

## **Injury Prevention Safety Tips from Kohl's Injury Prevention Program**

*Presented by Children's Hospital & Research Center Oakland and Kohl's Injury Prevention Program*

### **Safety Tip #1: Screens will NOT keep your child from falling out of a window.**

- Do not open windows more than 4 inches.
- Move all furniture away from windows.
- Install window guards.

### **Safety Tip #2: Give your child a boost.**

A booster seat should be used for children up to 4 feet 9 inches, yes, that's about 10 years old.

### **Safety Tip #3: Don't turn your child around too early. Face them toward the rear window of the car.**

It is safer for a child to remain rear-facing in a convertible car seat until the manufacturer's top rear-facing weight limit, either 30 or 35 lbs.

### **Safety Tip #4: Don't drive blind.**

- SUV's and vans have larger blind zones making it impossible to see children behind the vehicle.
- Walk around the back of your vehicle before entering the driver's side.

### **Safety Tip #5: Do you feel comfortable about asking someone if they own a gun?**

Before your child goes to play at someone else's home, don't be afraid to ask "Do you have a gun in your house?"

### **Safety Tip #6: Holding hands.**

- Always hold your child's hand in a parking lot.
- Explain to your child that just because they can see a car doesn't mean the driver can see them.

### **Safety Tip #7: Use a helmet for all wheeled activities.**

- A properly fitted helmet can reduce the risk of head injury by 85%.
- California law also requires all youth under the age of 18 to wear helmets when riding a bike, scooter, skateboard, or while skating.

### **Safety Tip #8: The backseat is safer.**

- All children age 12 or younger should be properly restrained in the back seat.
- Children are safer restrained in the back seat until age 15 or driving age.

### **Safety Tip #9: Don't be hit by flying objects!**

- Loose objects in the car can kill or injure the driver or passengers.
- Secure all loose objects such as tissue boxes, water bottles and coffee cups in the glove compartment, trunk or under the seats.

### **Safety Tip #10: The key to preventing a child from being injured!**

- Active supervision is the key to preventing injuries.
- Active supervision means an adult is supervising the child while playing or swimming with eyes on the child at all times, not talking on a cell, texting or leaving for a moment to use the bathroom, grab a towel, or answer a phone.