

Safety Tips

Sun Safety

- Do things indoors when the sun is strongest, between 10 a.m. and 4 p.m.
- Wear sunscreen even on cloudy days. The sun gets through clouds.
- Put on more sunscreen after swimming, playing, or sweating.
- Wear sunglasses to protect your eyes from sunny skies.

Water Safety

- NEVER swim alone.
- Know how to swim.
- Survey the area for depth and clarity of the water.
- If you can't swim or are in a boat, ALWAYS wear a life vest.
- Don't dive or jump into bodies of water, ALWAYS wade in first to avoid hitting your head.
- Know CPR

Firework Safety

- NEVER use fireworks near dry grass.
- NEVER place an explosive in a container. It could explode and send harmful fragments to the eyes and face.
- ALWAYS check for spilled gasoline before lighting a match.
- You should ALWAYS have a bucket of water or a fire extinguisher handy.
- DO NOT wear loose clothing while using fireworks.
- NEVER stand immediately over the fireworks.
- Children under the age of 14 should ALWAYS be supervised by an adult.
- ALWAYS use protective eye wear while shooting fireworks.
- ALWAYS read the directions and warning labels before lighting the firework.
- NEVER light an explosive indoors or near any objects.

Safe Riding

- ALWAYS wear protective gear when riding a bicycle, a skateboard, a scooter or rollerblades.
- NEVER ride at dusk or night.
- Keep your equipment in proper working order and well-maintained.
- Master the basics – stopping and turning.
- OBEY all traffic regulations.
- Remain under control at all times.
- Tricks and stunts come with lots of practice. Don't try any daring moves until you're ready to handle them.
- Watch out for road hazards.
- Avoid wet or icy road conditions.
- Avoid water, oil, and sand.
- Ride on the right, pass on the left.
- ALWAYS yield to pedestrians.
- Begin at a speed and at angles that you're comfortable with.
- Avoid hills and declines when you're first starting out. You can build up speed even on a slight decline, so you should feel confident in your braking ability before you head for the hills.

Trick-or-Treating Safety

- Go Trick-or-Treating with a grownup.
- Visit only people you know and who have well-lit porches or doors.
- Make sure your costume fits. It's easy to trip on costumes that are too long or shoes that are too big.
- Make sure your costume lets you see and hear perfectly. You need to be able to watch and listen for cars.
- Wear brightly-colored clothing. Put "glow in the dark" patches or strips on your costume so drivers can see you.
- Carry a flashlight
- Don't eat treats until you show them to your parents or a trusted adult.

