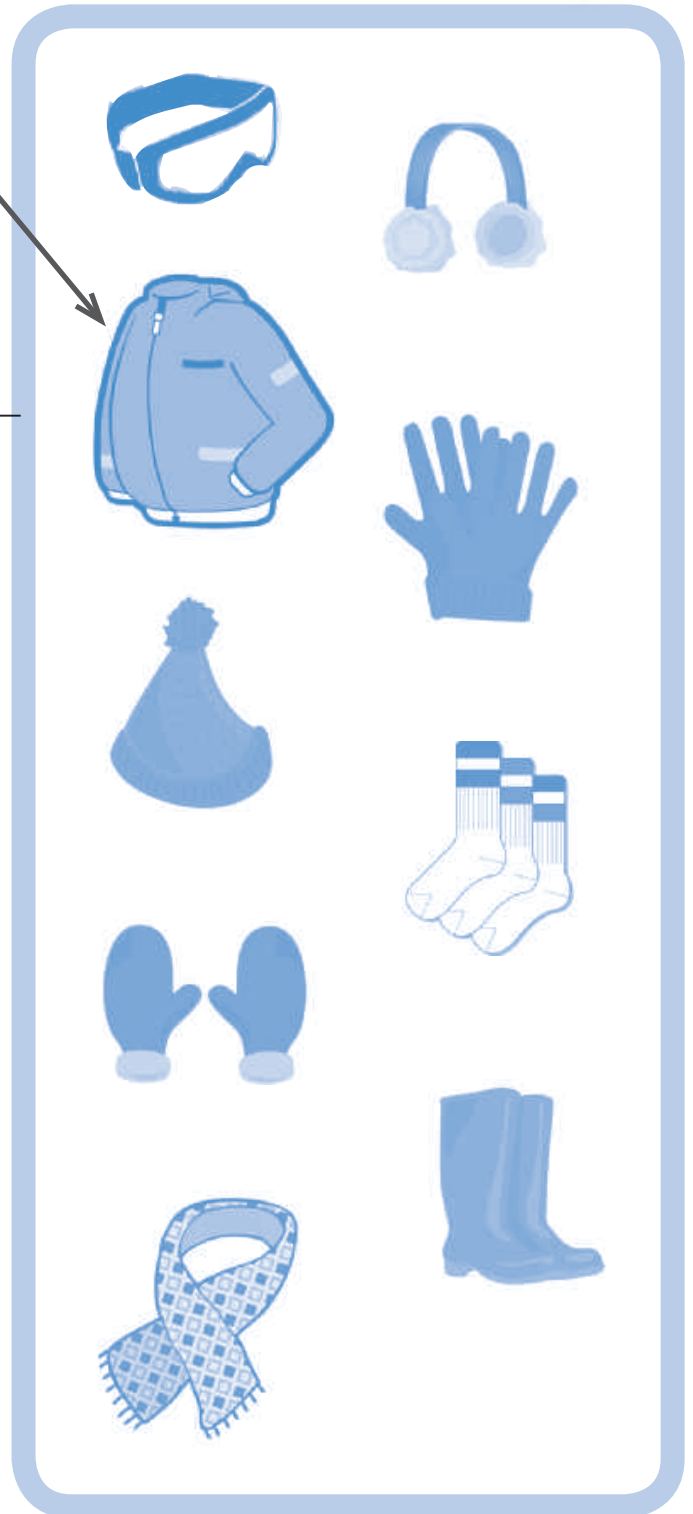
mtstine _____
keep fingers warm

ovlsge _____
keep hands warm

arfsc _____
keeps neck warm

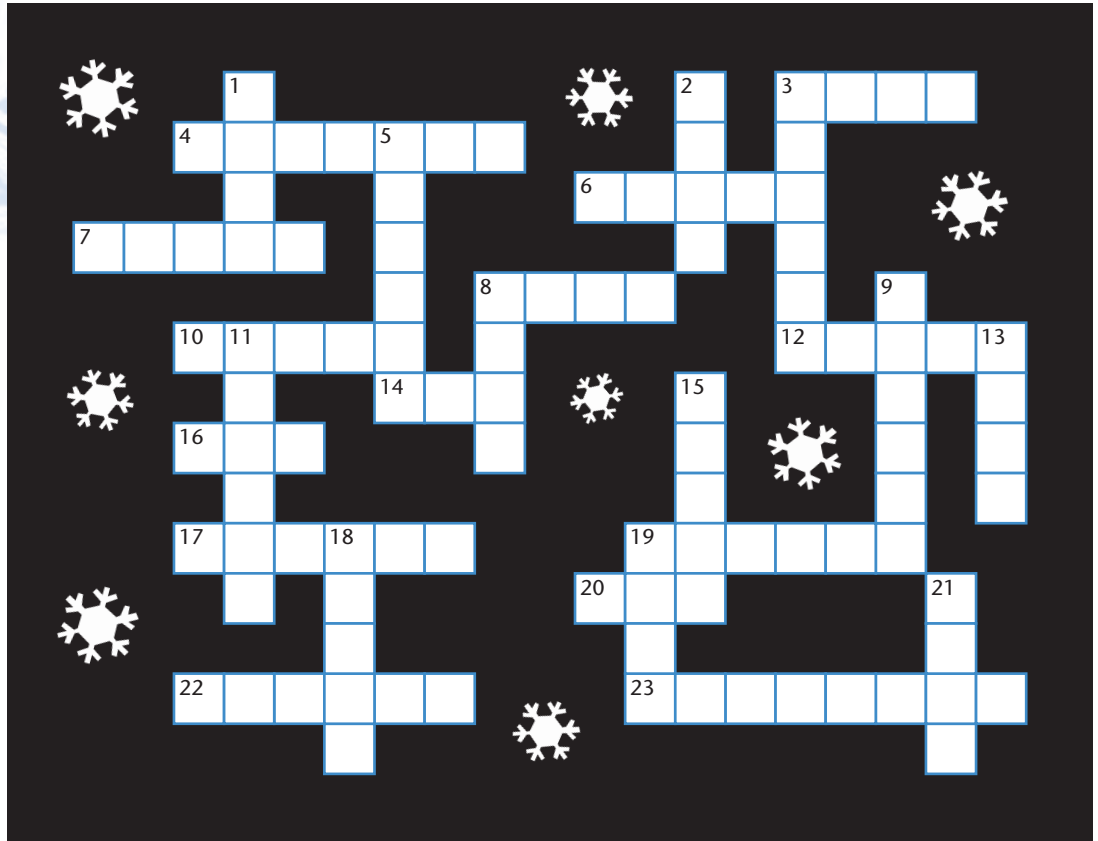
tah _____
keeps head warm

goleggs _____
protect eyes



Visit www.NationwideChildrens.org/Safety for the solution

❄️ Winter Sports Safety Crossword Puzzle



Fill in the boxes with the **bolded** word.

ACROSS:

3. Cold, blowing **WIND** raises the risk of frostbite.
4. Protect eyes from wind with **GOOGLES**.
6. Protect your **BRAIN** with a helmet.
7. Ice skate only on rinks or **PONDS** that are in public parks which are checked and approved for safety.
8. Frostbite can happen faster to **KIDS** than adults.
10. Sleds are safer if you can **STEER** them to turn away from danger.
12. Take lessons and follow all of the snow trail **RULES**.
14. People in cars can't **SEE** you on a sled, so stay in sledding-only areas.
16. Ask your Parks Department if **ICE** is thick enough to skate on.
17. When skiing, buy or rent a **HELMET** to protect your brain.
19. Kids, make sure **ADULTS** are watching out for you during winter sports.
20. Keep an extra pair of **DRY** gloves and socks nearby in case you get wet.
22. Check for icy patches, trees and other sledders **BEFORE** you start down a hill.
23. Help keep outdoor walkways clear so they are not **SLIPPERY** from ice and snow.

DOWN:

1. Listen to your body's signs that you are getting too **COLD**: don't ignore shivering!
2. Your body loses heat most easily down through your feet and up through your **HEAD**.
3. Sun can burn you during the **WINTER** months too: wear sunscreen.
5. Wear several **LAYERS** of clothes.
8. Kohl's Is Sold on Safety says, "K.I.S.S. Your Kids and **KEEP** Them Safe!"
9. Check boots and bindings for a good fit before hitting the ski **SLOPES**.
11. Keep scarves and hood strings **TUCKED** in to keep from getting them caught on anything.
13. Go "feet first" down the hill when you **SLED**.
15. Always skate, ski and snowboard with a **BUDDY**.
18. Never let a **MOTOR** vehicle pull your sled!
19. Just like on a roller coaster, keep your feet, legs, hands and **ARMS** in the sled at all times.
21. Keeping your head, feet and hands dry will help keep you **WARM** when it's cold.

Snow Sports Safety Maze

Find your way safely through the blizzard by following the words of the Snow Sports Safety Slogan!



Snow Sports Safety Slogan:

Protect your brain: wear a helmet when you sled, skate, ski, snow board or ride a snow mobile!

ENTER

Protect your brain: wear a helmet when you sled, skate, ski, snow board or ride a snow mobile!

You made it!

Visit www.NationwideChildrens.org/Safety for the solution



Take the Limerick Challenge!

See if you can finish the Winter Fire Safety Limericks below by filling in words in the blanks that rhyme with the first two lines of each poem!

1.

Winter fires can make a room glow
But they can cause pain, don't you know.
Whenever they're lit
Keep an eye out, don't quit!
Out of reach, never touch, just say ___ _!

2.

Candles smell nice and seem pretty tame
But beware because they are to blame.
Knocked over or pulled down
You'll be wearing a frown
They can burn things 'cause they have a _____!

3.

Space heaters might help to keep warm
Your apartment, your house or a dorm.
Turn them OFF while away
Fire-free you will stay
Plus unplug them when there is a _____!

4.

So many warm things need a plug!
Lights, blankets and space heaters, Ugh!
Keep the cords (don't place bets)
Out from under carpets
They get too hot when under a ___ _ _!

5.

That thing where you plug in a light:
The electrical outlet, that's right!
If cords are too many
You won't save a penny
But a fire you might have to _____!

6.

You want to be warm when it's cold
But with heaters this rule you must hold:
Three feet all around
Should be clear on the ground
It's how to stay safe, we've been _____!



1. Out of reach, never touch, just say NO! 2. They can burn things 'cause they have a FLAME! 3. Plus unplugging them when there is a STORM! 4. They get too hot when under a RUG! 5. But a fire you might have to FIGHT! 6. It's how to stay safe, we've been TOLD!

Frostbite Picture Story

Directions:

Be careful when it's cold outside! Fill in the word that the picture shows in the blank spaces!

Cold _____



makes frost _____



happen

faster than when the air is calm. Be sure to _____



for dry

or painful skin on _____



and fingers, _____



and toes! If you _____



someone might

have frost _____



, have them _____



to the _____



as soon as they _____



!

Solution: Cold WIND makes frostbite happen faster than when air is calm. Be sure to WATCH for dry or painful skin on HANDS and fingers, FEET and toes! If you THINK someone might have frostbite, have them GO to the DOCTOR as soon as they CAN!

Staying Safe... On the Road Again

Directions:
De-code the License Plates



Texting while driving is SUPER dangerous. There is nothing that can't wait, keep your children safe!

(Answer: Text Later)



Use your "inside voice" when riding in a car or van. Being quiet and behaving nicely allows the driver to stay focused on the road.

(Answer: Inside Voice)

Always turn on your headlights when using windshield wipers.

(Answer: If Wipers - Lights!)



Use your cell phone's speakerphone, or a blue tooth (hands free headpiece) if you must take an urgent call when on the road. Even better: pull over to a safe place before talking on your cell.

(Answer: Blue Tooth)

The Kohl's Is Sold on Safety program reminds you to "KISS" Your Kids and keep Them Safe! Choosing the correct booster seat or seat belt is a way of saying, "I love you!"

(Answer: KISS Your Kids)



“Safety for All Seasons” -- formerly **K.I.S.S.** Your Kids (Kohl’s Is Sold on Safety) – is a research-based child injury prevention program which brings your family safety information all year!

Nationwide Children’s Hospital, with generous support from Kohl’s Cares®, sponsors seasonal educational initiatives to promote the prevention of the most common injuries seen in our emergency department — injuries that are leading causes of death for kids and parents.

Visit our web page to learn about coloring contests, community events, and other ways you can get free information, or even a free helmet to help protect your brain in every season — while on your skates, sled, bike, or scooter!

www.NationwideChildrens.org/Safety

While at our website, you can try our **safety video game**, “Play it Safe!” or find out which car seat or booster seat is right for a child (or when he or she is ready for a regular seat belt) with our simple **“Car Seat Chooser”** web app!

PARENTS!





The **center of this book on gold paper** is a section called the “Pull-Out Parent Pages!” Included are simple safety measures you can use to help keep your family safe all year. You can remove this section and post in your home for quick reference. There are also two wallet cards (one for you, one for a grandparent or sitter) to cut out for keeping important numbers handy.

We hope you also enjoy the rest of this book with your children...and stay safe!



Use Car Seats, Boosters & Belts! They **reduce death** in crashes up to **71%**.

1. Always wear YOUR seat belt and make sure ALL passengers do too. Make it a "Habit for LIFE!"
 2. Never place a rear-facing seat in the front seat. Serious injury or death can occur, especially if there is an airbag
 3. Always put your CHILDREN in the CORRECT car seat, booster seat or seat belt!
 4. Follow the instructions from your car seat including weight limits.
 5. Children who have outgrown their booster seats should ride in a lap and shoulder seat belt in the BACK seat until 13 years of age.
- Check out this simple chart to learn what kind of restraint your child should use.**

| AGE | WEIGHT/HEIGHT | SEAT TYPE | |
|-------------------------------------|---|---|---|
| Birth to at least 2 years | Until the child reaches the maximum weight or height limit of the rear-facing seat. | Rear-facing seat: Infant seat OR Convertible seat |  |
| OR | | | |
| 2 to 4 years | Up to 65 pounds | Convertible seat with internal harness OR Forward-facing seat with internal harness |  |
| AND | | | |
| 4 to 8 years | At least 40 pounds and up to 4 feet, 9 inches tall | Booster seat (booster seats do not have an internal harness) |  |
| AND | | | |
| 8+ years | At least 4 feet, 9 inches tall | Take the 5-STEP TEST at www.carseat.org to see if your child is ready for a seat belt alone. |  |
| AND | | | |

RESOURCES:

| | | |
|---|--|--------------------------------|
| Nationwide Children's Hospital | 614-722-6524 (Passenger Safety) | Car seat questions |
| Nationwide Children's Hospital Center for Injury Research and Policy | 614-722-2400 www.injurycenter.org | Safety Research and Policy |
| Columbus Public Health Dept. | 614-645-7748 | Car seat fitting and questions |
| Ohio Traffic Safety Office | 1-866-Car Seat (1-866-227-7328) | Car seat fitting and questions |
| National Highway Traffic Safety Administration | www.nhtsa.dot.gov/cps/cpsfitting/index.cfm | Car seat fitting |
| Safe Kids Central Ohio | www.safekidscentralohio.org/ (click on "Upcoming Events") | Car seat fitting |



PULL-OUT PARENT Pages

Kids! This section (on yellow paper) of this book is for your parent(s) or guardian(s). They can take it out and keep it for reminders on how to keep you safe all year long.

Parents! Please post this safety information! Safety is a team effort. Kohl's Department Stores and Nationwide Children's Hospital have put together this activity book to help you and your child learn how to be safe. Our Emergency Room sees serious injuries that may be avoided with the right information and proper protection. Keeping you and your kids safe is our mission!

For more about this program, go to www.NationwideChildrens.org/Safety or KISS@NatiowideChildrens.org call (614) 355-0679.

PREVENT FALLS

| | |
|--|--|
| Children can easily fall out of windows! | Screens can keep insects out, not children in. |
| If a child can climb it, keep it away from the windows! ONLY open windows kids CANNOT reach. | Set & enforce rules to keep children's play away from patio doors and windows. |

Lawnmowers can cause disfiguring and deadly injuries!

- Keep children AWAY from mowers at all times: they can be injured and/or burned.
- Mow when grass is DRY: slipping on wet grass can cause serious injuries.
- Mow when it's fully LIGHT: even at twilight you can't see well enough to be sure of safety.
- NEVER allow a child to control a mower and NEVER leave a running mower unattended!
- Never take a child on a riding mower!



CUT OUT the quick-reference numbers below to keep in your wallet at all times.

PERSONALIZE the other side with your doctor's number and your own emergency contacts.

Our Doctor is:

Phone Number:

(____) _____

Emergency Contact
Friend or Relative:

Phone Number:

(____) _____



NUMBERS YOU NEED!

Poison Center:
1-800-222-1222
EMERGENCY: **911**

Nationwide
Children's Hospital
(614) 722-KIDS
1-800-875-KIDS

Preventing Winter Falls

- Keep all stairs inside and outside your home clear of clutter.
- Remove throw rugs, or tape them down so they can't slip.
- Make sure your driveway, sidewalks, and outdoor stairs are free of ice and snow.
- Check your boots and shoes for good, non-skid treads.

Preventing Falls - Baby

- If it's HIGH UP it's HIGH RISK.
- Keep infant seats off high surfaces and baby properly strapped in.
- Keep hold of children on exam tables, counters and chairs.
- If car seats are used out of the car, they should be placed on hard, flat floor, where there is no danger of falling over.

DRIVE SOBER!

Alcohol use is one of the top causes of motor vehicle crashes.

- Never drink and drive.
- Be a role model and designate a driver.
- Avoid distractions like phone use.
- **NEVER TEXT** while driving!
- **Kids!** Use your inside voice in the car, and be patient.

- When pulling out or into a driveway or parking space, double check in all directions for children. Fifty (50) kids are backed over each week in the U.S. and 70% of them are run over by a family member.
- Talk to teens about only riding with a sober driver. Let them know you would rather pick them up at a party than in the morgue.

STAY FOCUSED!



ONE for YOU:
Fill Out & Cut Out.
Keep in your wallet
for safety's sake!

Our Doctor is:

Phone Number:

(____) _____

Emergency Contact
Friend or Relative:

Phone Number:

(____) _____

ONE to SHARE:
Fill out and give
to your child's
sitter or Grandparent!



**NUMBERS
YOU NEED!**

Poison Center:
1-800-222-1222
EMERGENCY: **911**

Nationwide
Children's Hospital
(614) 722-KIDS
1-800-875-KIDS

LET KIDS

- Get in the water only with an adult's permission AND someone watching them.
- Nobody is "drown-proof," even people who have taken swimming lessons!
- Fencing around pools needs self-locking latches which are out of reach of children.
- Never allow wheels (bikes, tricycles, baby walkers, wagons, skateboards, etc.) at poolside.



STOP

PARENTS!

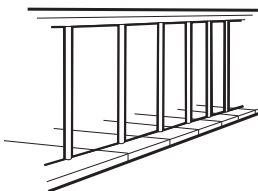
You are your child's greatest teacher. Lead by example and follow the safety rules around buses.

- Never pass a school bus that has red flashing lights on. This means that the bus is loading or unloading children.
- Stay stopped until the bus moves or the driver tells you to go, and always be alert for any children at bus stops. It is a crime to pass a stopped school bus.
- Be ready to stop when a bus has yellow flashing lights.
- Review bus safety rules with your children.
- Help your child to be on time for their bus.
- Take turns supervising bus stops for smaller children.

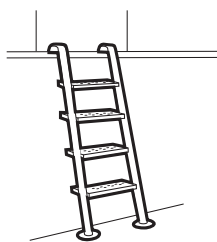
Playground Safety Checks



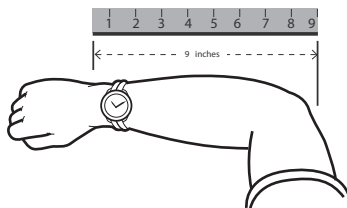
- Check playground equipment for openings that won't trap children.



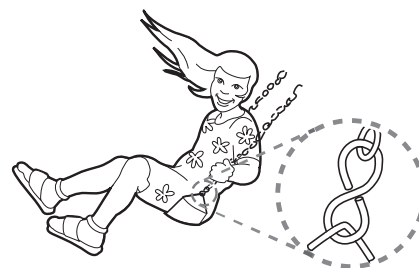
- Rails should be **SMALLER** than 3.5 inches apart! (3.5 inches is about the width of an adult's fist.)



- Ladder rungs should be **AT LEAST 9 inches** wide! (9 inches is about the length of an adult's forearm, from the wrist to the elbow.)



- "S" hooks on swings should be **CLOSED** and without gaps that can pinch small fingers or catch on clothing!
- Good surfaces are soft and extend at least 6 feet in all directions.
- Equipment is anchored safely in the ground.
- Sharp things are not sticking out.
- No tripping hazards like exposed bases, tree stumps and rocks.
- Platforms and ramps should have guardrails to prevent falls.



Questions or concerns? Contact the playground's owner or the Ohio Department of Health at <http://www.odh.ohio.gov>

Take a CPR class
and keep quick reference
information handy.

Call 614-355-0662
for CPR classes at
Nationwide Children's Hospital