

Safety Tips:

K – 3rd Grade (5-8 Years)



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Childhood Injury Prevention

Safety In and Around Cars

- Children who grow out of car seats still need a booster seat. A child should only go without a booster seat when:
 - The child's knees bend at the edge of the seat when his or her back and bottom are against the vehicle seat back.
 - The vehicle lap belt fits across the upper thighs
 - The shoulder belt should fit across the shoulder and chest (Children are usually between 8 and 12 years old when the seat belt fits them properly).
- Trunks are not meant for playing or hiding. Lock your car doors and trunk when not in use.
- Do not ever place your child in the front seat with a passenger airbag.

Bike and Skate Safety

- 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.
- Make sure your child has the right size helmet and wears it every time when riding a bike, skateboard, or scooter.
- Actively supervise children until they are responsible to ride on their own. Limit riding to sidewalks to avoid collisions with cars.

Avoiding Falls

- Don't let kids play on high porches, decks, stairs, balconies, or on top of furniture.
- Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch.

Traffic Precautions

- Children under 10 should cross the street with an adult.
- Teach children to look left, right and left again when crossing the street and to never dart out into the street or cross between parked cars.
- Only cross streets at corners, using traffic signals and crosswalks.
- Walk on sidewalks or paths whenever possible. If there is no safer option, walk facing traffic as far to the left as possible.
- Do you want to learn more and become an advocate for safety on the way to school? Visit <http://saferoutespartnership.org/> for resources.

Preventing Scalds/Burns

- Don't allow children to use a microwave by themselves until they are both tall enough to reach it safely and able to understand that steam can cause burns.
- Actively supervise kids in the kitchen and around electrical appliances and outlets. Teach them how to act responsibly.
- Place matches, gasoline and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.
- Apply sunscreen before going outside and reapply every two hours and after swimming.

Sport Safety

- Make sure your child has a pre-participation physical exam (PPE) before playing in organized sports.
- Encourage children to drink water before, during, and after athletic activities.
- Children should always warm up and stretch before play to prevent injuries.
- Make sure your child's coach is trained in first aid and CPR and knows how to prevent, recognize, and respond to concussions and overuse injuries.
- It is recommended that children get 10 consecutive weeks off for rest from any one sport every year.
- Wear proper protective sports gear.

Water Safety

- Teach children never to enter or go near water without an adult near by and to always swim with a partner.
- Make sure your home pool has a proper drain cover or shut-off function to prevent body parts, clothing, or hair from getting trapped.
- Install a window or door alarm to alert you if a child wanders into the pool area.

For Extra Peace of Mind

- Teach your child important emergency phone numbers.
- Make sure your child has safe and engaging afterschool care.



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