



Summer Safety Checklist for Caregivers

Accidents are the #1 cause of injury & death in children. A minute of prevention can save a lifetime of pain.
Review the checklist & learn what you can do to protect the children in your life.

Injury Area	Safety Goal	Check
Child Passenger Safety	<ul style="list-style-type: none"> My children, under the age of 13, ride in the back seat according to WA state law. I read my car seat & vehicle owner's manual & know how to put my car seat safely. My car seat fits snugly into my vehicle & my child is fastened snugly in to the seat. I know when my child is ready for a seat belt. 	
Wheeled Sports Safety	<ul style="list-style-type: none"> My child wears a helmet <u>every time</u> they ride a bike, scooter, skateboard or skates. My child's helmet is in good working order & fits properly. My child knows the rules of the road and practices them. 	
Pedestrian Safety	<ul style="list-style-type: none"> I teach my child to cross streets at corners & designated areas such as crosswalks. I teach my child to look left, right & left again before crossing. I make sure a child under the age of 10 never crosses the street without an adult present. 	
Home Water Safety	<ul style="list-style-type: none"> I always keep my eye on children in my care when they are playing in or near water. I know it takes less than a minute to drown and supervision is required. I never allow my child to swim alone. I have taught my child to swim. I empty containers of water &/or have a fence or alarm around my pool. I remove my ladder on my above ground pool. 	
Open Water Safety	<ul style="list-style-type: none"> I always keep my eye on my children when they are playing in or near water. I never allow my child to swim alone. I have taught my child to swim. I always make sure my child wears a life jacket, especially when riding in boats & on floatation devices (raft, inner tubes). I know "water wings" are not safety devices. 	
Fire/Burn & Carbon Monoxide Safety	<ul style="list-style-type: none"> I have smoke alarms installed on every level of my home & in every sleeping area. My family has a Home Fire Escape Plan & practice it regularly. I have a carbon monoxide detector installed in my home. I check the batteries at least once per year & test the alarm each month. I keep my child away from hot liquids, matches, fireworks, hot BBQ's, & fire. 	
Home/Falls Safety	<ul style="list-style-type: none"> I do not let my child play on stairs, balconies, or other elevated surfaces. I install window locks/guards to prevent my child from opening the window more than 5 inches & falling out. I move furniture away from windows. I lay appropriate ground covering under playground equipment & observe safety rules with trampolines and other play structures. 	
Sports & Outdoor Safety	<ul style="list-style-type: none"> I use safety devices when my child participates in team sports. I provide adequate hydration to my child. I use sunscreen every time my child goes outside in warm weather. 	
Parent Pledge	I will practice the above safety tips & be a good role model for the children in my care.	

For more information on the tips above or to learn more about Safe Kids Snohomish County visit www.snosafekids.org or www.safekids.org.

The mission of Safe Kids Snohomish County is to prevent unintentional childhood injuries & to save young lives.

We strive to coordinate countywide efforts that increase community awareness through education, special events & distribution of protective equipment. Safe Kids Snohomish County has proudly offered its services since 1999 through a partnership with Providence Regional Medical Center Everett.

