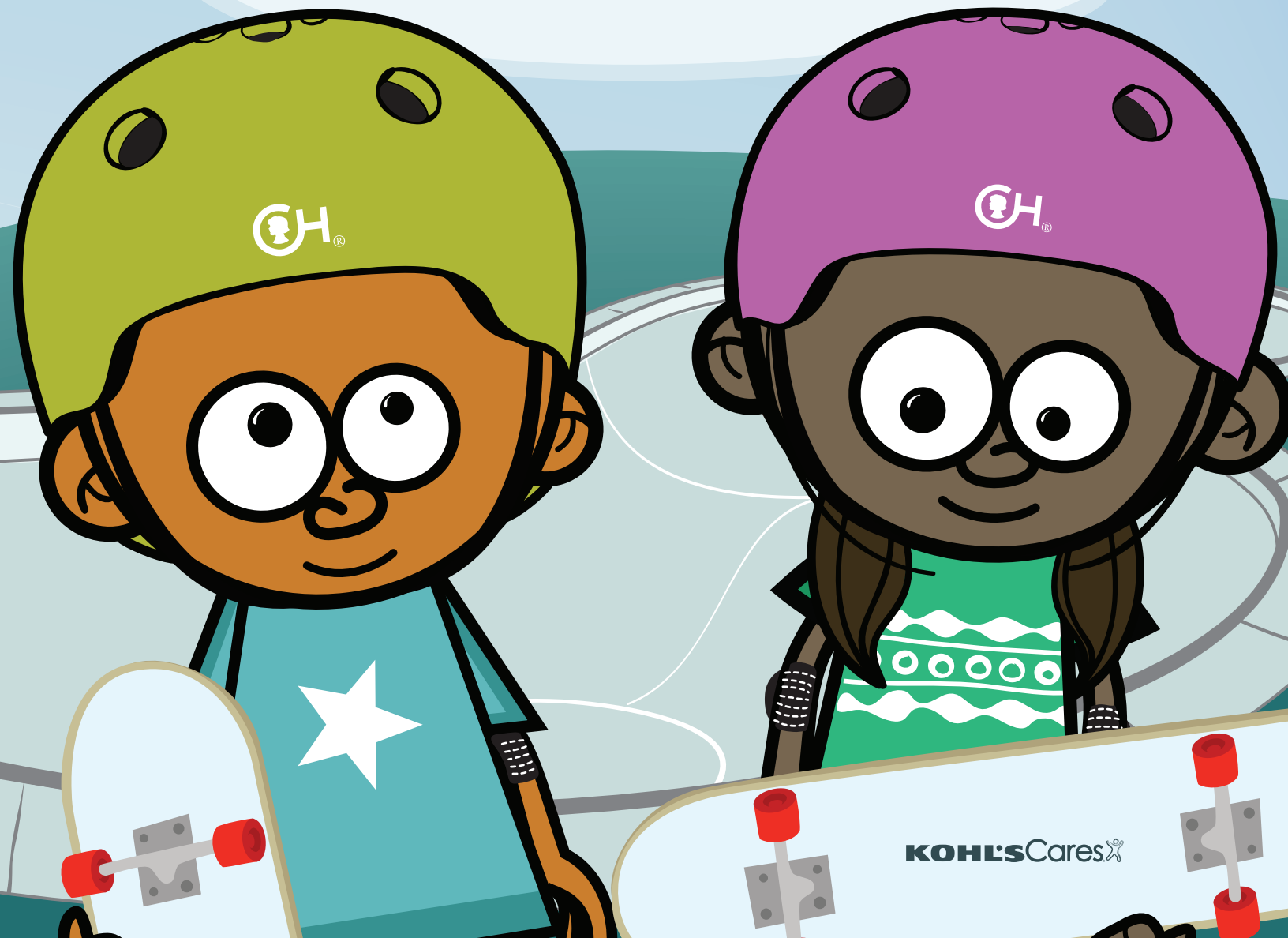


Kohl's Injury Prevention Program
CH The Children's Hospital of Philadelphia®

INJURY PREVENTION AND SAFETY

Activities for Kids and Families



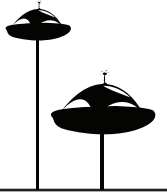
KOHL'S Cares®

Hey Kids!

Complete the activities in this book to learn how you can be safer every day! Then sign the certificate on page 18 and be a Certified Super Safe Kid!



PARENT INFORMATION



About the Kohl's Injury Prevention Program

Injuries are the leading cause of death and disability to children in the United States. The Kohl's Injury Prevention Program at The Children's Hospital of Philadelphia is dedicated to preventing injuries in children. Our program educates kids and their families about safety and offers items to increase safety practices in the community.

The Safety Center

The Safety Center is located in The Children's Hospital of Philadelphia. It is a convenient place to purchase items such as child safety seats, bicycle helmets, smoke alarms, baby gates and home safety products at low prices. When visiting the center or purchasing products you can also receive free injury prevention information from a health educator.

The Kohl's Mobile Safety Center

The Kohl's Mobile Safety Center is the first of its kind in our region! Our fully equipped van contains child safety products to distribute in the community. It is staffed by health educators who provide free safety information and training.

Please contact the Safety Van Coordinator at 267-426-3195 for more information about the program.

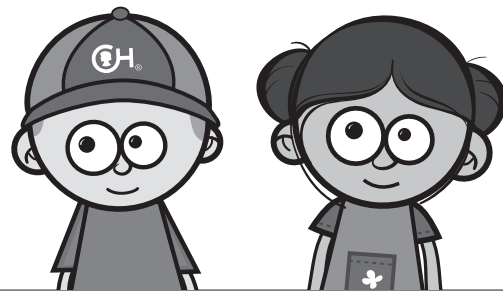
About This Book

This activity and coloring book has been designed for you to review with your child. You'll learn about child safety seats, and how to stay safe at the playground, in the water, at home and at play. Each activity presents the information in a fun and educational way.

Child Safety Seat Inspection Stations

During child safety seat checks, child passenger safety technicians teach families how to correctly install the safety seat in their vehicle. It is important to make sure every person in a vehicle is buckled up on every ride! These events are open to the public, free of charge and are conducted in southeastern Pennsylvania locations, such as businesses, hospitals and fire houses. Visit one today to make sure your child's safety seat is installed properly.

Learn more about locations and times here: chop.edu/childsafety

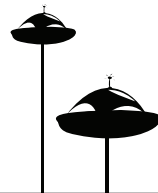


Visit the Safety Center!

Located on the first floor of the Main Hospital inside the Shops at CHOP, the Safety Center is a convenient place to buy child safety products at a low price and get free injury-prevention information. Open weekdays from 10 a.m. to 4 p.m. For more information call 267-426-5000, send an email to safetycenter@email.chop.edu or visit chop.edu/childsafety.

Products for sale include: Bike helmets, child safety seats, cabinet and drawer locks, baby gates, and smoke alarms

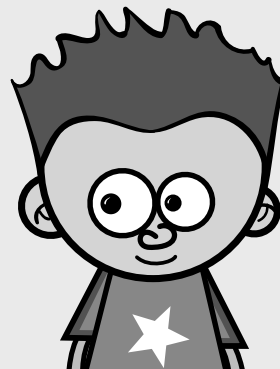
INJURY PREVENTION AND SAFETY TIPS



Keeping Kids Safe

Accidental injury is the leading cause of death for children age 14 and younger. Injuries take more lives each year than disease, violence and suicide. Most of these injuries can be easily prevented.

Use the safety tips found in this book to help make sure your child stays safe, at home and at play. Please visit chop.edu/childsafety for more safety information and upcoming events.



Fire Safety

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home.
- Test smoke alarms once a month, and change batteries once a year and if the alarm chirps because the battery is low.
- Have two exits out of every room.
- Make and practice an escape plan with your family. Choose a safe meeting place outside.

Child Passenger Safety

- Children should be properly restrained on **every** trip, **every** time.
- Keep your child in the backseat.
- Use the best safety restraint for your child's size. See page 3 of this book for more details provided by the American Academy of Pediatrics.
- Always have your child safety seat inspected to make sure it is installed correctly. For information about local safety checkpoints, go to chop.edu/childsafety.

Bike Safety

- Wear a properly fitted helmet at all times when biking or skating.
- Ride in the same direction as traffic, on the far right side of the road.
- Use hand signals when making turns, and walk your bike across the street.
- Use reflectors on your bike, and wear bright colors to help others see you.

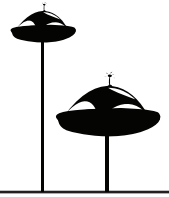
Pedestrian Safety

- Children under 10 should never cross the street alone. Hold an adult's hand when crossing.
- Make sure you look left, right and left again before crossing the street.
- Don't enter the street from between parked cars or behind bushes or shrubs.
- Cross streets at a corner in the crosswalk.
- When there are no sidewalks, walk facing traffic, as far to the left as possible.

Water Safety

- When you are not in the bathtub, the bathroom door should be closed.
- Always make sure you have a grown-up in the room when you are taking a bath.
- Babies should never be allowed in bathrooms or bathtubs alone.
- Grown-ups and kids should always wear life vests when they are in a boat or near water.
- Make sure your life vest fits you!

CHOOSING THE RIGHT CHILD SAFETY SEAT



Which Child Safety Seat Is Right for Your Child?

All infants and children must use a child safety seat, booster seat or seat belt at all times! Use these standards from the American Academy of Pediatrics to help determine which child safety seat is right for your child.

* Information from the American Academy of Pediatrics website, March 2011 — www.aap.org

1

Rear-Facing Child Safety Seats

Infants — from birth to age 2

All infants and toddlers should ride in a rear-facing child safety seat until they are 2 years of age or until they reach the highest weight or height allowed by the manufacturer of their child safety seat.

Rear-Facing Child Safety Seat



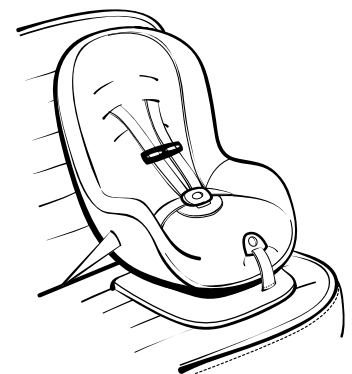
2

Forward-Facing Child Safety Seats

Toddlers — Age 2 & up

All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their child safety seat, should use a forward-facing child safety seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of their child safety seat.

Forward-Facing Child Safety Seat



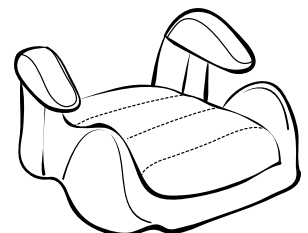
3

Car Booster Seats

Booster seats are designed for children between 8 and 12 years of age.

All children whose weight or height is above the forward-facing limit for their child safety seat should use a belt-positioning booster until the vehicle lap-and-shoulder seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.

Car Booster Seat



4

Seat Belts

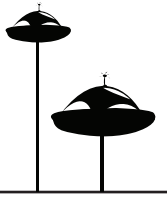
Tweens

When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection. All children younger than 13 years of age should be restrained in the rear seats of vehicles for optimal protection.

KOHL'S Cares

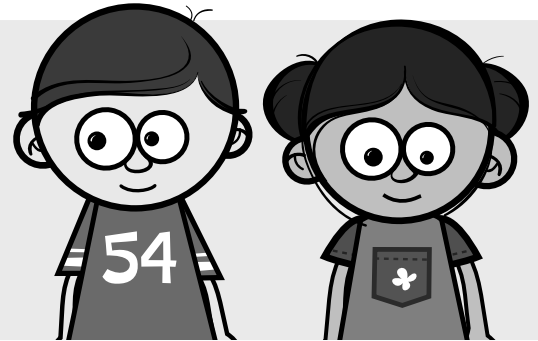
Ensure your child safety seat is installed correctly and locate a certified child passenger safety seat (CPS) technician in your area on the National Highway Traffic Safety Administration website: www.nhtsa.gov

WORD JUMBLE



How to Play:

Unscramble the jumbled letters below and spell words in the spaces provided. The jumbled letters will spell parts found on a bike. Then, use the circled letters to help solve the safety riddle at the bottom. Good luck!



LWEHE → ○

EDLPA → ○

LEBL → ○

BREKAS → ○

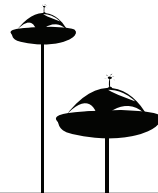
TSAE → ○

Riddle:

To protect your head while riding your bike, always wear a ...

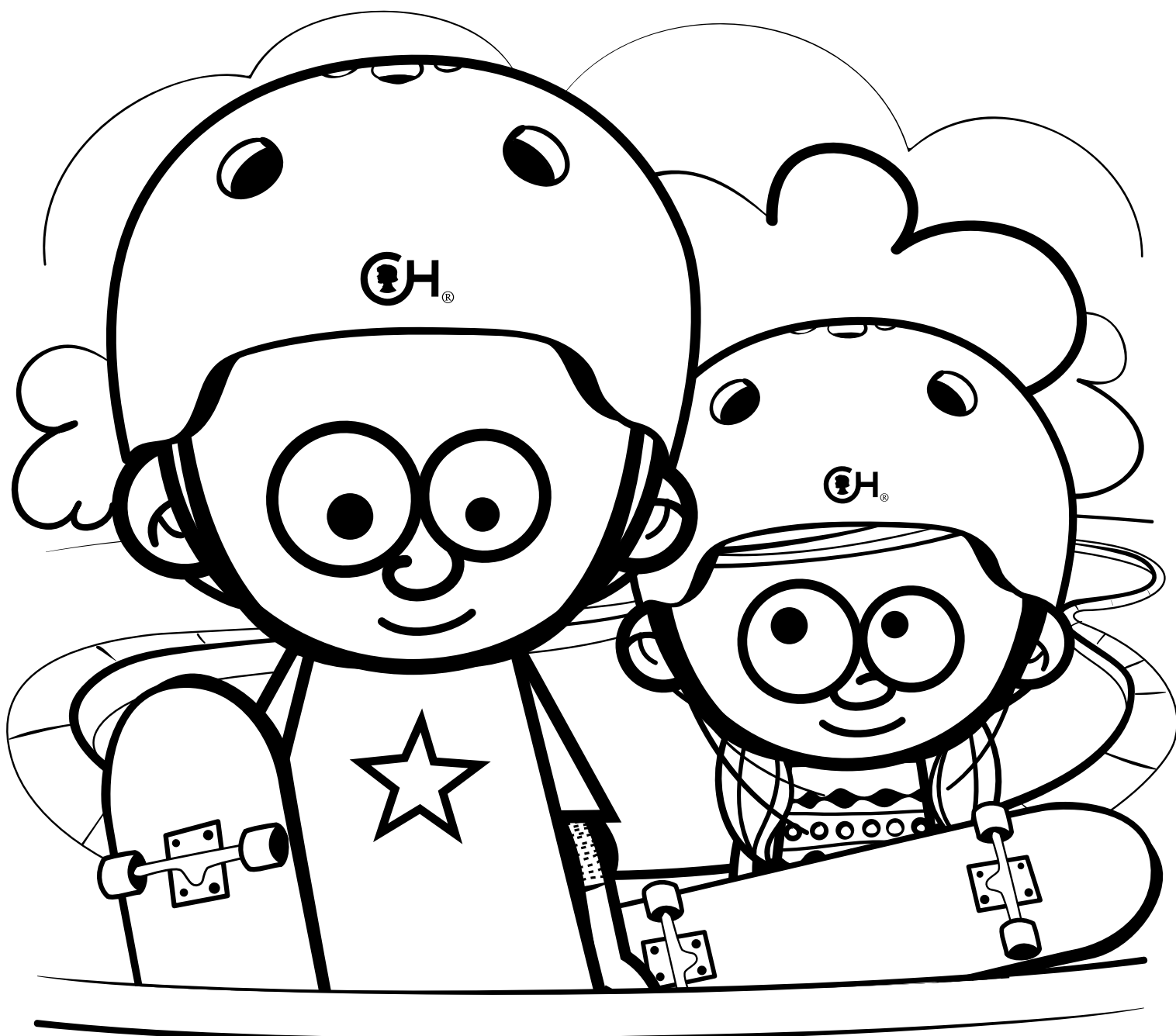
M

COLORING PAGE

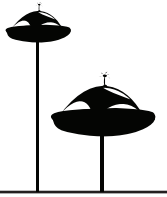


Be Safe!

Remember to always wear your helmet when skateboarding. A helmet protects your head and safety pads can protect your elbows, wrists and knees. All sports can be unsafe. Make sure you always wear safety equipment made for the sport you are playing.

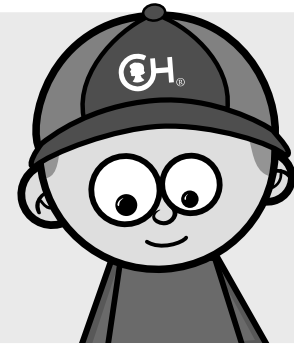


CROSSWORD



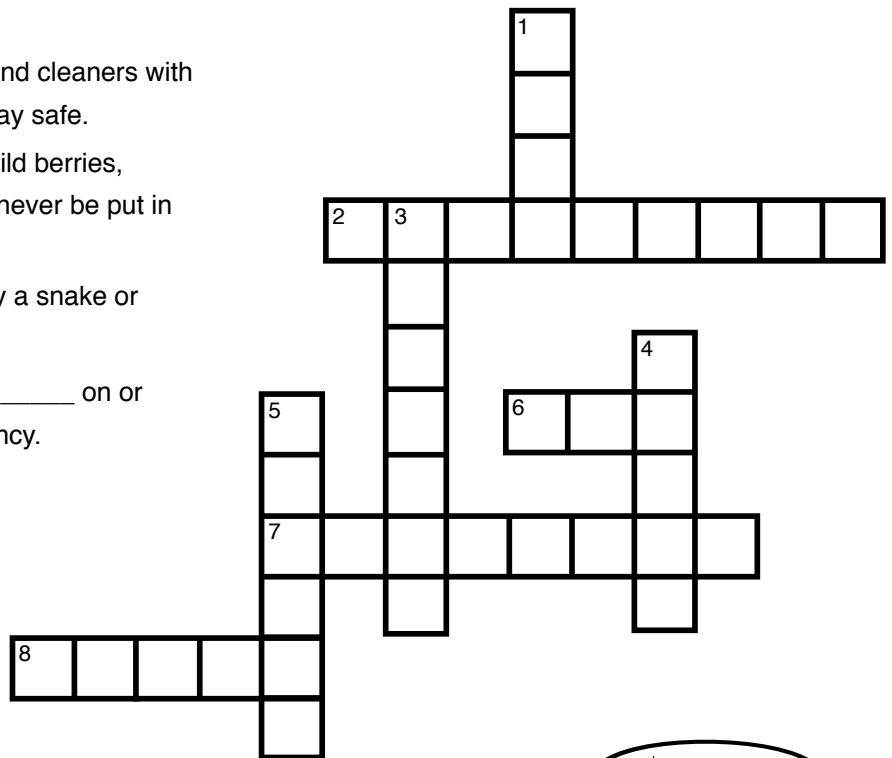
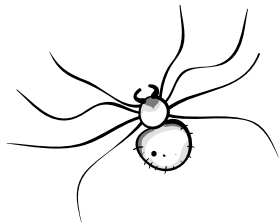
How to Play:

The clues for the puzzle below are all poison safety tips. They're things you can do and things you should know to be poison-safe. If you follow these rules, you'll help keep yourself — and others — safe from poisoning!



Down

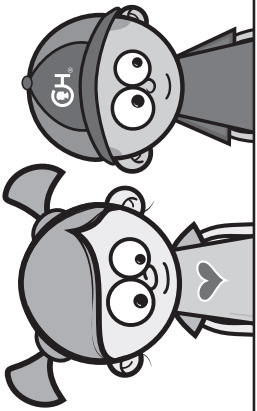
1. Remind your parents to buy medicine and cleaners with safety _____ so that everyone will stay safe.
3. Things that grow _____, like trees, wild berries, shrubs, grass and mushrooms, should never be put in your mouth. They can make you sick.
4. If you get _____ by a bee or bitten by a snake or spider be sure to tell an adult.
5. Always keep the Poison Help phone _____ on or near your phone, in case of an emergency.



Across

2. Everyday items like cleaners, bug spray and paint can be _____ if you eat or drink them, or if they touch your skin.
6. Always ask an adult before you _____ or drink anything. There may be something other than soda in that bottle!
7. _____ is not candy, and should only be taken when you are sick, and when your parent gives it to you.
8. Poisons can be found in every room of your _____, so always be alert!

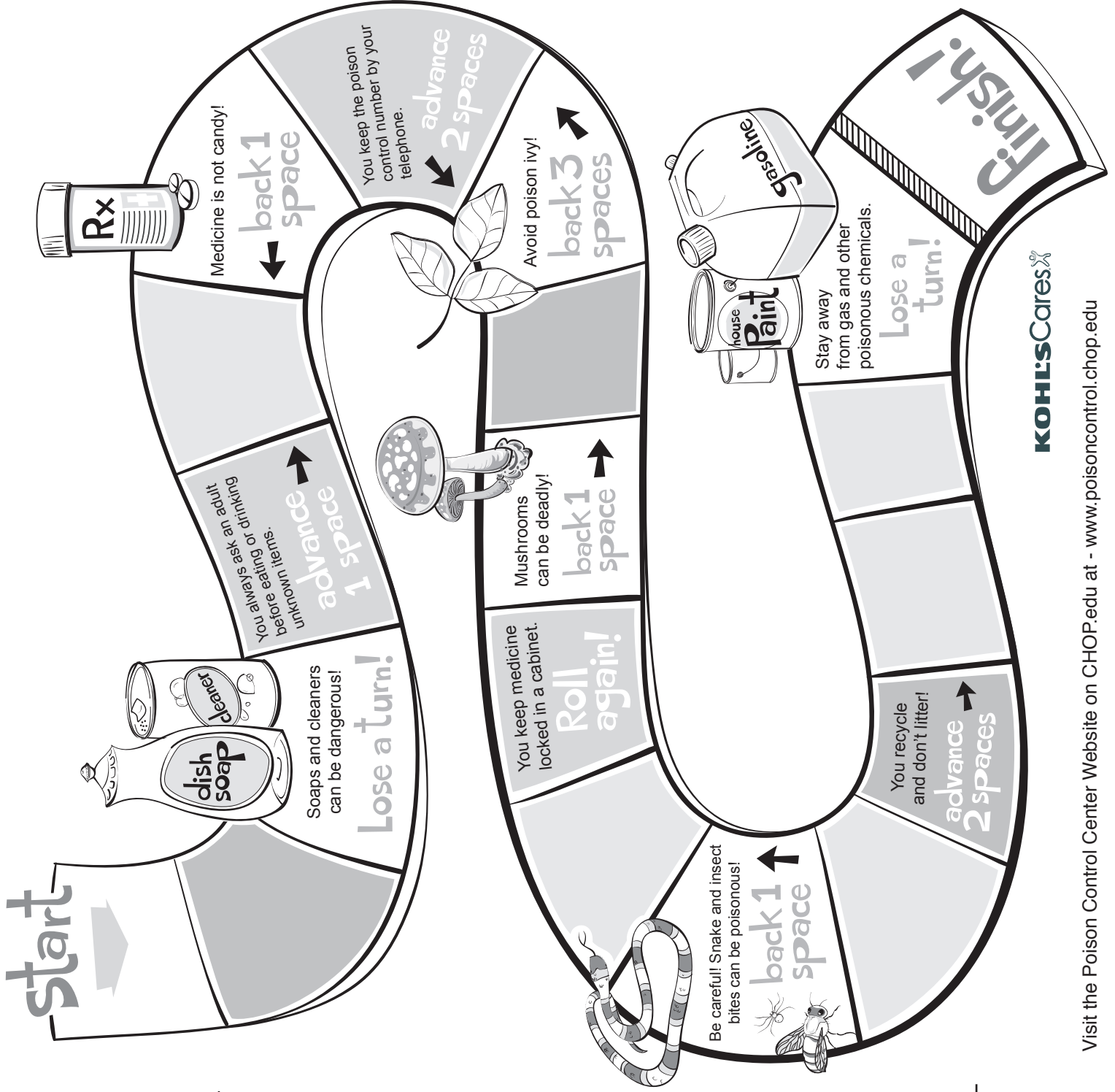




POISON SAFETY GAME

How to Play:

You'll need 2 to 3 people, 1 die, and a token for each player. Tokens can be coins, paper clips, etc. If you don't have dice, you can take 6 small pieces of paper, write a number on each piece of paper (1-6) and fold each one in half. Put the papers in a bowl, and each time you take a turn, pick a piece of paper and move your token that number of spaces. Move your token along the path, and follow the instructions along the way. The first person to cross the finish line is a poison pro!

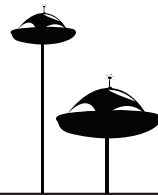


Kohl's Cares

Visit the Poison Control Center Website on CHOP.edu at - www.poisoncontrol.chop.edu

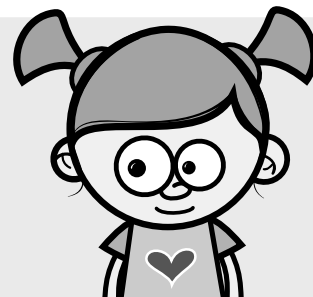
POISON Help
1-800-222-1222

FILL IN THE BLANKS



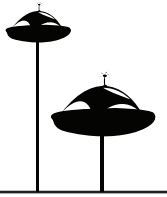
How to Play:

It is important to know what to do if you see flames or smell smoke. Complete each of the sentences below with the missing words. When you're finished, you'll be a fire safety pro!



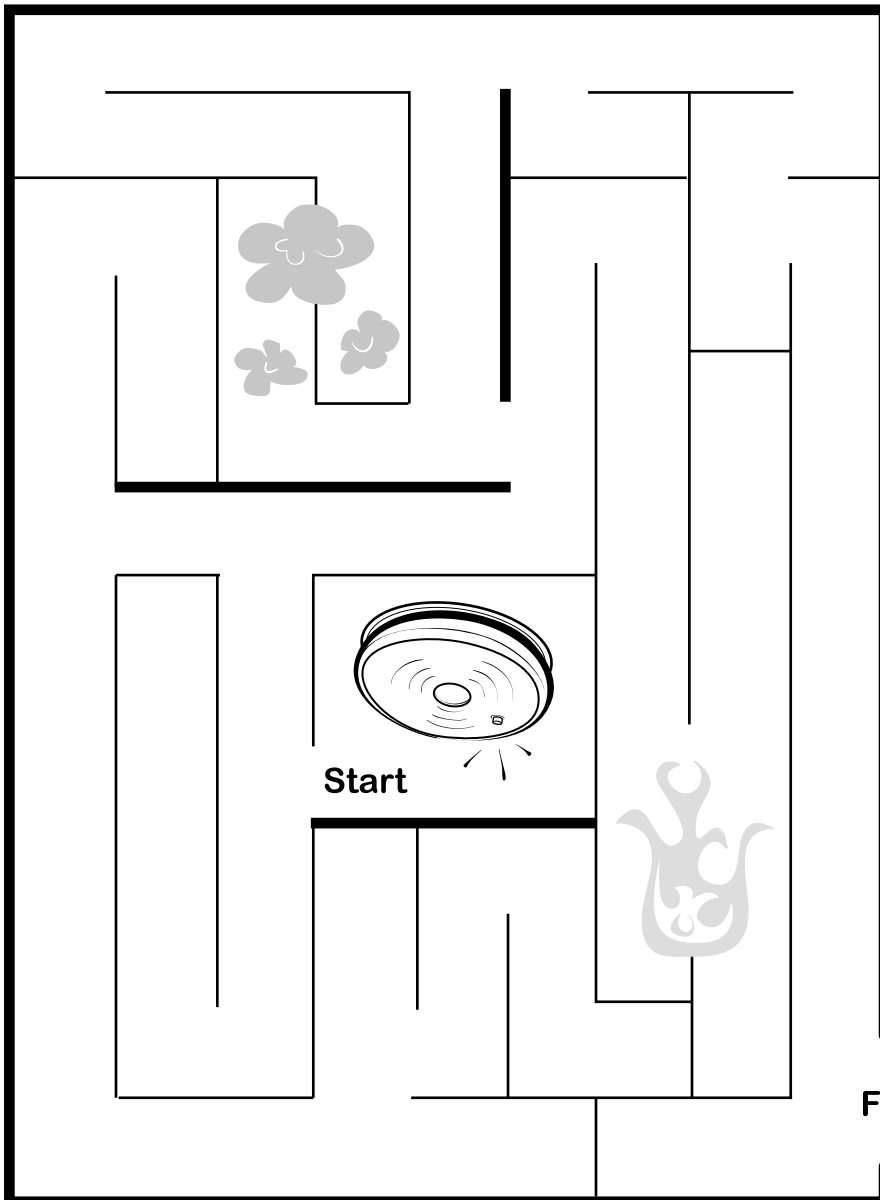
1. Stay safe by never lighting a candle or leaving a _____ **L** _____. It is important to blow them out before leaving the room.
2. Make sure **M** _____ and lighters are in locked cabinets. They are only for grown-ups to use.
3. Smoke _____ **L** _____ should be in every bedroom, outside of each sleeping area and on every floor of the house. They should be checked monthly and the batteries replaced twice a year.
4. If you see flames or smell smoke, dial _____ - _____ - _____ to ask for help. They will send firefighters to your house to help you.
5. Firefighters wear special outfits to protect themselves from _____ **I** _____, smoke and heat. This outfit includes a helmet, mask, jacket, pants and boots. Don't be afraid, they are there to help you.
6. If you are in your room and cannot leave because the door feels hot, make sure to place a towel or blanket under the door, turn on the lights, open your window, and call for _____ **E** _____.
7. The firefighters will make sure to help all of the _____ **P** _____ and animals get out of the house safely. Never go back into a burning house.
8. It is important to have a _____ **F** _____ meeting place outside of your house. Make a plan with your family to meet at your car, a tree or a neighbor's house. Once you are outside, wait at the meeting place for your family.
9. Fire _____ **Y** _____ is important to talk about with your family.

MAZE



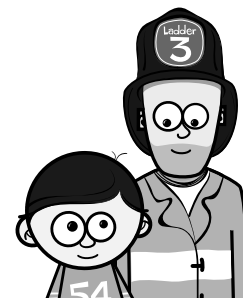
How to Play:

If you hear a smoke alarm and are able to safely leave your house, get out as soon as possible. Use the maze below to practice getting out when you hear a beeping smoke or fire alarm. At the finish, draw your safe meeting place for you and your family.



Draw your safe meeting place here!

A good, safe meeting place is somewhere **outside** your house, like a tree in the yard, your neighbor's porch, etc.



Firefighters are here to help!

HOME SAFETY

Practice Being Safe

It is everyone's job to make sure home is a safe place. It is important for parents to know how to make a home a safe place, and it is just as important for kids! Kids can be great helpers for noticing safety problems in their home.

Find the safety problems in each of the drawings and color them red. You can use the checklist along the right and the hints below each drawing to help you find the safety problems in the pictures.

Remember, you can help your parents by noticing safety problems in your home and telling them!

Basement



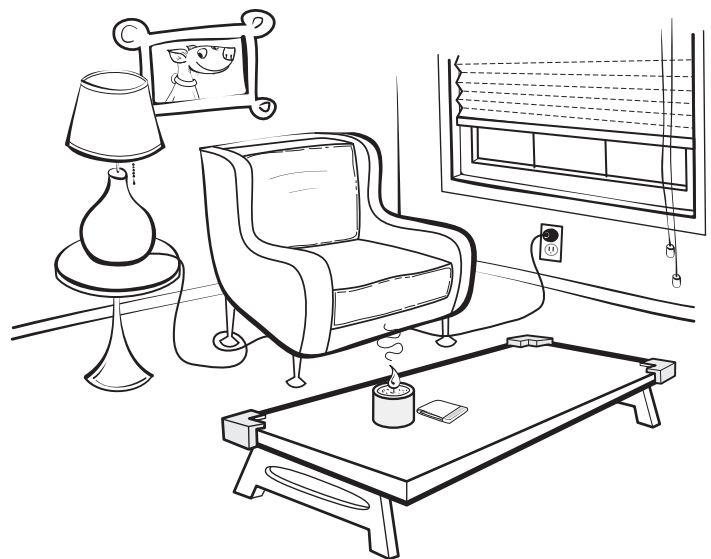
- Make sure safety gates on stairs are closed.
- Make sure toys and other items are not left on stairs.
- Chemicals and poisons should be locked up, out of reach.

Bedroom



- Windows should have safety guards on them.
- Never place a crib or bed below a window.
- Cover all unused electrical outlets.
- Help keep blankets and toys out of the baby's crib.

Living Room



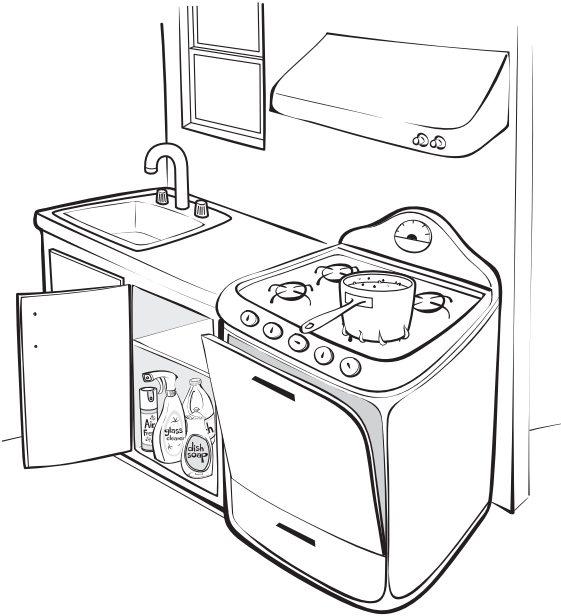
- Curtain cords should be positioned up, out of reach.
- Candles and other open flames can be dangerous!
- Help make sure sharp furniture corners are covered.

Home Safety Checklist

Use this checklist as a guide and take your parents on a tour of your home. Ask your parents to fix safety problems you find along the way; don't try to fix the problems yourself. Together you can help make your home a safer place.

Remember: **A safe home = safer kids!**

Kitchen



- Never touch a pot on the stove.
- Store cleaning supplies in locked cabinets.
- The oven door should always be closed.

Bathroom



- Medicines should be kept safely out of reach.
- Make sure the toilet seat is closed and has a safety lock.
- Cleaning supplies should always be safely out of reach.

Whole Home:

- Cover all unused electrical outlets.
- Keep appliance cords out of children's reach.
- Install smoke alarms on every level and in every bedroom.
- Install carbon monoxide alarms on every level of the home.
- Use safety gates at the top and bottom of all stairs and make sure they are always closed and latched.
- Do not store toys or other items on the stairs.
- Secure tall furniture to walls, and cushion sharp edges.
- Keep curtain cords up high.
- Post emergency numbers near telephones.

Kitchen:

- Turn pot handles to the back of the stove.
- When possible, cook using the back burners.
- Install child safety covers on all stove knobs.
- Keep cleaning supplies in a locked cabinet.
- Store knives and sharp utensils in drawers with safety latches.
- Always keep the oven door closed.
- Teach children to stay 3 feet away from the stove by placing a small slip-resistant rug in front of the oven door as a guide.

Bathroom:

- Never leave children alone in the bathroom — EVER.
- Make sure the toilet seat is closed and has a safety lock.
- Keep electrical appliances out of children's reach.
- Keep medicines and vitamins out of reach.
- Set water heater thermostat to 120F degrees or lower.

Bedroom:

- Ensure that the crib meets national (JPMA) certification safety standards: no more than 2 3/8 inches of space between the slats and no corner post extensions greater than 1/16 inch.
- Remove all toys, pillows and soft bedding from the crib.
- Ensure infants sleep in their own crib.
- Install window guards on all windows that have not been designated as a fire exit.
- Never place a crib or bed below a window.

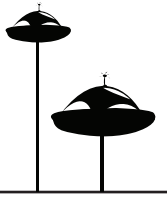
Living Room:

- Cover all sharp corners of furniture with foam corner covers.
- Make sure candles are out of children's reach.

Basement:

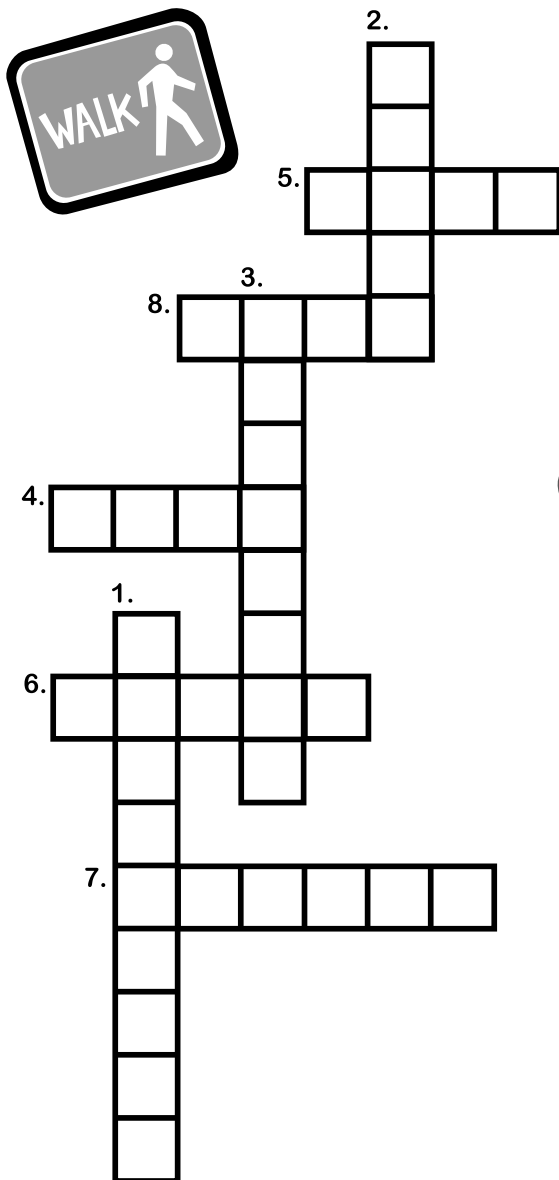
- Store paints, poisons and cleaning solutions safely out of children's reach.

CROSSWORD



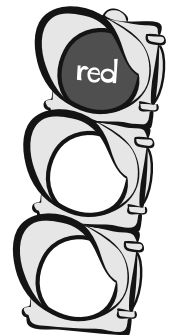
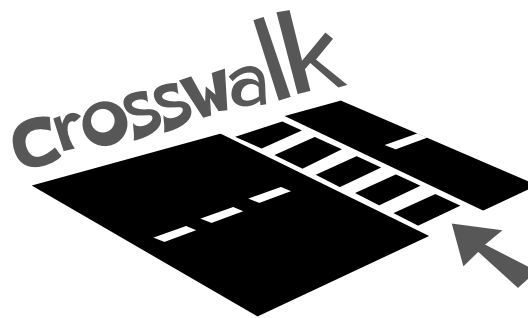
How to Play:

The clues for the puzzle below will help you learn all about pedestrian safety. They are things you can do and things you can teach your friends about being safe when you are crossing streets and are near cars, trucks, buses and trolleys. If you follow these rules, you will help keep yourself and your friends super safe!



Down

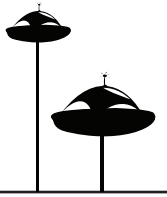
1. Always cross the street in a _____.
2. If you see a crossing _____, make sure to cross the street when they blow their whistle.
3. Never run in the street for _____. If your ball rolls into the street, make sure there are no cars coming before picking it up!



Across

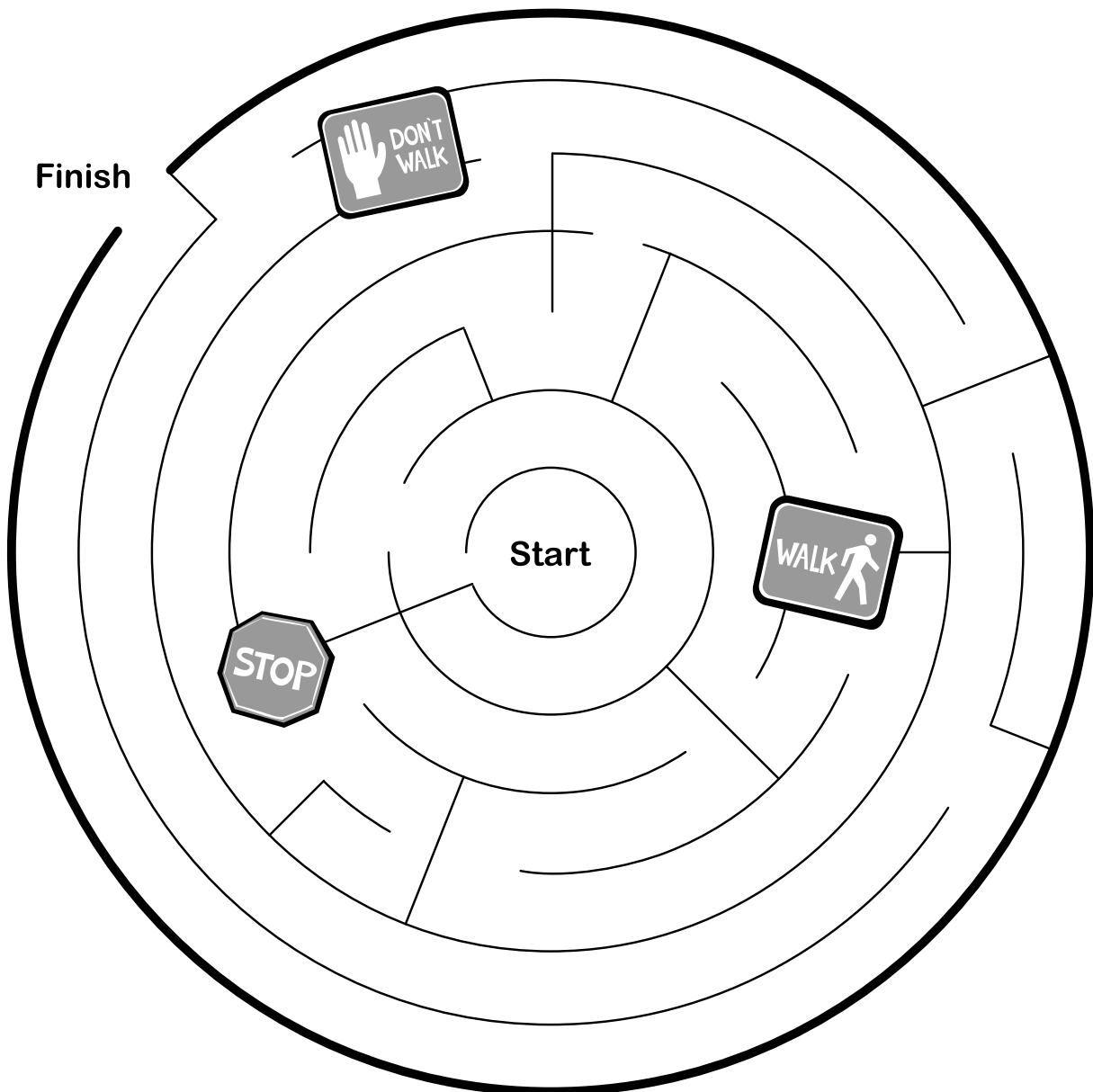
4. Remember to look left, look right and look _____ again when you cross the street.
5. When the sign flashes "walk", you can _____. When it flashes "don't walk", make sure to stop.
6. Always cross in _____ of the yellow bar on the front of the school bus. Make sure you can see the driver's eyes before crossing.
7. Walk on sidewalks, not in the _____.
8. Make sure to hold your mom's or dad's _____ when you are walking in parking lots.

MAZE

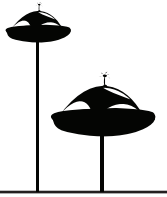


How to Play:

When you are crossing streets, it is important to look left, look right and look left again. In the maze below, look at the signs and follow their directions. If you don't know what a sign means, ask for help! These signs are important to be super safe on the street.

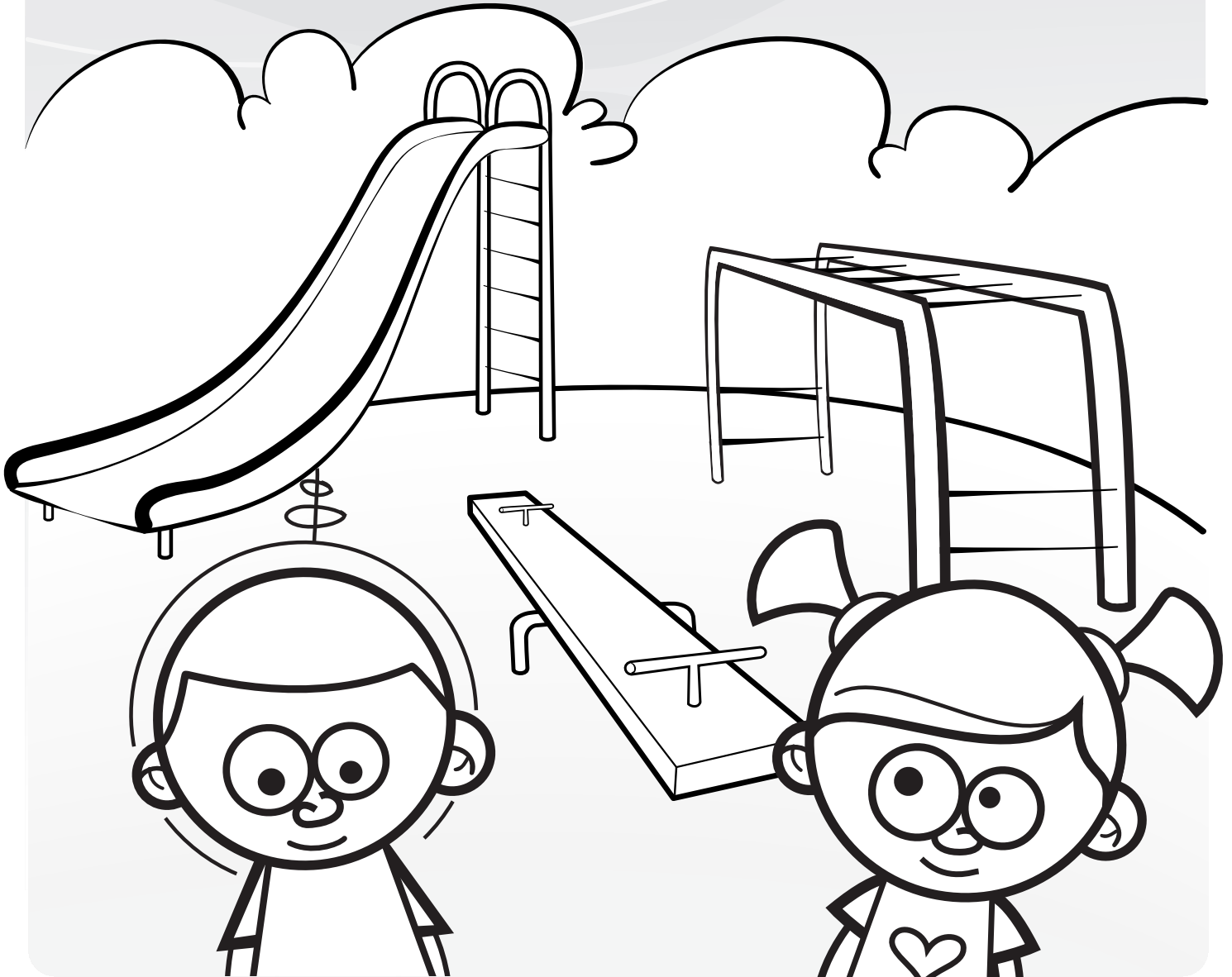


COLORING PAGE

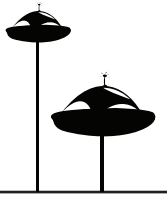


Playground Safety

Playgrounds can be lots of fun! Make sure the playground stays fun by checking to make sure nothing is broken on the playground, the ground is covered by mulch or sand, and by following the rules. It is important to slide down the slides and climb up the stairs. Do not climb on anything taller than you, unless a grown-up is helping you!



WATER SAFETY

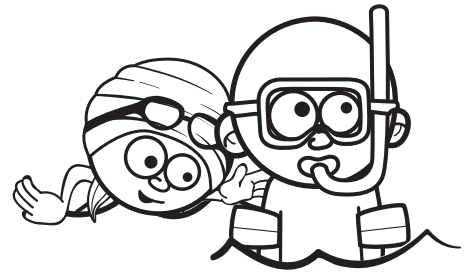


Be Water Smart!

Water can be lots of fun, but it can be dangerous, too. It is important to always stay with your parents when you are near pools, rivers, lakes or even bathtubs! Color the pictures below and learn some top safety tips to be Water Smart in all types of water.

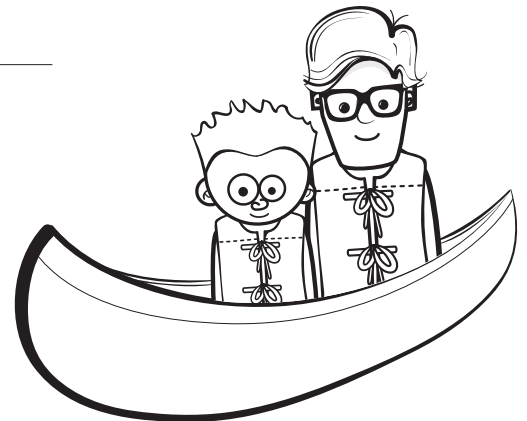
Pool Safety:

- **Never** swim alone!
- Grown-ups should always watch you swim, and if you are younger than 5 years old, a grown-up should be able to touch you while you are swimming.
- Make sure to wear a life vest if you do not know how to swim.
- If you don't know how to swim, ask to take a swimming lesson!



Open Water Safety:

- **Never** swim or boat alone!
- Grown-ups and kids should always wear life vests when they are in a boat or near water.
- Make sure your life vest fits you.

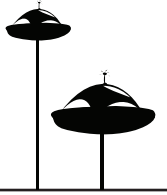


Bathtub Safety:

- When you are not in the bathtub, the bathroom door should be closed.
- Always make sure you have a grown-up in the room when you are taking a bath.
- Babies should never be allowed in bathrooms alone!
- If you are taking a bath with your brother or sister, remember not to splash water in each other's faces or to dunk one another under the water.



DOODLE PAGE

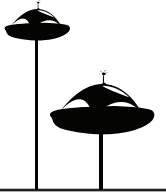


You Choose

You choose! On this page you can draw a picture, write a story or make a poster to teach other kids about fire safety tips you learned in this book.

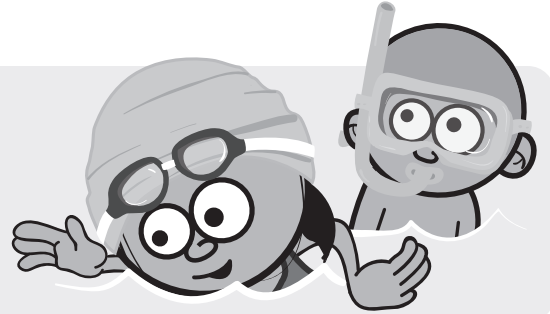


DOODLE PAGE



You Choose

On this page you can draw more pictures or write a story about safe water play — you choose!



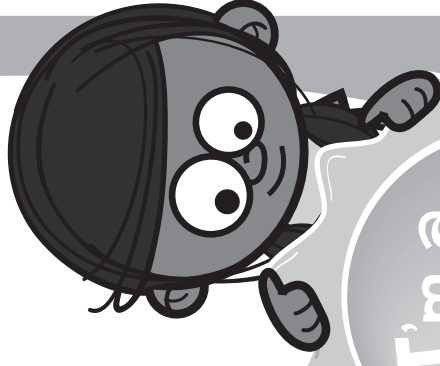
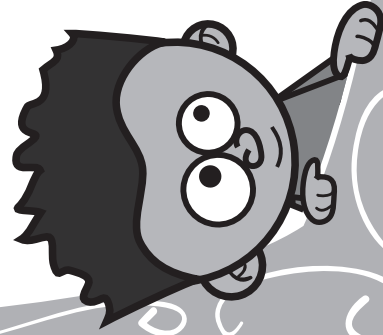
Certified Super Safe Kid!

As a certified Super Safe Kid, I _____ pledge to:
(Super Safe Kid's Name)

- Always buckle my seatbelt when riding in a car
- Wear my helmet when I ride my bike
- Create a fire escape plan with my family and practice twice a year!
- Tell my parents if I see something unsafe in my house
- Always look left, look right and look left again before crossing the street
- Follow rules on the playground
- Always swim with a grown-up close!

(Parent/Guardian Signature)

(Today's Date)



I'm a
Super Safe
Kid!



CH The Children's Hospital of Philadelphia
Hope lives here.

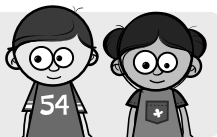
ANSWERS



WORD JUMBLE

How to Play:

Unscramble the jumbled letters below and spell words in the spaces provided. The jumbled letters will spell parts found on a bike. Then, use the circled letters to help solve the safety riddle at the bottom. Good luck!

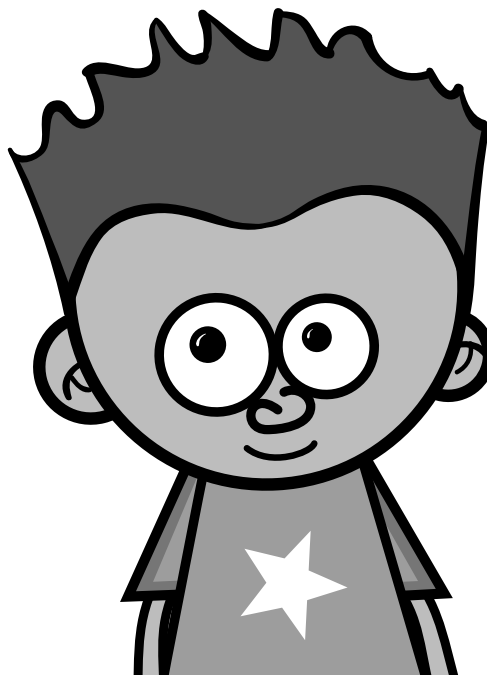


- LWEHE → W (H) E E L
- EDLPA → P E D A (L)
- LEBL → B (E) L L
- BREKAS → B R A K (E) S
- TSAE → S E A (T)

Riddle:

To protect your head while riding your bike, always wear a...

H E L M E T



CROSSWORD

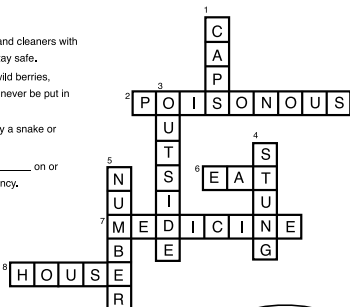
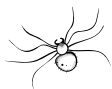
How to Play:

The clues for the puzzle below are all poison safety tips. They're things you can do and things you should know to be poison-safe. If you follow these rules, you'll help keep yourself — and others — safe from poisoning!



Down

- Remind your parents to buy medicine and cleaners with safety _____ so that everyone will stay safe.
- Things that grow _____ like trees, wild berries, shrubs, grass and mushrooms, should never be put in your mouth. They can make you sick.
- If you get _____ by a bee or bitten by a snake or spider be sure to tell an adult.
- Always keep the Poison Help phone _____ on or near your phone, in case of an emergency.



Across

- Everyday items like cleaners, bug spray and paint can be _____ if you eat or drink them, or if they touch your skin.
- Always ask an adult before you _____ or drink anything. There may be something other than soda in that bottle!
- _____ is not candy, and should only be taken when you are sick, and when your parent gives it to you.
- Poisons can be found in every room of your _____, so always be alert!



FILL IN THE BLANKS

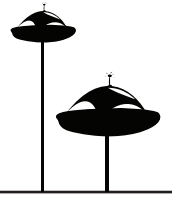
How to Play:

It is important to know what to do if you see flames or smell smoke. Complete each of the sentences below with the missing words. When you're finished, you'll be a fire safety pro!



- Stay safe by never lighting a candle or leaving a C A N D L E. It is important to blow them out before leaving the room.
- Make sure M A T C H E S and lighters are in locked cabinets. They are only for grown-ups to use.
- Smoke A L A R M S should be in every bedroom, outside of each sleeping area and on every floor of the house. They should be checked monthly and the batteries replaced twice a year.
- If you see flames or smell smoke, dial 9 - 1 - 1 to ask for help. They will send firefighters to your house to help you.
- Firefighters wear special outfits to protect themselves from F I R E, smoke and heat. This outfit includes a helmet, mask, jacket, pants and boots. Don't be afraid, they are there to help you.
- If you are in your room and cannot leave because the door feels hot, make sure to place a towel or blanket under the door, turn on the lights, open your window, and call for H E L P.
- The firefighters will make sure to help all of the P E O P L E and animals get out of the house safely. Never go back into a burning house.
- It is important to have a S A F E meeting place outside of your house. Make a plan with your family to meet at your car, a tree or a neighbor's house. Once you are outside, wait at the meeting place for your family.
- Fire S A F E T Y is important to talk about with your family.

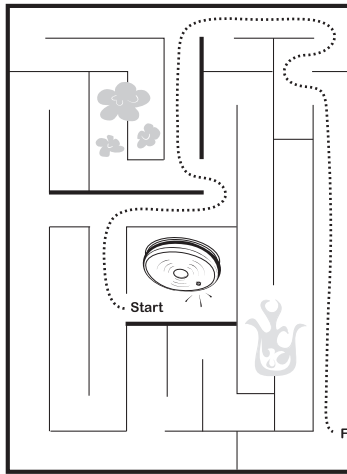
ANSWERS



MAZE

How to Play:

If you hear a smoke alarm and are able to safely leave your house, get out as soon as possible. Use the maze below to practice getting out when you hear a beeping smoke or fire alarm. At the finish, draw your safe meeting place for you and your family.



Draw your safe meeting place here!

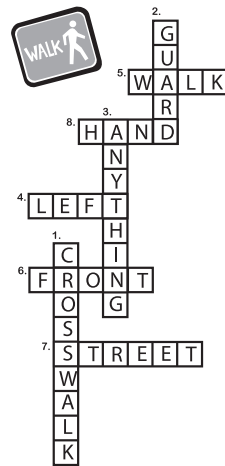
A good, safe meeting place is somewhere **outside** your house, like a tree in the yard, your neighbor's porch, etc.



CROSSWORD

How to Play:

The clues for the puzzle below will help you learn all about pedestrian safety. They are things you can do and things you can teach your friends about being safe when you are crossing streets and are near cars, trucks, buses and trolleys. If you follow these rules, you will help keep yourself and your friends super safe!



Down

1. Always cross the street in a _____.
2. If you see a crossing _____, make sure to cross the street when they blow their whistle.
3. Never run in the street for _____. If your ball rolls into the street, make sure there are no cars coming before picking it up!



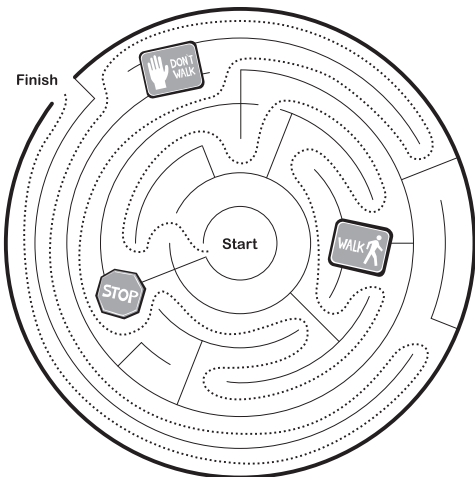
Across

4. Remember to look left, look right and look _____ again when you cross the street.
5. When the sign flashes "walk", you can _____. When it flashes "don't walk", make sure to stop.
6. Always cross in _____ of the yellow bar on the front of the school bus. Make sure you can see the driver's eyes before crossing.
7. Walk on sidewalks, not in the _____.
8. Make sure to hold your mom's or dad's _____ when you are walking in parking lots.

MAZE

How to Play:

When you are crossing streets, it is important to look left, look right and look left again. In the maze below, look at the signs and follow their directions. If you don't know what a sign means, ask for help! These signs are important to be super safe on the street.





KIDS HEALTH GALAXY



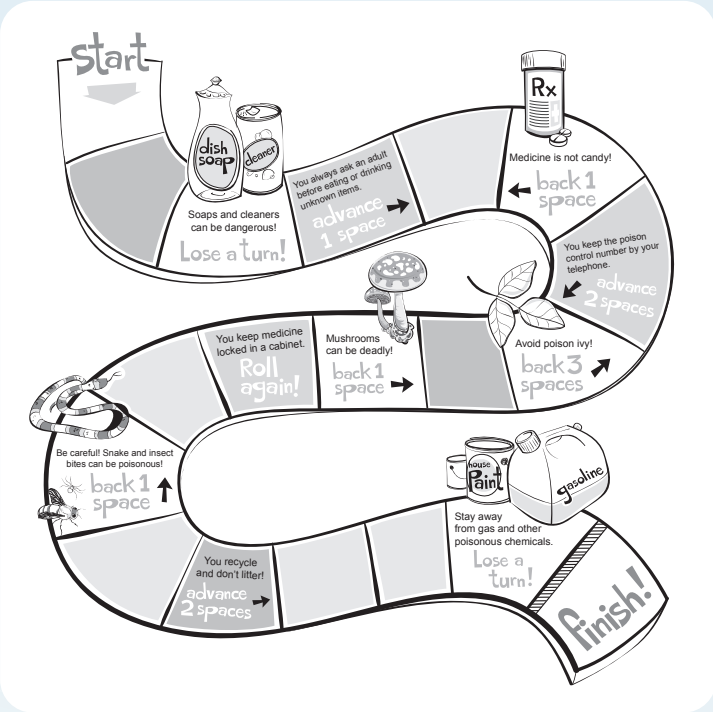
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Meet the people.
Play the games.



Check out kidshealthgalaxy.com,
The Children's Hospital of Philadelphia's
website for kids!

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