Summer Safety Tips for Kids

Ways to avoid injuries

- Teach kids when and how to dial 911.
- Children should know their parents names, phone number(s), and address(es).
- Emphasize that EMTs and paramedics are here to help in an emergency.
- Always wear a helmet when biking, skateboarding, roller skating, or riding a scooter.
- Always stop at STOP signs and look both ways before you cross the street.
- Wear a life jacket when swimming or boating and always swim with a friend with adult supervision.
- Use sunscreen to protect your skin from burns.
- Sunglasses will also help protect your eyes from harmful sun rays.
- Use care when eating foods like hotdogs, grapes, and hard candy, or cut them into smaller pieces to prevent choking.

IDHS: Leadership for a Safe and Secure Indiana
Tips for Parents and Caregivers

Automobile safety

• In 2008, about 4 children ages 14 or younger were killed in motor vehicle crashes every day, and many more were injured.
• Children ages 12 and younger should always be buckled up and seated in the rear seat of vehicles.
• For children ages 4 to 7, booster seats reduce injury risk by 59 percent compared to safety belts alone.

Safety on the playground

• Falls are the leading cause of non-fatal injuries for all children up to 19 years old. Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries.
• Check to make sure playground equipment your child uses is properly designed and maintained, and there’s a safe, soft landing surface below.
• Supervise young children at all times around fall hazards, such as stairs and playground equipment, whether you’re at home or out to play.

Street Smarts

• A child’s smaller size makes it difficult for drivers to see them, especially if they’re standing between parked cars on the side of the road.
• Avoid letting children cross any street or intersection alone.
• When driving, never assume a child pedestrian sees you or will yield the right-of-way.

Safety around water

• Swimming is the third most popular recreational activity in the United States and the most popular activity for children.
• Never allow children to swim unsupervised in any body of water.
• Children should take regular breaks to avoid becoming overly tired.

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