

Safe Kids Capital Region Summer Safety Bundle

Safe Kids Capital Region & Albany Medical Center's
Pediatric Trauma Injury Prevention Program present:

Safe Summer Starts Here

Injury Prevention Educational tips to help
keep children safe during the summer -

**SAFE
K:DS**
CAPITAL REGION



ALBANY MED Health System

ALBANY MEDICAL CENTER
Injury Prevention and Outreach

Tip sheets & more
can be found
at [Safekids.org](https://www.safekids.org)

Questions?
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Lead Coalition Coordinator

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Playground Safety Tips

Everything you need to know to keep your kids safe at the playground.

With active supervision and some basic safety tips, every day at the playground can be a walk in the park.

Supervise Kids Using Playground Equipment

- Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.
- Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
- Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
- Little kids can play differently than big kids. It is important to have a separate play area for children under 5.



Choose the Right Play Area Based on Your Child's Age

- Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
- For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.
- If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

- Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
- Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.
- For swings, make sure that the surfacing extends, in the back and front, twice the height of the suspending bar. So if the top of the swing set is 10 feet high, the surfacing should extend 20 feet.



Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries. Lack of or improper supervision is associated with approximately 45 percent of playground-related injuries.



Check That Playgrounds Are Inspected and Maintained by Qualified Personnel

- Double check with your school and child care center to make sure they have age-appropriate, well-maintained playground equipment.
- If there are any hazards in a public or backyard playground, report them immediately and do not allow children to use the equipment until it is safe.
- Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority or city council).



Swimming Safety Tips

Everything you need to know to keep your kids safe when swimming.

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

There Is No Substitute for Active Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.
- When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. [Download a Water Watcher card here.](#)



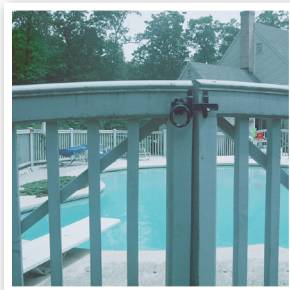
Educate Your Kids About Swimming Safely

- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
- Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Whether you're swimming in a backyard pool or in a lake, teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time. From the first time your kids swim, teach children to never go near or in water without an adult present.

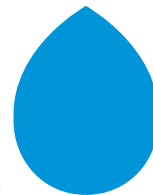


Start Slow With Babies

- You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

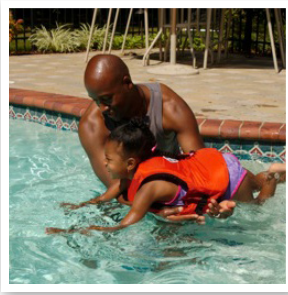


Drowning is the leading cause of injury-related death among children ages 1-4.



Don't Rely on Swimming Aids

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).



Take the Time to Learn CPR

- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.
- Local hospitals, fire departments and recreation departments offer CPR training.
- Have your children learn CPR. It's a skill that will serve them for a lifetime.

Take Extra Steps Around Pools

- A swimming pool is a ton of fun for you and your kids. Make sure backyard pools have four-sided fencing that's at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
- Install a door alarm, a window alarm or both to alert you if a child wanders into the pool area unsupervised.

Check the Drains in Your Pool and Spa

- Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
- Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any other pools that have flat drain grates or a single main drain system.
- For new pools or hot tubs, install multiple drains in all pools, spas, whirlpools and hot tubs. This minimizes the suction of any one drain, reducing risk of death or injury. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur.
- Regularly check to make sure drain covers are secure and have no cracks, and replace flat drain covers with dome-shaped ones. If a pool or hot tub has a broken, loose or missing drain cover, don't use it.
- If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur. Go to www.PoolSafety.gov for a list of manufacturers of certified covers.
- Check to make sure your pool or hot tub's drains are compliant with the [Pool and Spa Safety Act](#).



Pool Safety Checklist

TIPS FOR PARENTS

- Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Empty kids' pools after each use.** Store them upside down so they do not collect water.
- Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.



Open Water Safety Checklist

Tips for Families When Visiting Oceans, Lakes and Rivers

- ❑ **Watch kids when they are in or around water, without being distracted.** Keep young children and weak swimmers within arm's reach of an adult. Make sure older children swim with a partner every time.

- ❑ **Choose a Water Watcher.** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.

- ❑ **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready – consider their age, development and how often they are around water.

- ❑ **Make sure kids learn water survival skills.** Children should be able to do these five things:
 1. Step or jump into water over their head and return to the surface.
 2. Turn around in the water and orient to safety.
 3. Float or tread water.
 4. Combine breathing with forward movement in the water.
 5. Exit the water.

- **Teach children that swimming in open water is different from swimming in a pool.** Know the hidden hazards of open water such as limited visibility, sudden drop-offs, uneven surfaces, currents and undertow.
- **Use designated swimming areas and recreational areas whenever possible.** Look for posted signs about open water hazards. Also look for signs that say when lifeguards will be present.
- **Wear a U.S. Coast Guard-approved life jacket when boating or participating in other water activities.** Choose a life jacket that is right for your child's weight and water activity. Weak swimmers and children who cannot swim should wear life jackets when they are in or near water.
- **Learn basic water rescue skills and CPR.** It is important to know how to respond in an emergency without putting yourself at risk of drowning.

Boating Safety Tips

Everything you need to know to keep your kids safe when boating.

With almost 100 different kinds of boats – from kayaks to canoes to motorboats – there’s a good chance most of us will be having a great time on the water at some point. So when you do, please remember these simple safety tips for the entire family.

Wear a Life Jacket

- Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports.
- Make sure the life jacket fits snugly. Have kids make a “touchdown” signal by raising both arms straight up; if the life jacket hits a child’s chin or ears, it may be too big or the straps may be too loose.



Don’t Rely on Swimming Aids

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

Childproof Your Boat and Develop Some Basic Rules

- Explain some basic boat rules and have everyone follow them. Children need to understand and follow rules such as keeping their hands and feet inside the boat at all times and not running on a boat.

Learn From the Professionals

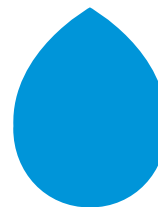
- Enroll older kids in a boating safety course. Better yet, enroll with them.
- Get a vessel safety check every year for free from the U.S. Coast Guard Auxiliary or U.S. Power Squadrons. For more information go to www.uscgboating.org and click “get a free safety check.”

Infant Appropriate Life Jackets

- According to the U.S. Coast Guard’s Office of Boating Safety, babies should not travel on a boat — including rowboats, kayaks, motorboats, and sailboats — until they are at the appropriate weight to wear an approved personal flotation device (PFD). Here’s some more information on [how to choose the right life jacket](#).
- Hold on to your baby while also wearing your own life jacket. Car seats are not a good option. If the boat were to capsize, the seat would sink instantly.

Keep Little Kids Warm

- Infants and young kids are at a higher risk for hypothermia, so if you are taking a baby on a boat, just take a few extra precautions to keep your baby warm. If your children seem cold or are shivering, wrap them tightly in a dry blanket or towel.



In 2012, 71 percent of all fatal boating accident victims drowned, and of those who drowned, 85 percent were not wearing a life jacket.



Use Your Best Judgment

- A large portion of boating accidents that occur each year involve alcohol consumption by both boat operators and passengers. To protect your safety and loved ones around you, it is strongly recommended not to drink alcoholic beverages while boating.
- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better. Local hospitals, fire departments and recreation departments offer CPR training.
- Make sure there's a working carbon monoxide alarm on any motorboat to alert your family to any buildup of toxic fumes from the engine.
- Let your teen operate a boat only in a supervised setting and in adherence to the laws in your area. Laws regarding the operation of a boat or watercraft vary from community to community.



Teach Your Kids the Difference Between Open Water and Pools

- Teach children that swimming in open water is not the same as swimming in a pool: They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Make sure kids swim only in areas designated for swimming.
- Teach children not to dive into oceans, lakes or rivers, because you never know how deep the water is or what might be hidden under the surface.



Actively Supervise Kids In and Around Open Water

- Every child is different, so enroll your child in swimming lessons when you feel he or she is ready. Teach children how to tread water, float and stay by the shore.
- Make sure an adult is present whenever a teen is operating a personal watercraft.

Fall Prevention Tips

Everything you need to know to keep your kids safe from falls.

From the moment your baby starts to crawl, the world is a magical place filled with new adventures and discoveries. From a child's perspective, everything is a potential mountain to climb (that giant bookshelf), obstacle to overcome (those pesky stairs) or mysterious place to investigate (anywhere beyond the safety gate). Little bumps will happen but we're here to help so these brave expeditions don't result in something more serious.

Install Window Guards and Stops

- Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. For windows above the first floor, include an emergency release device in case of fire.
- Install window stops so that windows open no more than four inches.



Open Windows From the Top and Close After Use

- If you have windows that can open from both top and bottom, make a habit of opening just the top to prevent accidental falls. Keep in mind that as kids grow, they may have enough strength, dexterity and curiosity to open the bottom.
- Keep windows locked and closed when they are not being used.

Keep Kids From Climbing Near Windows

- For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls.
- Never move a child who appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.

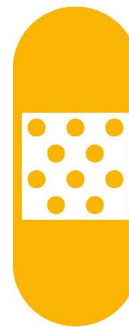


Secure Kids When Seated

- Keep babies and young kids strapped in when using high chairs, infant carriers, swings and strollers.
- If your baby is in a carrier, remember to place it on the floor, not on top of a table or other furniture.

Help Babies Learn to Stand and Walk Safely

- There are some things to know about baby walkers: They don't come with safety features that prevent the walkers from rolling down the stairs, and it's easy for children to fall or reach higher objects that may be unsafe. So please be extra careful.
- Because baby walkers can be dangerous, try using a stationary activity center. These items give your baby a chance to practice standing and moving more safely. Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances or window cords.



Unintentional falls are the leading cause of non-fatal injuries for children in the United States. In 2020, unintentional falls resulted in more than 1.3 million injuries requiring treatment in an emergency room.

Play on Soft Surfaces at Playgrounds

- Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
- Click for [more tips on playground safety](#).

Be Smart, Protect Your Head

- It's important that kids have the freedom to be creative and push their limits. That means wearing a helmet for appropriate activities such as biking or snowboarding to prevent a head injury that can ruin the fun down the road.

Use Shopping Carts With Wheeled Attachments for Kids

- Don't leave your child alone in a shopping cart.
- If possible, use shopping carts that have a wheeled child carrier that is permanently attached. Some of these models look like cars or benches attached to the shopping cart, so your kids will love them.
- If you are placing your child in a shopping cart seat, use a harness or safety belt. If the belt is missing or broken, select another cart.
- We know that letting your child ride in the cart basket, under the basket, on the sides or on the front of the cart is fun. It can also be dangerous.

Watch Out for the Stairs

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- Actively supervise toddlers on stairs. Hold their hands when walking up and down stairs.



Prevent Slips at Home

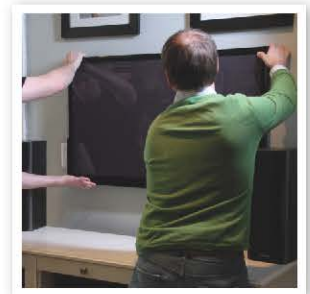
- Consider anti-slip rugs for the floors in your home, and mats or decals in the bathtub or shower to help prevent dangerous falls.
- Keep hallways and stairs well-lit and clear of clutter.
- Don't let kids play on high porches, decks, stairs or balconies. If it's unavoidable, make sure they are supervised by an adult.

Show Older Kids How to Be Responsible

- Talk to your kids about appropriate play behaviors. We know some play can be physical, but it's important to know when and where it's appropriate.

Prevent TV and Furniture Tip-Overs

- Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-overs. These kinds of accident happen more than you might think so take a few minutes, secure your TV and furniture, and then never worry about it again.
- Don't let children climb on furniture or use drawers or shelves as steps.
- [Learn more about TV and furniture tip-overs.](#)



Be SAFE Around Strange Dogs



Play the SAFE game



Stay still

Stay still and chill

Don't move and be quiet.

Arms crossed like a boss

Keep your arms still and close to your body.



Arms crossed

Face away like you don't want to play

Turn your head to the side, away from the dog



Face away

Eyes down on the ground

Don't stare at the dog.



Eyes down

Don't go near dogs you don't know, especially when there is no adult nearby. Strange dogs might not be friendly and you don't want to get bit. Play the SAFE game any time you're around a dog you don't know.

It's smart to be SAFE around strange dogs.



Good Dog in a box

helping families with kids & dogs stay safe

Watch the Be SAFE video and get the free booklet for kids at gooddoginabox.com/safe

Burn and Scald Prevention Tips

Everything you need to know to keep your kids safe from burns and scalds.

The smell of cookies baking in the oven or tasty sauces simmering on the stovetop is hard to resist for adults and kids alike. Here are a few simple steps to keep your little chef safe from potential burns, whether in the kitchen, around a fireplace or in any other part of your home.

Childproof Your Electrical Outlets and Appliances

- Keep appliance cords out of children's reach, especially if the appliances produce a lot of heat.
- Cover electrical outlets so that children are unable to insert metal objects, such as forks or keys.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm after use. Unplug these items after you're done.
- Don't carry or hold a child while cooking on the stove. Instead, move a high chair in the kitchen within reach or sight before you start. Then talk to your children so they know what's going on. It's a great way to spend time together.

Check to Make Sure the Water Temperature Is Just Right

- With everything going on, we know the water heater is the last thing on your mind. But a small change can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
- Consider installing anti-scald devices in water faucets and showerheads to avoid potential burns.
- Check the water with your wrist or elbow before giving your baby a bath.



Use the Back Burner and Oven Mitts

- Kids love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge. Keep hot foods away from the edge of your counters.
- Use oven mitts or potholders and keep hot foods and liquids away from table and counter edges. Be careful if your oven mitt is hot; when combined with heat, the moisture can cause scalds.
- Slowly open containers that have been in the microwave, as steam can burn little fingers and faces.



In 2020, more than 71,000 children across the country, including more than 32,000 children 4 and under, were injured due to a fire or burn and treated in emergency rooms.



Engage Older Kids in Cooking

- Teach older responsible kids how to cook safely. It will make your life easier if your kids can cook some of their own meals (and maybe yours, too). Teach them never to leave the kitchen while they are using the stove or oven. Don't forget that the number one cause of home fires is unattended cooking.
- Don't allow children to use a microwave by themselves until they are tall enough to reach it safely and are able to understand that steam can cause burns.
- Instruct older kids to use oven mitts or potholders to remove items from the oven or stove and teach them how to use a microwave safely.

Be Careful With the Microwave

- Microwaves can heat unevenly and create hot spots, so avoid using them to heat baby formula or baby milk.
- Heat bottles by placing them in warm water, and make sure they have cooled to the appropriate temperature before feeding your baby.

Keep Flammable Materials Away From Space Heaters

- Remember to keep space heaters at least three feet away from anything that can burn or catch fire.
- Make sure you turn them off when you leave the room.

Install Barriers Such as Safety Gates Around Fireplaces, Ovens and Furnaces

- Make sure your fireplace is protected by a sturdy screen. Remember that glass screens can take a long time to cool down.
- If you are using a fireplace or wood stove, burn only seasoned hardwood such as oak, ash or maple.
- If small children live in or visit your home, use a safety gate around your fireplace or wood stove.



Blow Out Candles and Store Matches Out of Reach

- Keep candles at least 12 inches away from anything that can burn, and always blow them out when you leave the room or before you go to sleep.
- Make a habit of placing matches, gasoline and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.
- Teach kids never to play with matches, lighters or [fireworks](#). Depending on the age and maturity level of your child, it may be reasonable to use the items with the supervision of an adult. Just be sure that a fire extinguisher and a phone are close by in case of an emergency.
- Unplug and safely store irons, flatirons and other appliances that might be hot to the touch.

Bike Safety Tips

Everything you need to know to keep your kids safe when biking.

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. Here are a few tips so that you will be as safe as possible while you're doing it.

Wear a Helmet

- We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes.



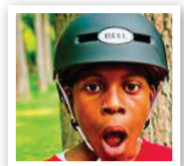
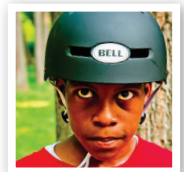
Find the Right Helmet Fit

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children's helmet should meet the U.S. Consumer Product Safety Commission's (CPSC) standards. When it's time to buy a new helmet, let your children pick out their own; they'll be more likely to wear them for every ride.



More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.

- [Make sure the helmet fits and your child knows how to put it on correctly.](#) A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids recommends kids take the [Helmet Fit Test.](#)
- **EYES** check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
- **EARS** check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- **MOUTH** check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



Use Appropriate Helmets for Different Activities

- Children should always wear a helmet for all wheeled sports activities.
- A properly-fitted bike helmet is just as effective when riding a scooter, roller skating or in-line skating.
- When skateboarding and long boarding, make sure your child wears a CPSC certified skateboarding helmet.

Proper Equipment and Maintenance Are Important

- Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.
- When children are sitting on the seat of the bicycle, their feet should be able to touch the ground.
- Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
- Long or loose clothing can get caught in bike chains or wheel spokes. Dress young kids appropriately to ensure a safe ride.

Keep an Eye Out

- Actively supervise children until you're comfortable that they are responsible to ride on their own.
- Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10, so limit riding to sidewalks (although be careful for vehicles in driveways), parks or bike paths until age 10. No matter where you ride, teach your child to stay alert and watch for cars and trucks.
- Children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.

Model and Teach Good Behavior

- You'd be surprised how much kids learn from watching you, so it's important for parents to model proper behavior. Wear a helmet, even if you didn't when you were a kid.
- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.
- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights. Be predictable when riding.
- Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.



Be Bright, Use Lights

- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Most states require a front light but allow the use of a rear reflector. Headlights aren't so much for bicyclists to see where they are going but for others to see them. Riding without a headlight means drivers won't see you, and surprising motorists is never a good idea.



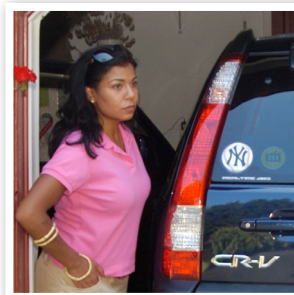
Driveway Safety Tips

Everything you need to know to keep your kids safe around driveways.

Kids love cars, and when they see a parked car, they don't even think about the possibility of getting hurt or seriously injured. That's why parents have to. Many preventable injuries and deaths occur in driveways or parking lots when drivers are unaware that children are near vehicles. Tragically, these drivers are often family members or friends of the injured child. But these injuries are easily prevented by following a few simple tips.

Check Your Car and Driveway for Kids

- We know you're often in a hurry, but before you drive away, take a few seconds to walk all the way around your parked car to check for children.
- When checking for kids around your vehicle, see if anything that could attract a child such as a pet, bike or toy, is under or behind your vehicle before getting in and starting the engine.
- Designate an adult to supervise and find a safe spot for children to wait when nearby vehicles are about to move and make sure the drivers can see them.



Lend a Hand to Younger Kids

- Accompany little kids when they get in and out of a vehicle. Hold their hands while walking near moving vehicles or in driveways and parking lots or on sidewalks.



Each year, more than 9,000 children are treated in emergency rooms for injuries that occurred while they were unattended in or around motor vehicles.

Limit Play in the Driveway

- Work with your kids to pick up toys, bikes, chalk or any type of equipment around the driveway so that these items don't entice kids to play.
- Identify and use safe play areas for children, away from parked or moving vehicles. Teach kids to play in these areas instead of in, around or behind a car. Consider making your driveway a toy-free zone.
- Don't allow children to play unattended in parking lots when cars are present.



Keep Kids Safe

FROM LAWN MOWER INJURIES

In the U.S., more than **9,000 children** go to the ER for lawn mower-related injuries every year.

800 kids

are run over by a riding mower

600

of these require

amputation



two **most common** ages of injury



3 and

16



WHEN CAN KIDS MOW THE LAWN?



PUSH MOWER

Age **12**
or older



RIDING MOWER

Age **16**
or older

- Kids must be both strong and mature enough.
- Train teens to operate the mower safely.
- Wear eye protection, and closed toe shoes.

NEVER



take a child as a passenger on a riding mower.

KEEP KIDS OUT OF YARD WHILE MOWING!

The blades can fire **a rock or stick** like a bullet.



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DEDICATED TO THE HEALTH OF ALL CHILDREN®



SAFE SUMMER STARTS HERE

STAY SAFE

With Safe Kids Capital Region
& Albany Med's Pediatric
Trauma Program



ALBANY MED Health System

ALBANY MEDICAL CENTER
Injury Prevention and Outreach

ER visits peak in
the summer
months.

Avoid these four
common
summer related
accidents and
illnesses.

1 WATER SAFETY

Always watch children in and
around water. They should NEVER
be left unattended.

2 DOG BITE PREVENTION

Dog bites are happening in the home. Educate
children on warning signs of when to leave a
dog alone! Stay away from stray dogs!

3 BURNS

Use caution when dealing with
flammable liquids, open flames,
campfires and even barbecues!

4 OUTDOOR INJURIES

Wear appropriate attire and safety gear
during activities like bike riding & hiking;
water recreation should be monitored by
an adult who knows CPR.

Summer Safety Bundle Evaluation!



Please Scan the QR code above
to take a quick evaluation & if
you'd like another safety topic!
We'd love to hear the feedback!