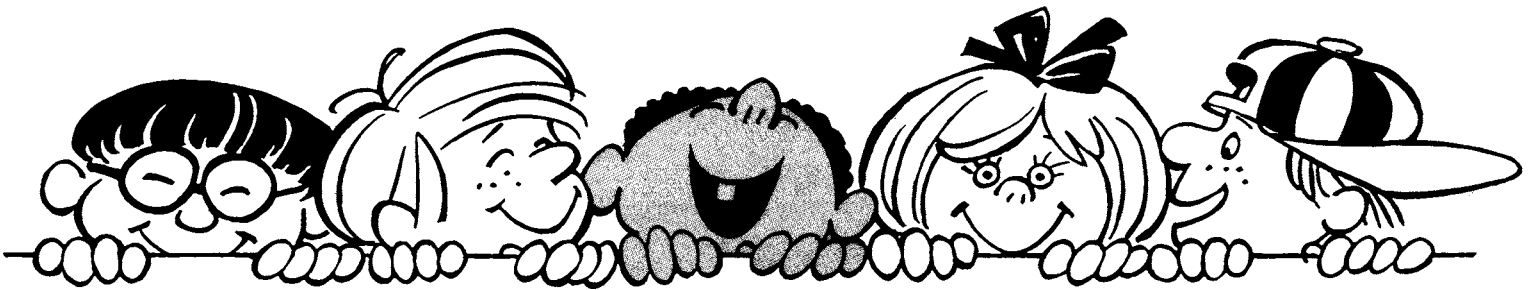


A B C , S
of



SAFE KIDS
Activity Book

Dear Parent or Guardian,

The “ABC’s of SAFE KIDS Activity Book” was developed to help children learn to be safe and stay healthy at home, school, and outdoors. With your help, your child will learn how to stay safe:

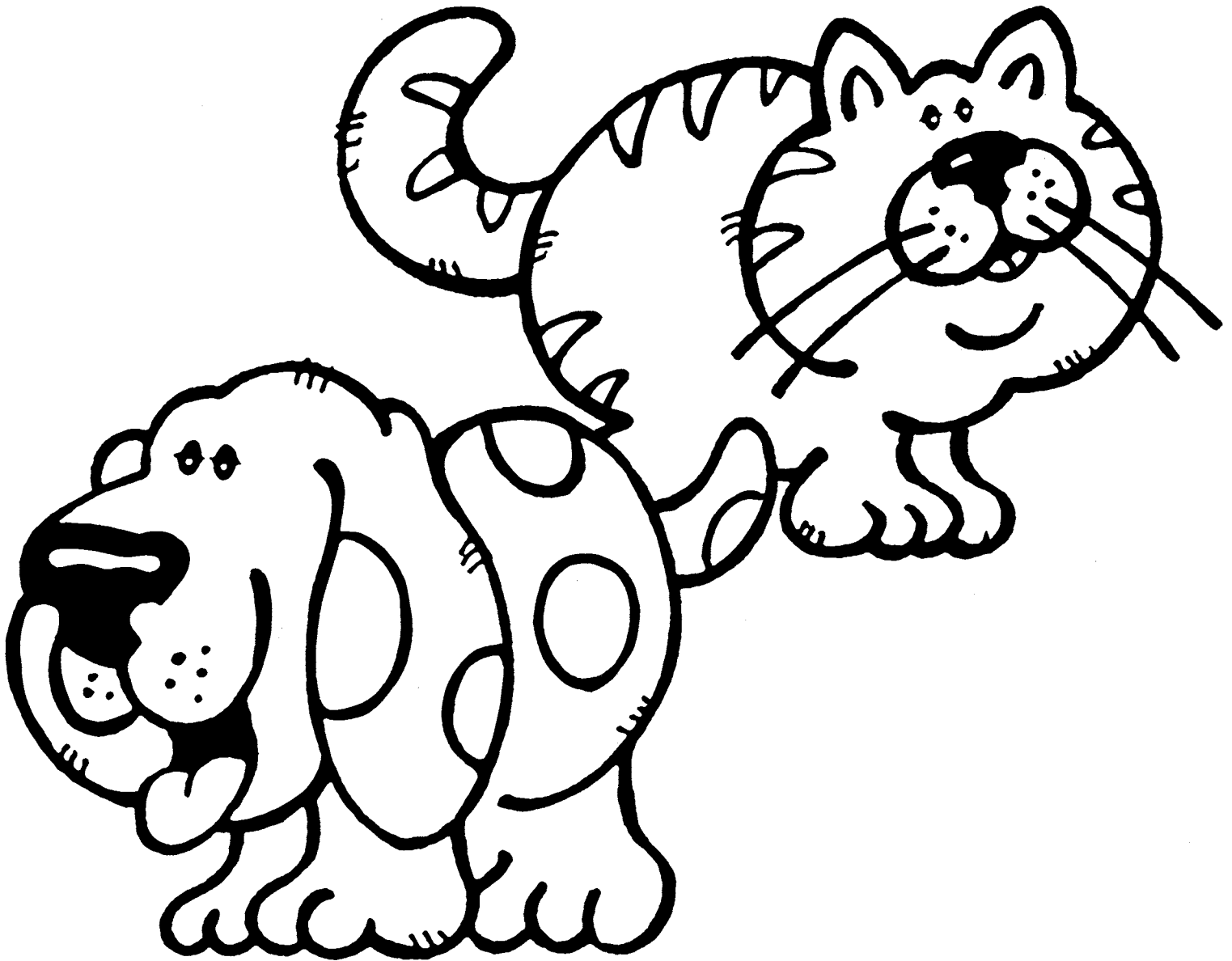
- We encourage you to read through this activity book with your child. Discuss each page so your child understands the safety messages. Take the “Parents Safety Quiz” and work through the “Kids Safety Quiz” with your child. Be sure to check your answers on the back of the quizzes to see how you did.
- After you review the pages, be sure that you and your child practice being safe. Role-playing is fun for children and reinforces the safety messages. Remember that you set an example so follow the safety rules yourself.
- Take notice if your child acts in a safe way and tell your child if he or she is doing the right thing. Giving feedback will encourage your child to continue to follow the safety rules.

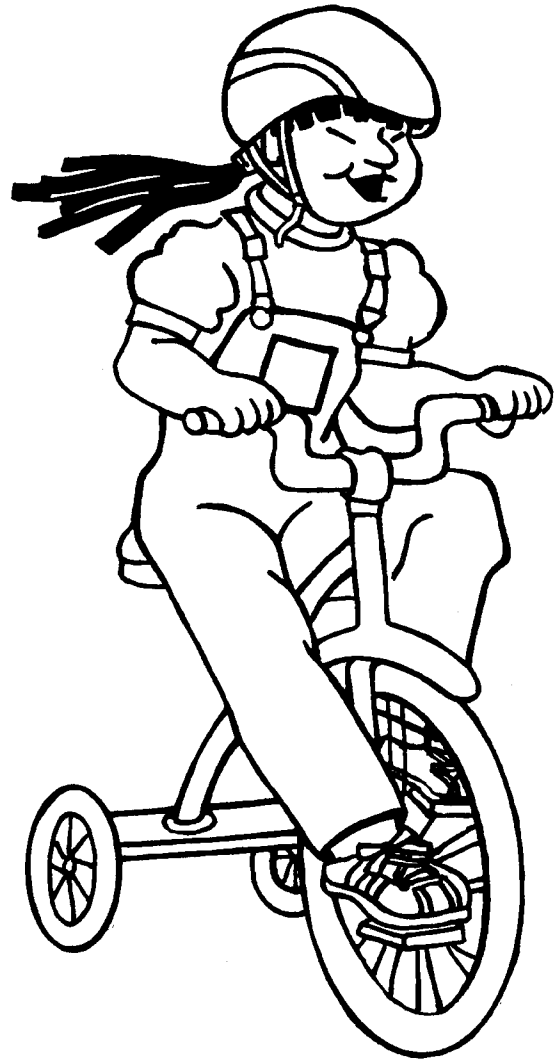
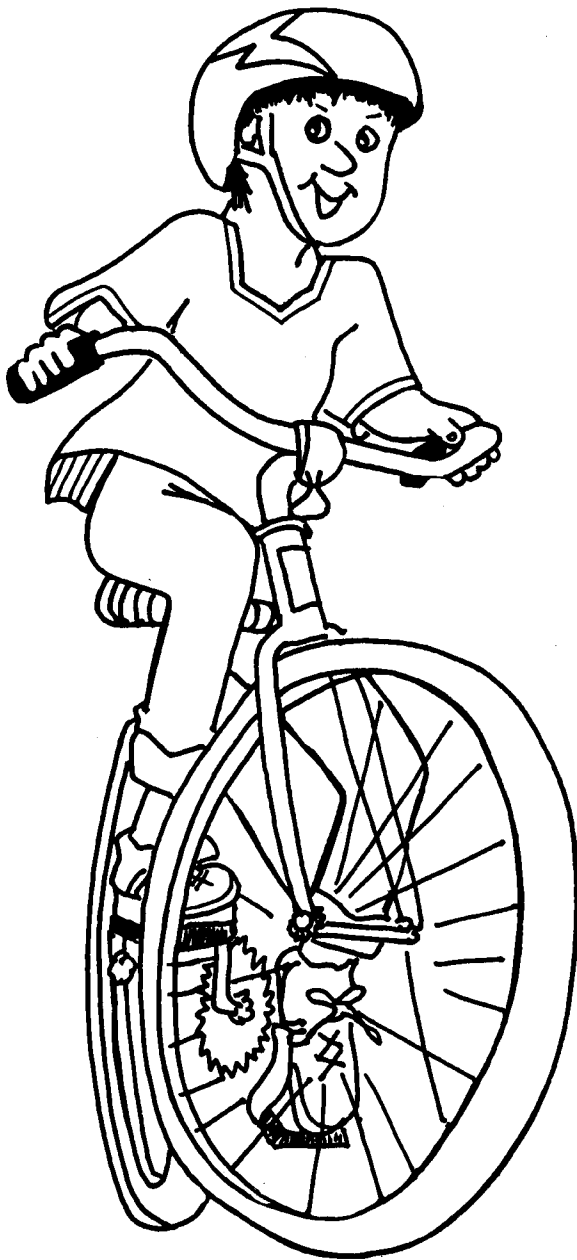
Spending the time with your child to teach him or her how to be safe will mean the world to your child as he or she grows up safe and healthy.

A

is for Animals

Avoid animals
you don't know.





B

is for Bikes

Be bike smart.
Wear a helmet.

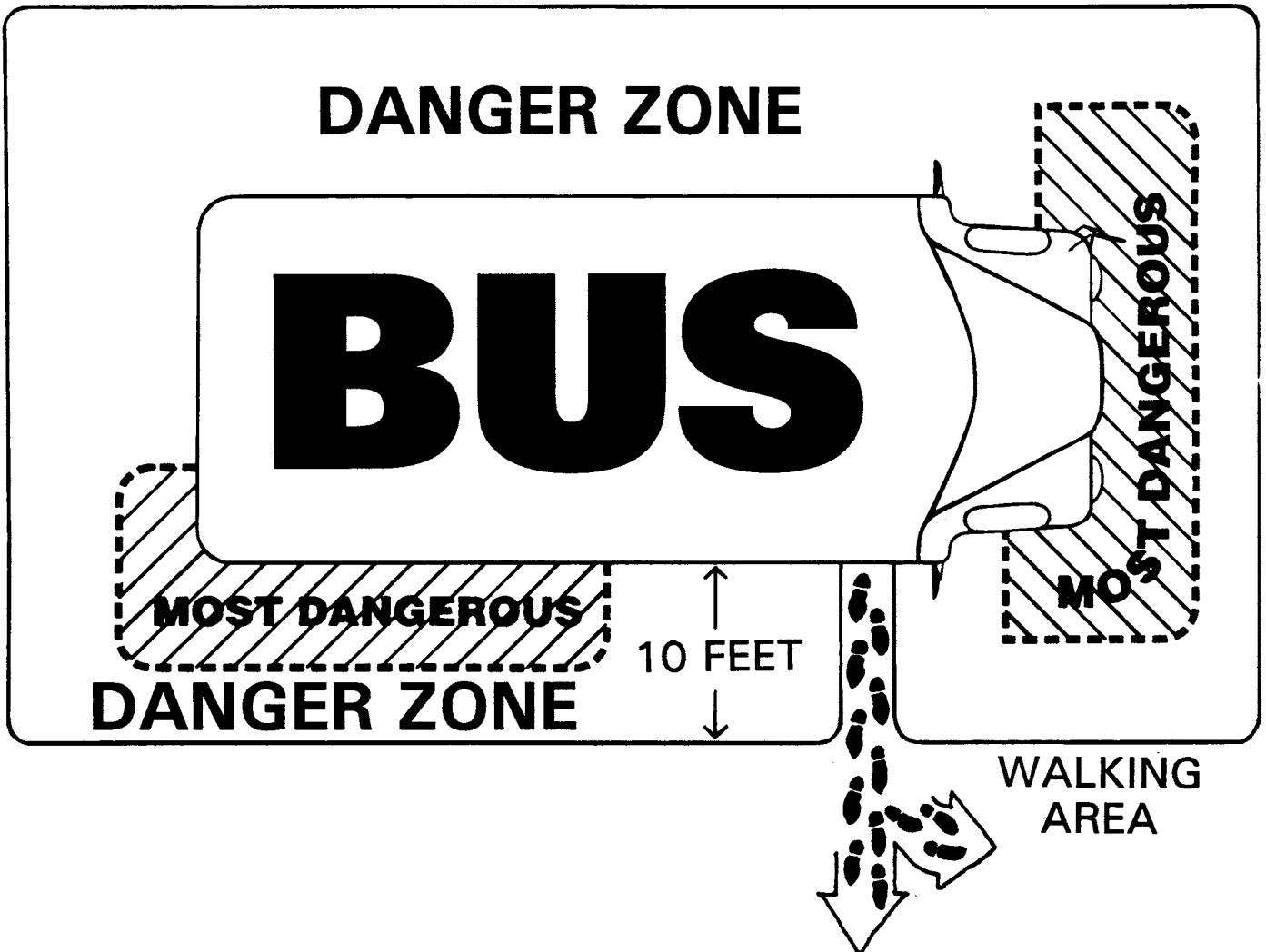
C

is for Children

They should
always be
buckled up.



DANGER FROM PASSING CARS



D

is for
Danger Zone

Keep 10 feet
away from a
school bus.

E

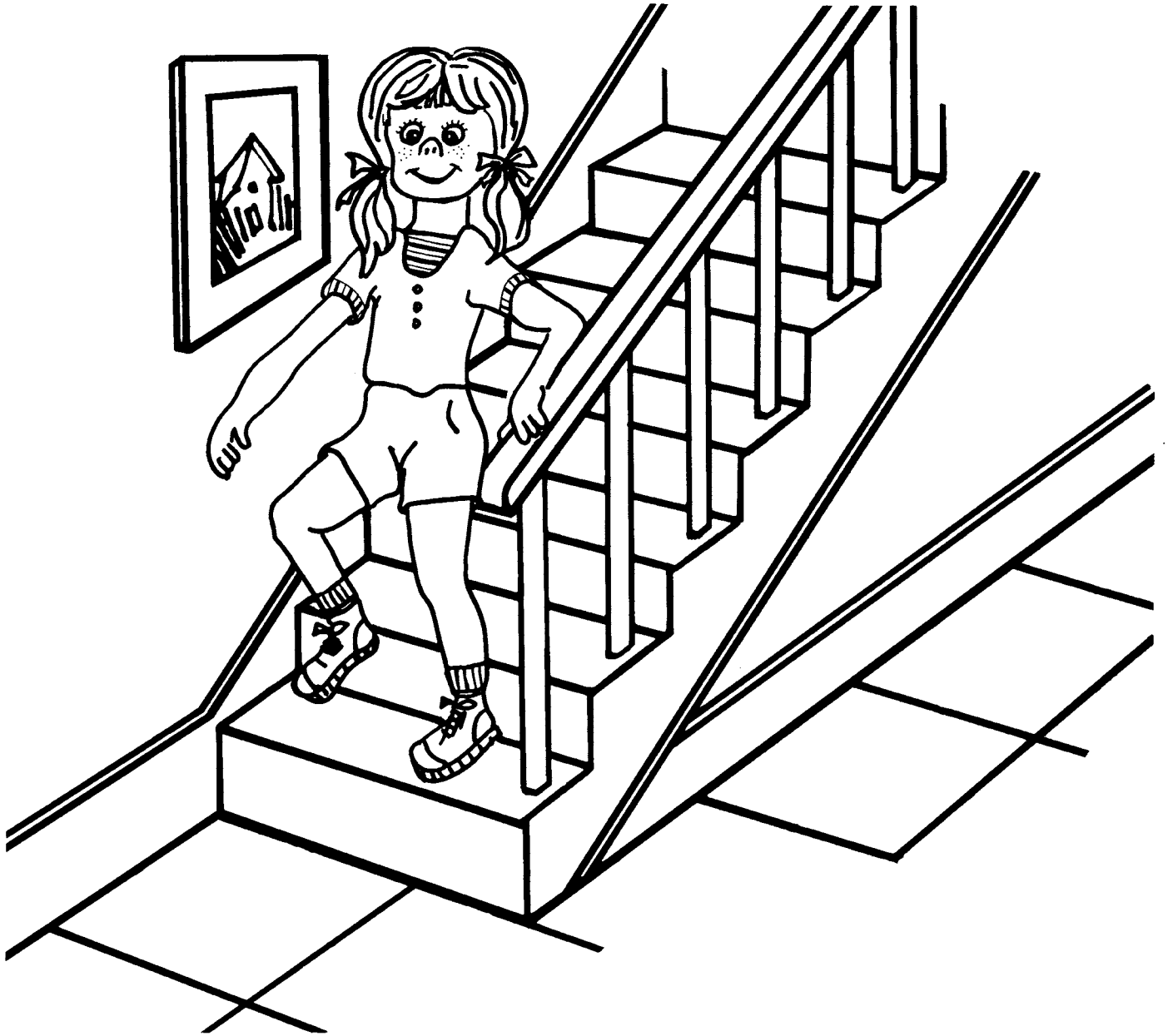
is for
Emergency

Dial 911.

It will bring Police
and Firemen.

911





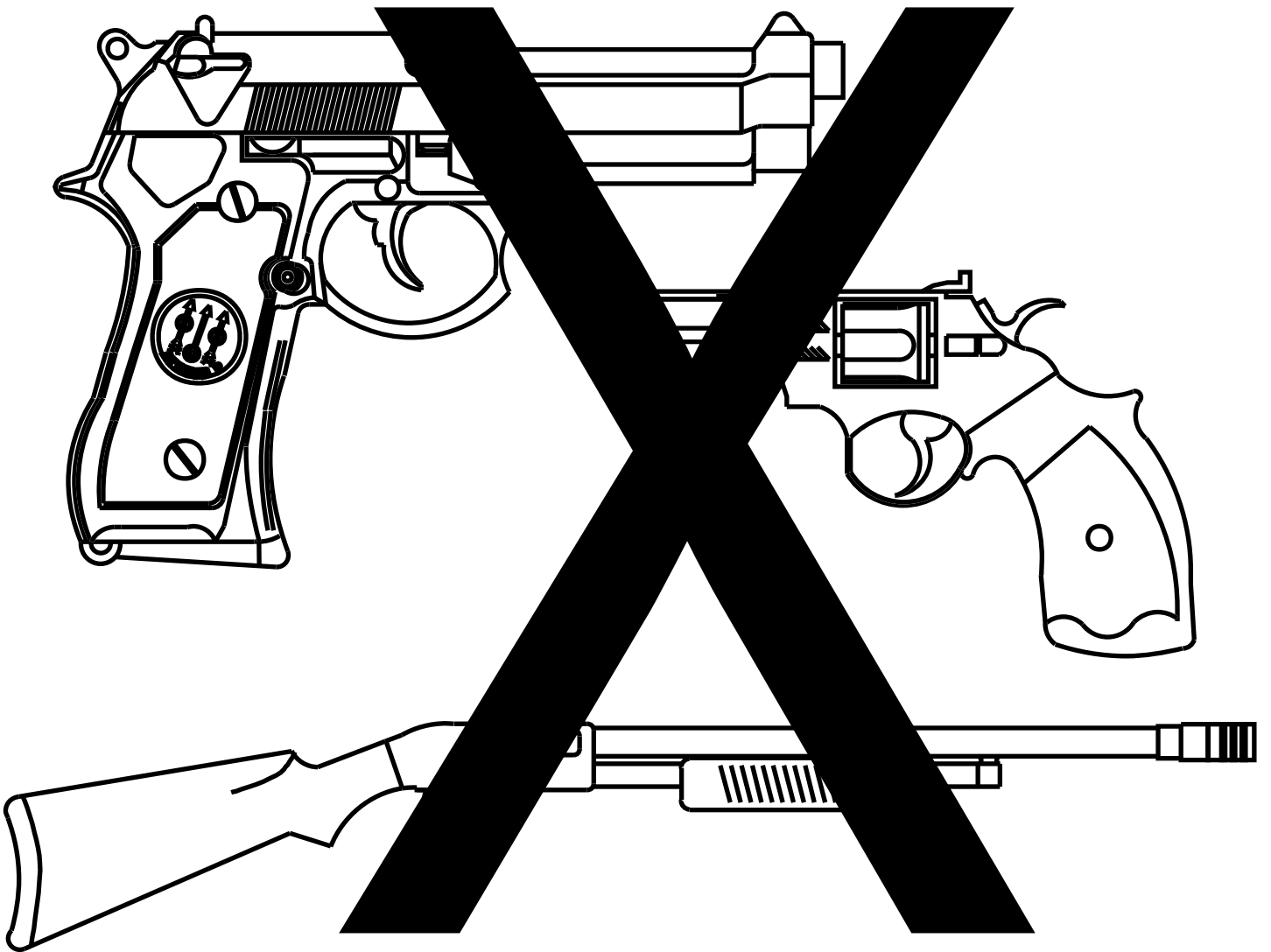
F

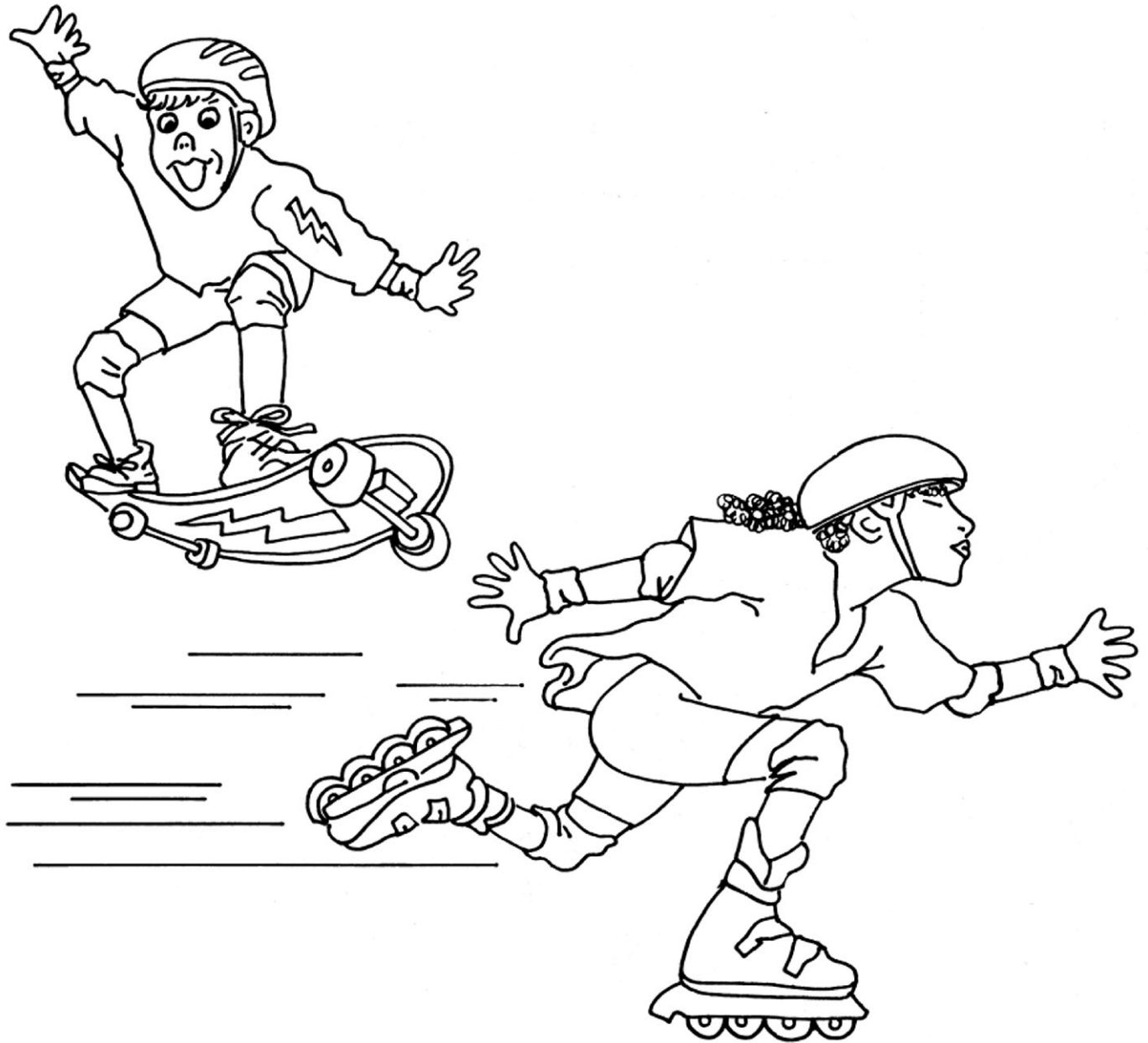
is for Falls

Falls can hurt.
Hold onto rail.

G

is for
Gun Safety
Don't touch guns.





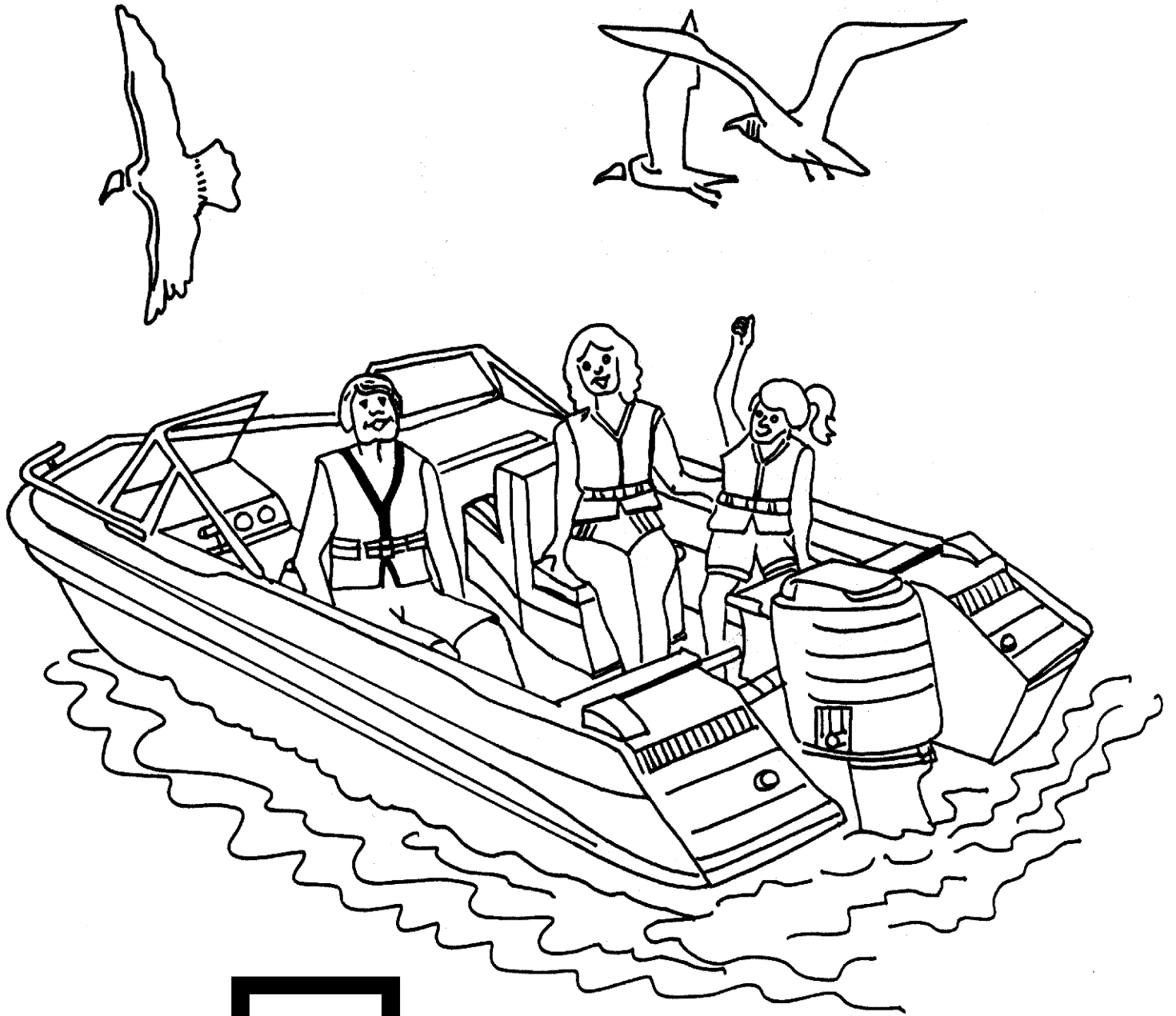
H

is for Helmet
Wear your helmet,
knee pads and
elbow pads when
on your wheels.

I is for Ice

Ice
must be
frozen
before
skating.





J

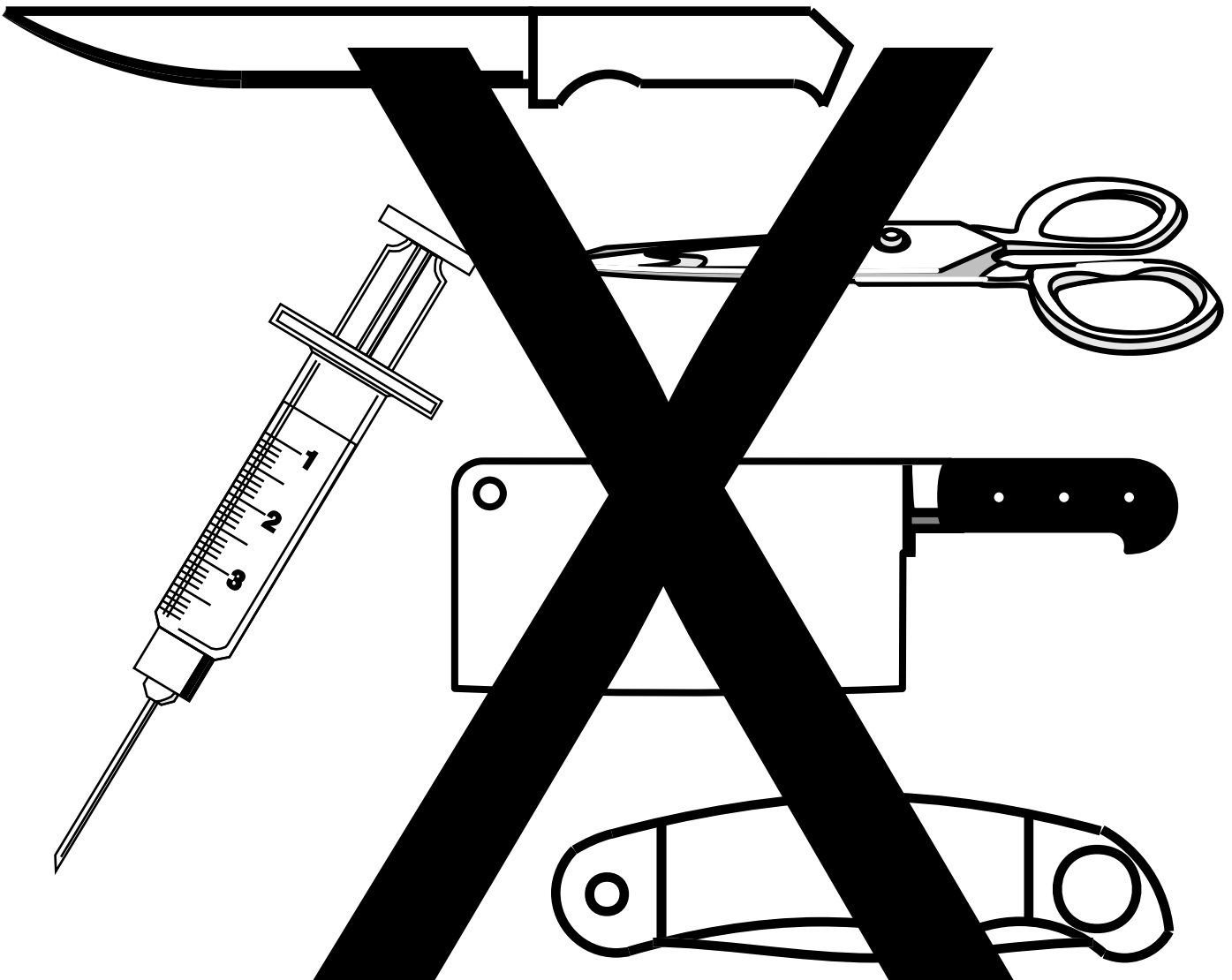
is for Jacket

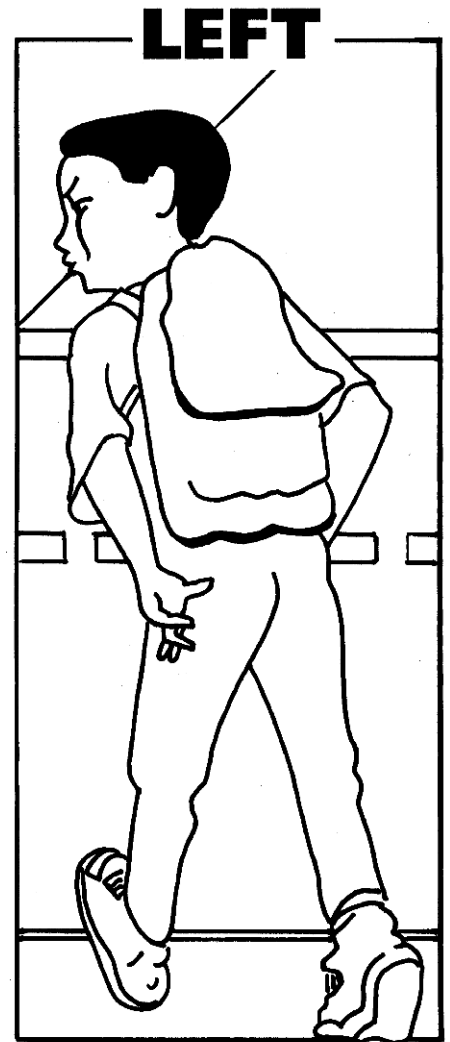
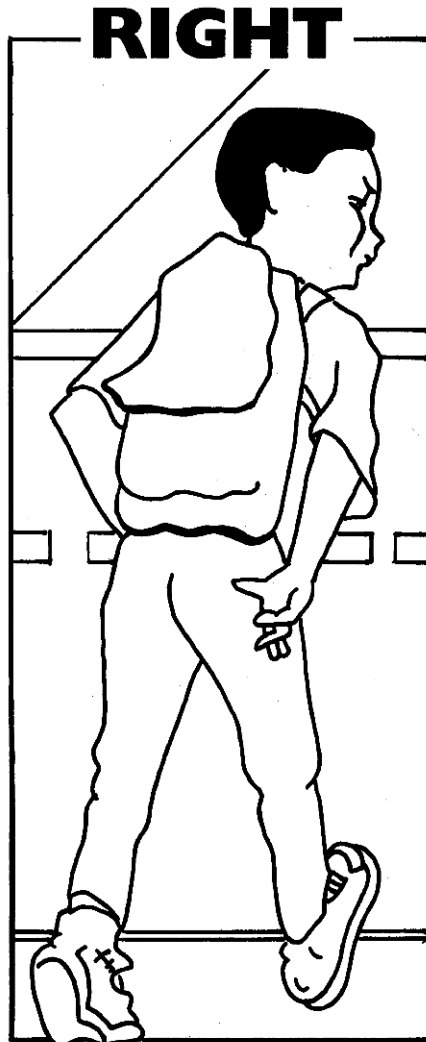
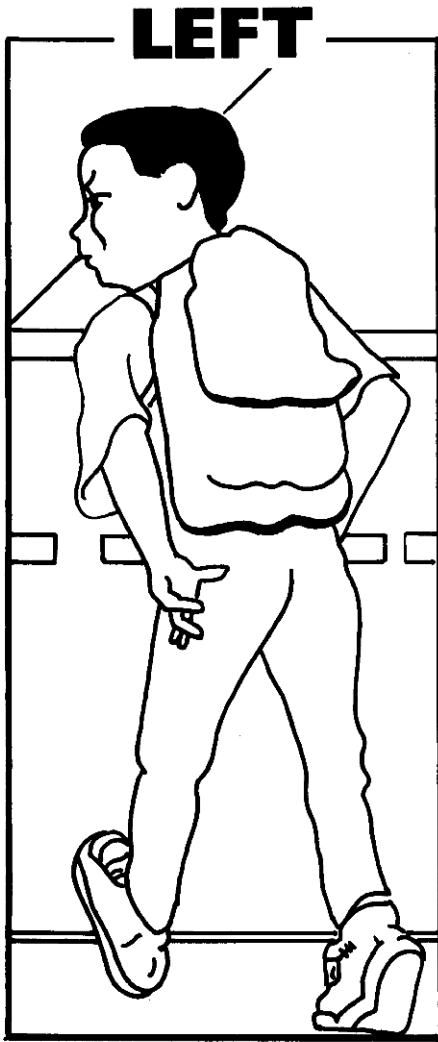
Always wear your
life jacket.

K

is for Knife

Keep away from
knives and all
sharp utensils.





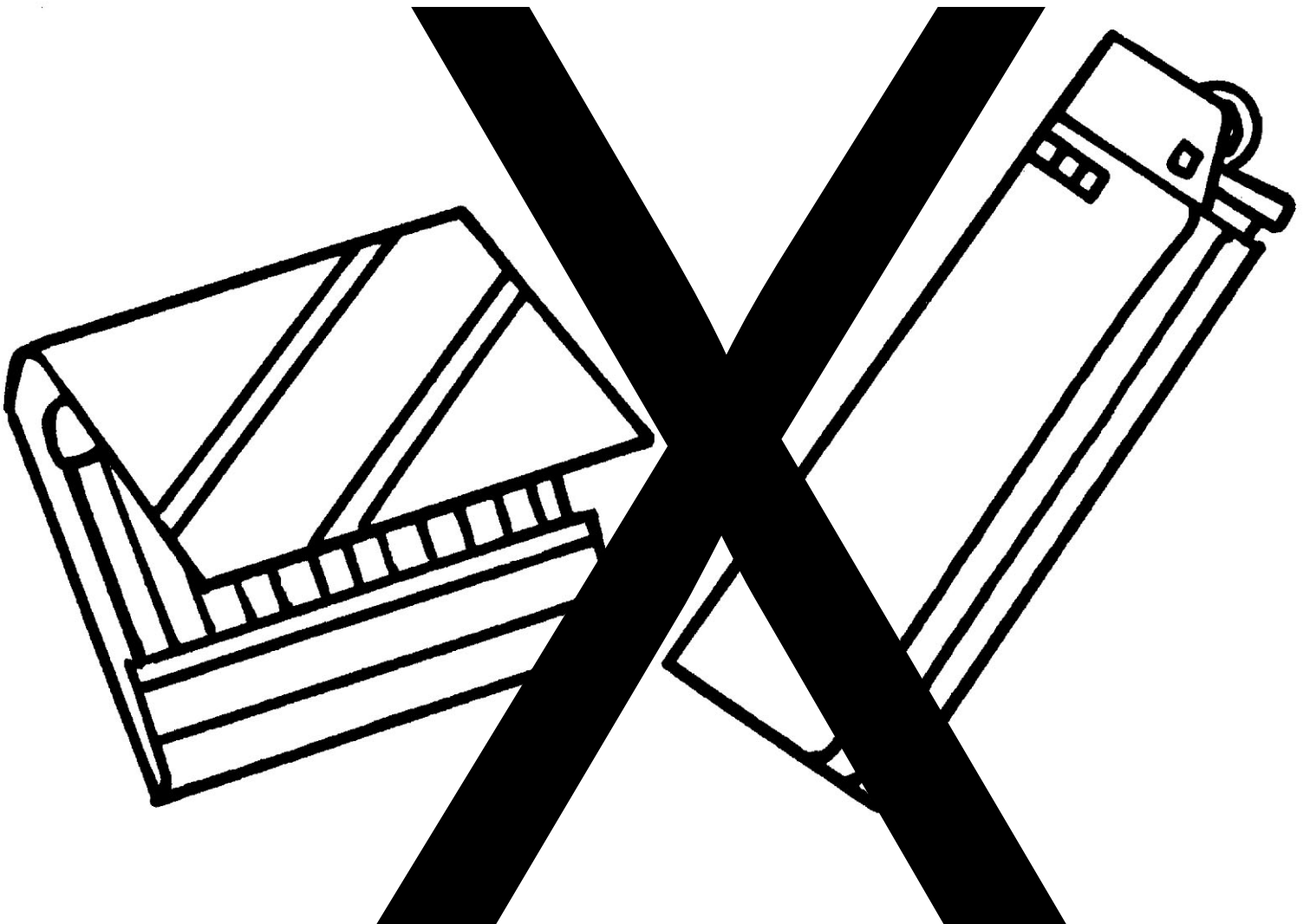
L is for Look

Look “Left, Right, Left”
before crossing.

M

is for
Matches

Keep away
from matches
and lighters.





N

is for Night

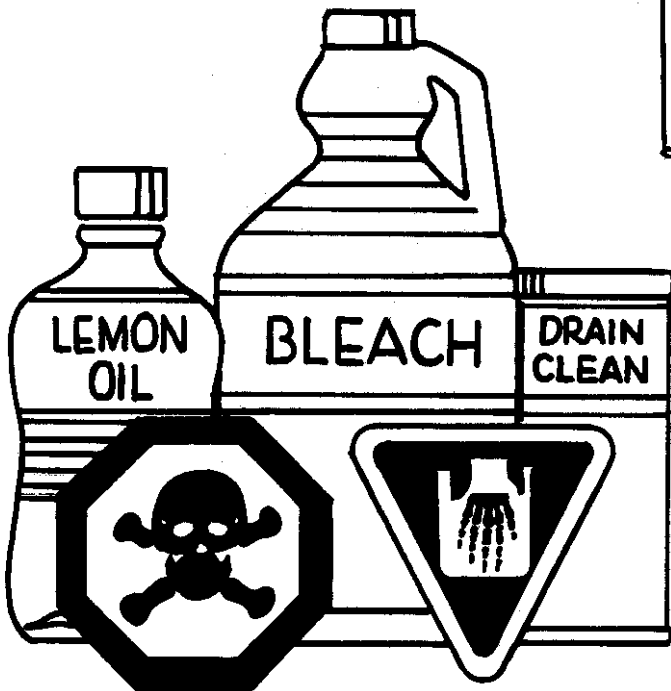
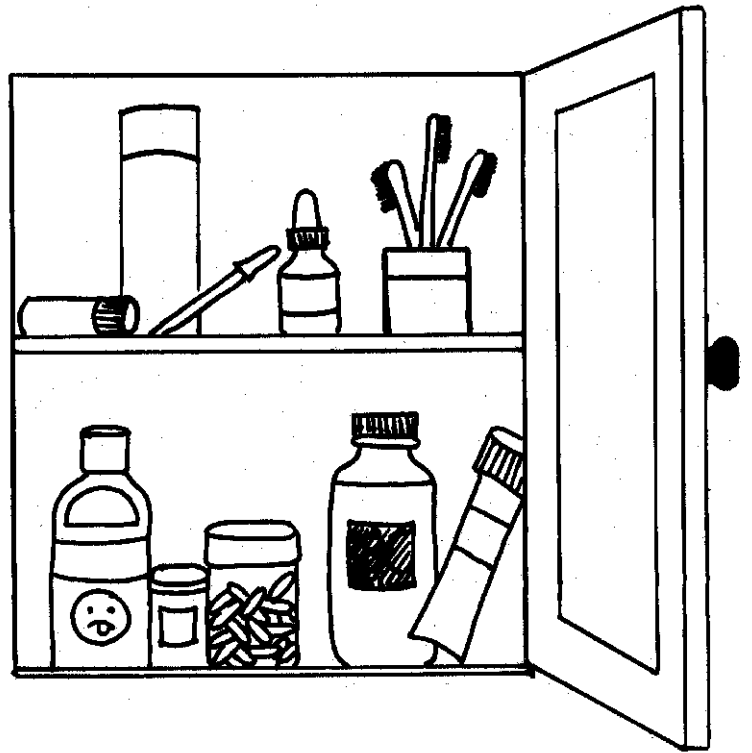
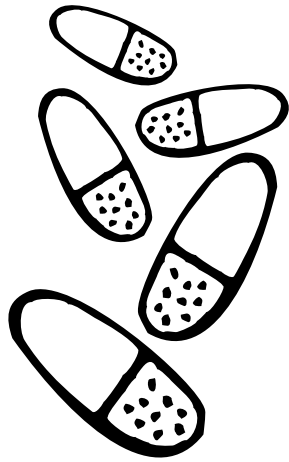
Wear bright
clothing and
play in well-lit
areas.

O

is for Objects

Very small
objects can
hurt babies.
Keep them away.



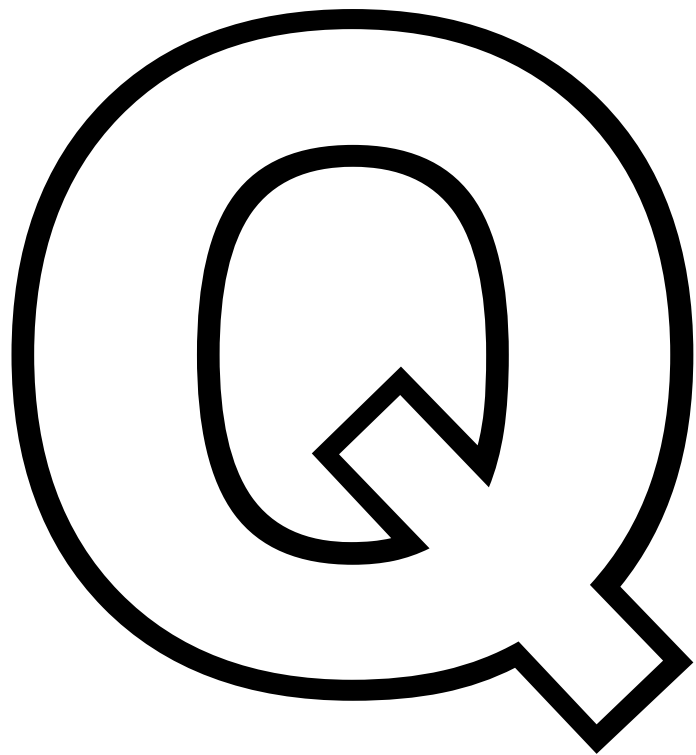


P

is for Poison
and Pills

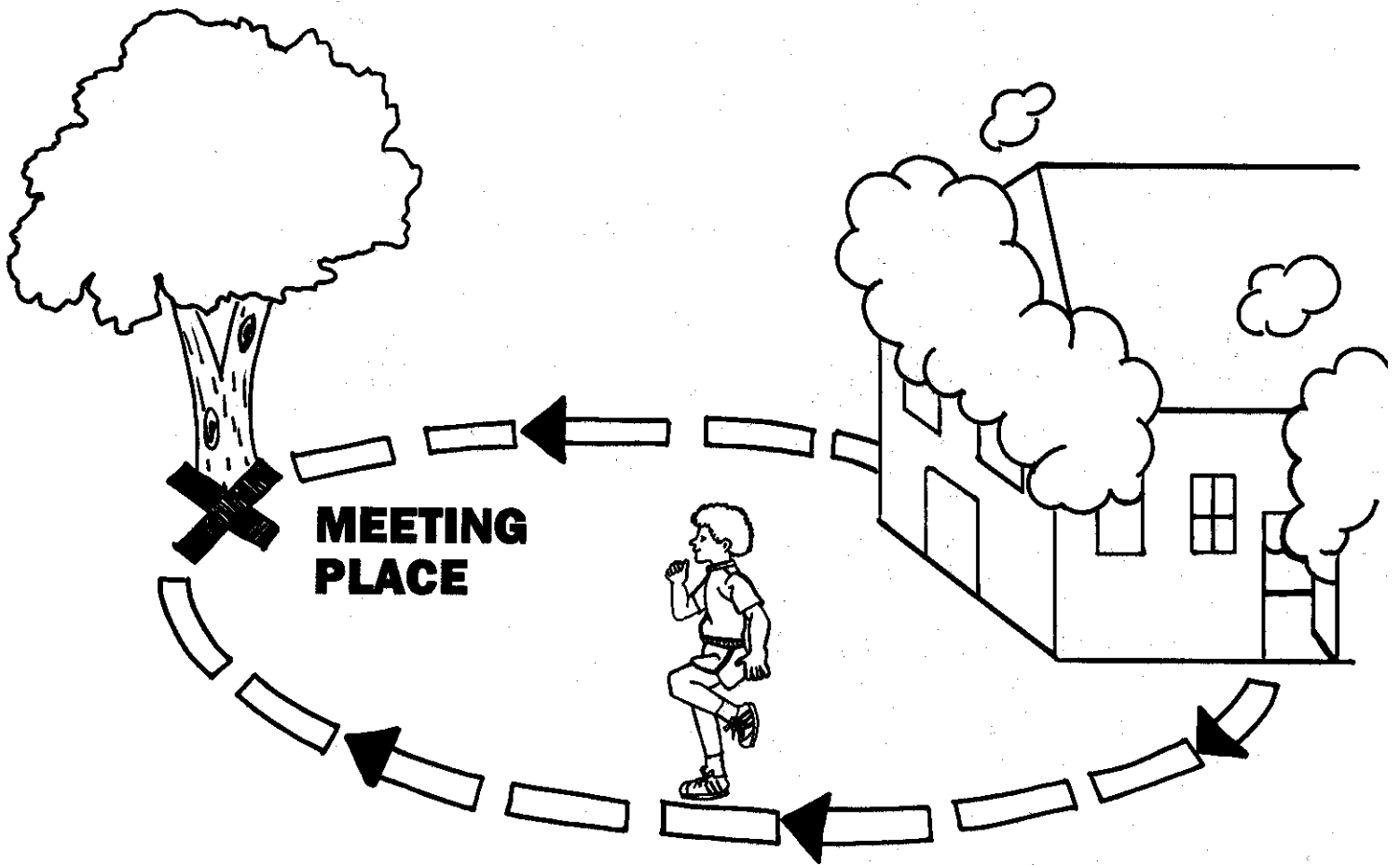
Keep away from
poison and pills.

Call 1-800-222-1222 for Help.



is for
Quick Exit

For a quick exit,
have a plan.





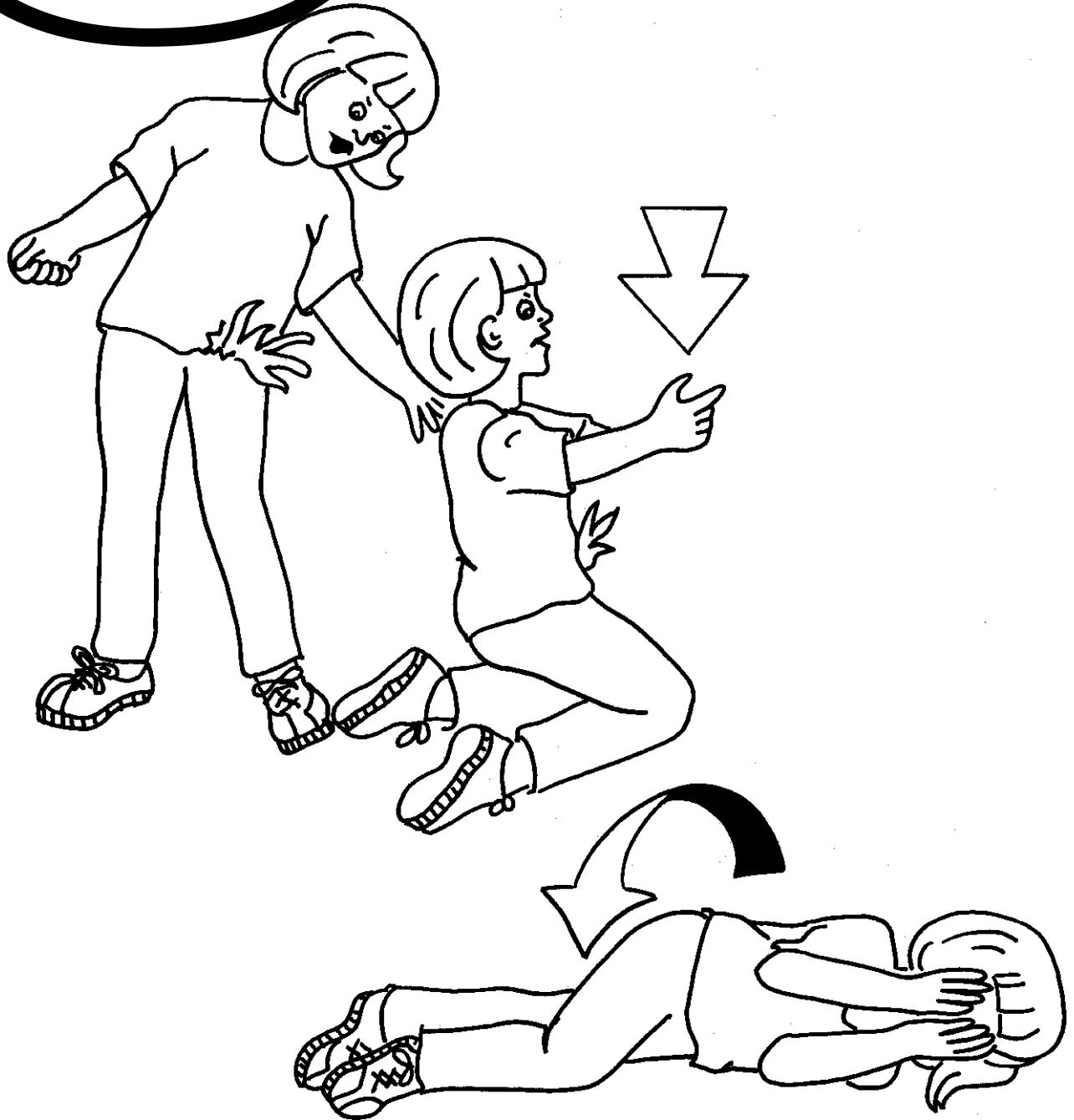
R

is for Riding
in the Car

Everyone
should
buckle up.

S

is for Stop,
Drop, and
Roll





T is for Talk

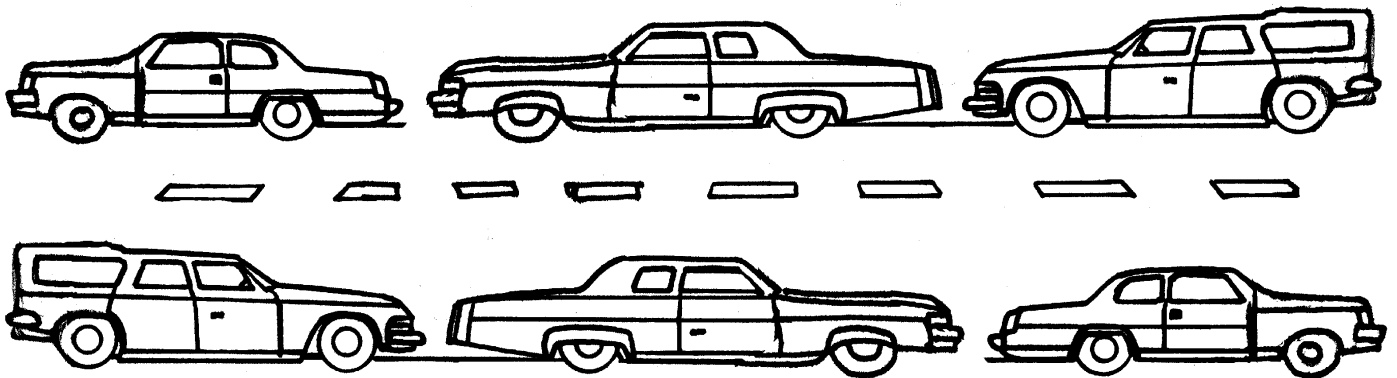
Never talk or go
with anyone, unless
your mom and dad
says it's ok.

U

is for Use
Caution in the
Kitchen.

Keep away from
pots on the stove.





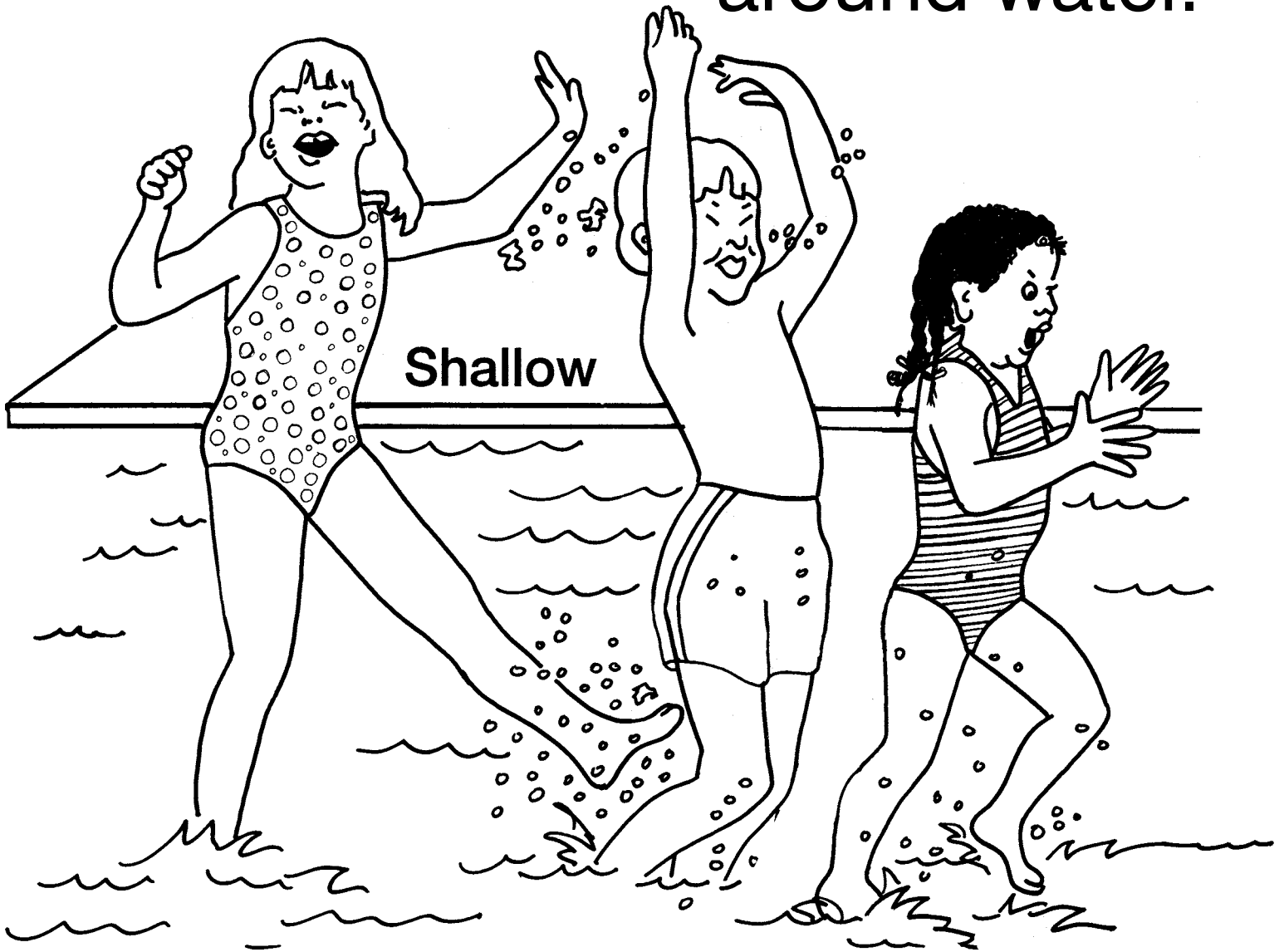
V

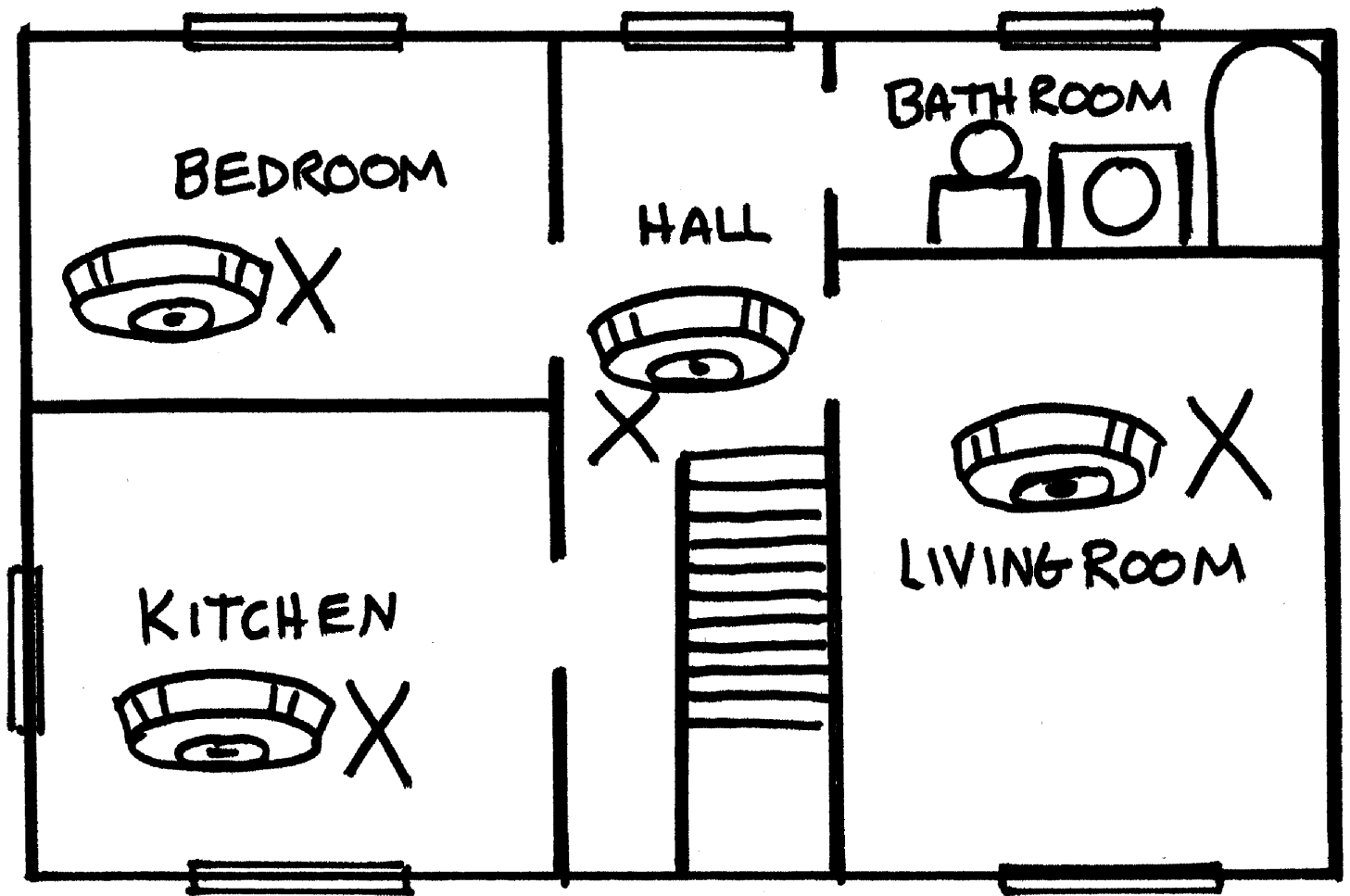
is for Vehicle
Don't play
in or around
vehicles.

W

is for
Water

Don't run,
push, or jump
on others
around water.





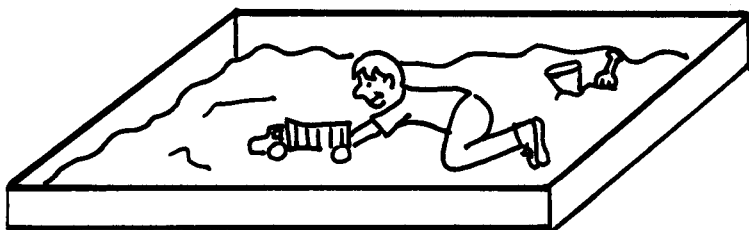
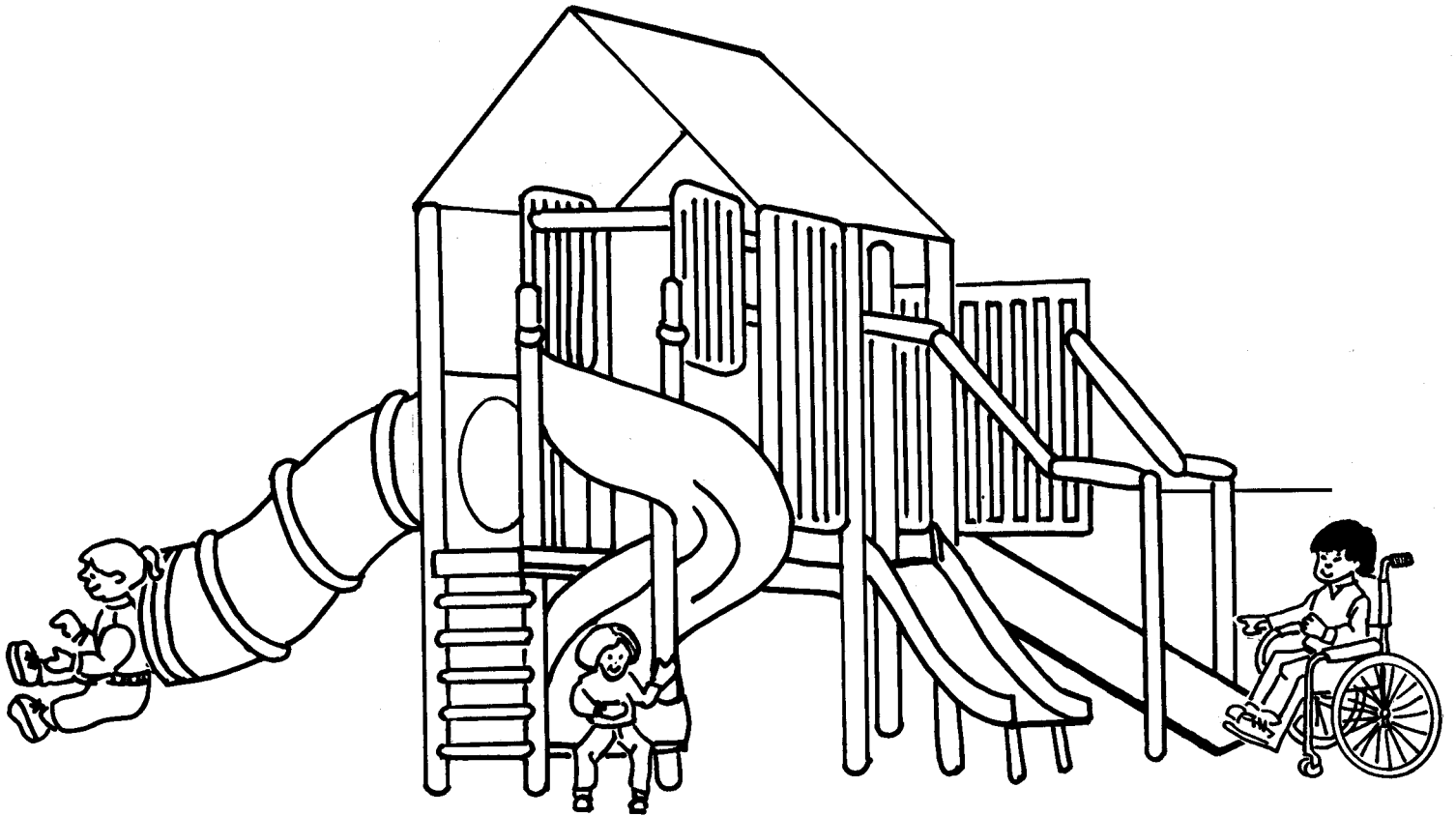
Marks the spot
for the smoke
detectors

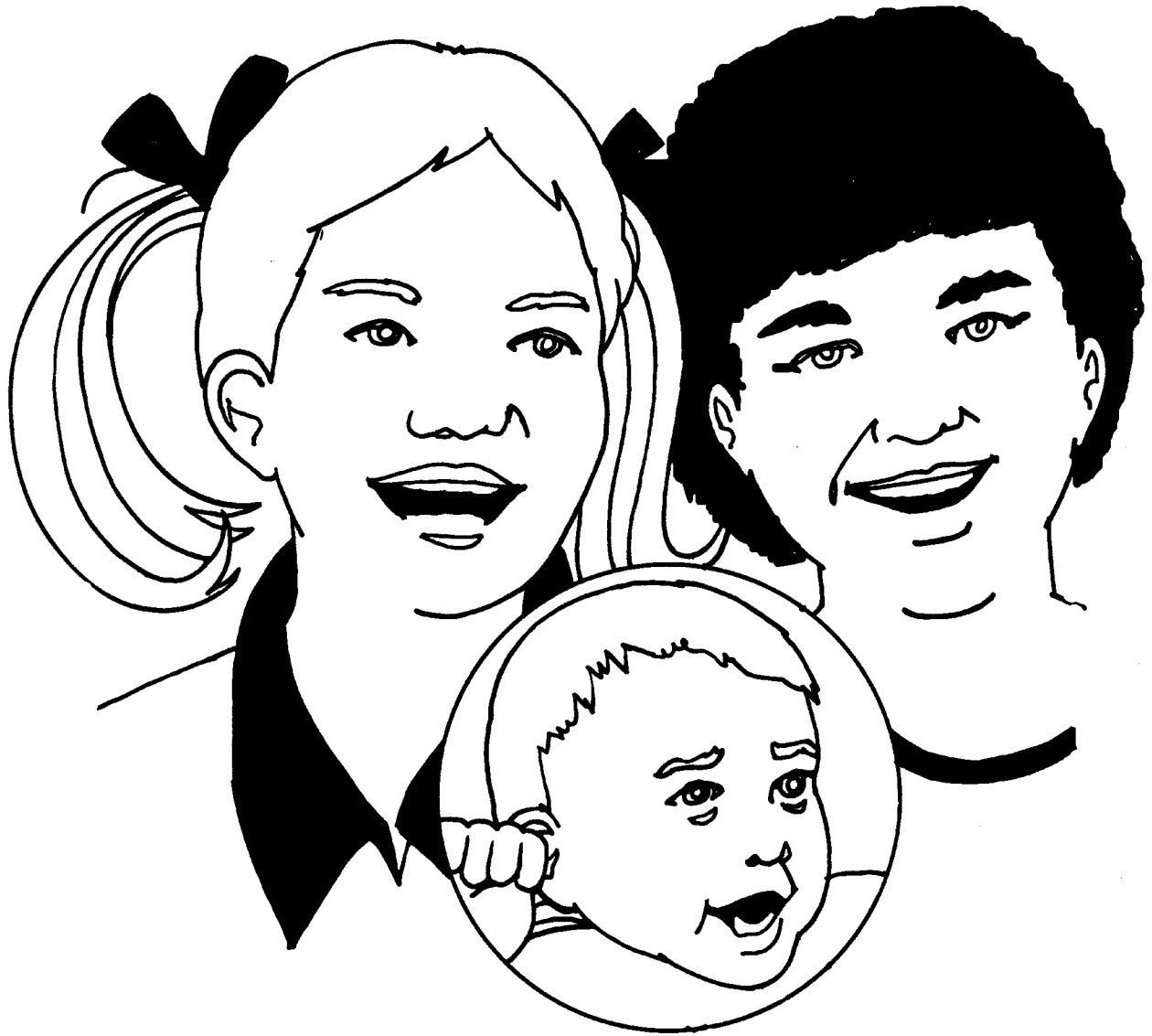
Check your
smoke detectors
every month.

Y

is for You

Play smart. Be
safe on playgrounds.
Take your turn.





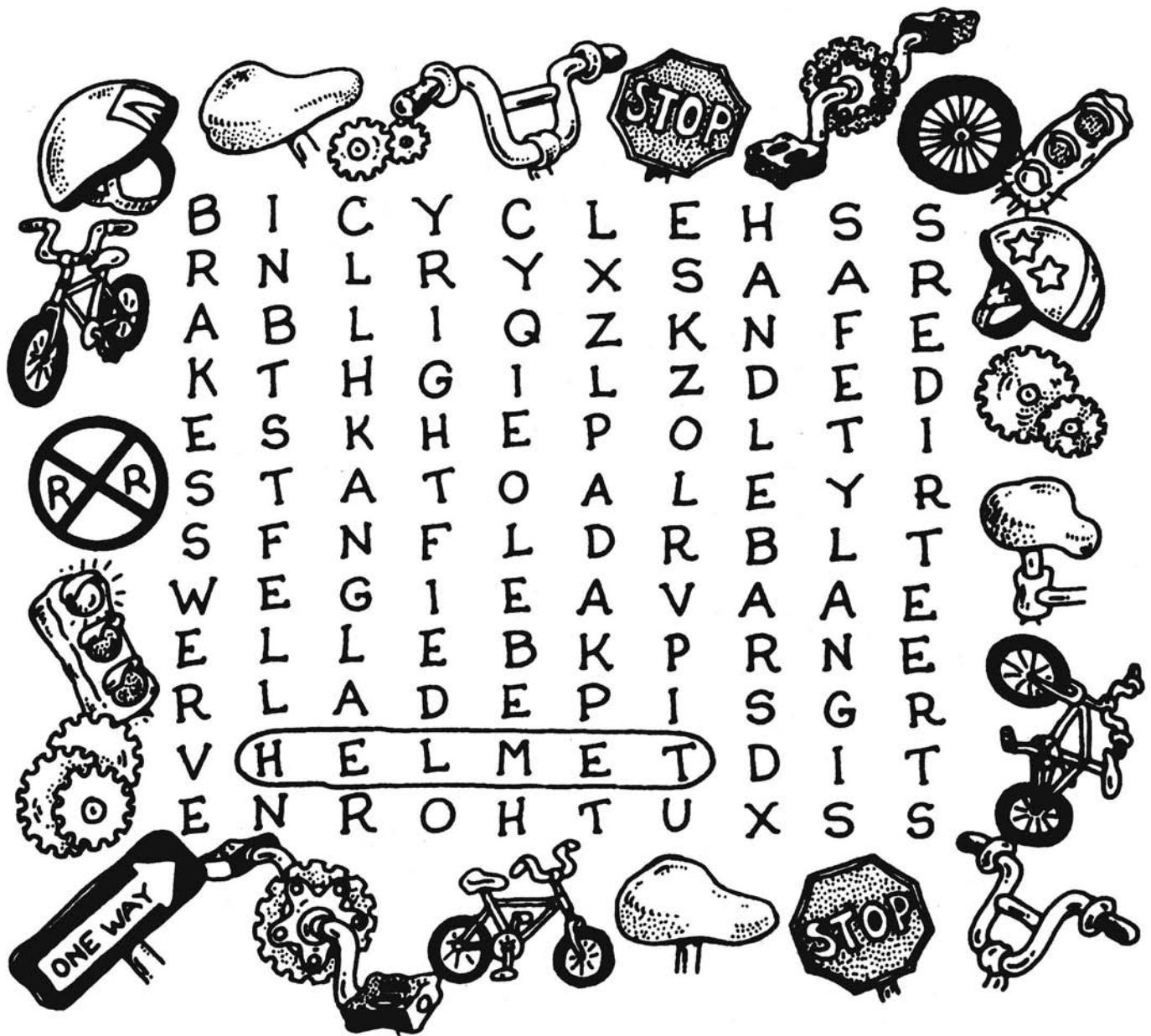
Z

is for Zero
Injuries
to Children

Be a safe kid!

Bike Safety Search

Find the words in the alphabet soup.
We've circled one to help you get started.



**SAFETY
SIGNAL
STREETRIDER
SWERVE**

**BELL
BICYCLE
BRAKES
GEAR**

**HANDLEBARS
HELMET
HORN
LEFT**

**LIGHT
PEDAL
RIGHT
SAFEKIDS**

Wrap Your Arms Around Safety

KIDS SAFETY QUIZ

(Circle the correct answer.)

- What is the only good excuse for not wearing a safety belt in the car?
 - We're not going far.
 - The safety belt is rubbing on my neck.
 - The car isn't going fast.
 - There is no good excuse.
- What should you do if you need to cross the street?
 - Ask an adult for help if you are under age 10.
 - Look left, right and left again for traffic.
 - Make sure drivers see you.
 - Cross at a corner or crosswalk.
 - All of the above
- True or false: I should wear a helmet whenever I ride my bike, inline skates, scooter or skateboard.
- If you get hurt while playing a sport, you should:
 - Keep playing until the game is over
 - Stop right away and tell an adult
- What's the first thing to do if there is a fire in the house?
 - Stay inside to call 911
 - Get out of the house
 - Try to put the fire out with water
- True or false: I can swim alone if I have taken swim lessons.
- What should you do if you come across a gun while playing?
 - Tell an adult
 - Leave the gun alone
 - Don't touch the gun
 - All of the above
- When do kids need to wear a life jacket?
 - When on a boat
 - When near an open body of water
 - When playing a water sport
 - All of the above
- True or false: I can't go back into the house after a fire until a firefighter tells me it is safe.
- Playing at the playground is a lot of fun – if you play safely. How can you keep safe on a playground?
 - Don't jump off the swings.
 - Make sure an adult you trust is watching you.
 - Don't push, shove, or play rough.
 - All of the above



Wrap Your Arms Around Safety

ANSWERS

1. **D.** You should always be buckled up in a back seat, the safest place for kids. Never put the safety belt under your arm or behind your back. If the safety belt is rubbing on your neck or is on your stomach, let your mom or dad know that it may not fit right. You may need a booster seat to help the safety belt fit on your strong shoulder and hip bones.
2. **E.** Cars make the street dangerous for kids. Obey all traffic signals, and if you are under age 10, ask an adult to help you cross the street.
3. **True.** Helmets aren't just for riding bikes. You need to protect your head whenever you are on wheels. Wear your helmet the right way – centered on your head, with straps snug and buckled – even when you are riding near your house.
4. **B.** If you are hurt while playing a sport, stop right away and tell an adult. Playing through an injury can make it worse.
5. **B.** The most important thing to do if there is a fire is get outside to a safe place. Talk with your family about escape plans and a safe meeting place. If there is a fire, use a cell phone to call 911 or your local emergency number from outside the house, or ask a neighbor for help.
6. **False.** Always make sure an adult or lifeguard is watching you when you are in or around water.
7. **D.** If you find a gun, don't touch it! Immediately leave and tell an adult. If you know a friend or fellow student is playing with or carrying a gun, tell a parent or other trusted adult right away.
8. **D.** Wear a life jacket when on a boat, near an open body of water like a lake, or when playing a water sport.
9. **True.** Never assume it is safe to return to the house. Wait until a firefighter has told you it is safe to go back inside.
10. **D.** You can get hurt on a playground by playing rough with other kids or jumping off equipment. Keep safe by making sure your mom or dad, teacher or other trusted adult is watching you as you play.

For more information and for other safety tips visit www.safekids.org.

Wrap Your Arms Around Safety

PARENTS SAFETY QUIZ

(Circle the correct answers.)

1. True or false: Once my 4-6 year old has outgrown her child safety seat, she should ride in a booster seat.
2. Children can drown in as little as:
 - a. One inch of water
 - b. Three inches of water
 - c. Six inches of water
 - d. All of the above
3. True or false: A child should always swim with adult supervision, even once he has taken lessons and learned how to swim.
4. Should children wear all sports gear during games and practices?
 - a. Yes
 - b. No
5. To prevent scald burns to your child, set the water heater in your home to:
 - a. 120°F
 - b. 130°F
 - c. 140°F
 - d. None of the above
6. Which of the following will help protect kids from being injured as pedestrians? Circle all that apply.
 - a. Adding retroreflective materials to their clothing
 - b. Teaching them to run across crosswalks
 - c. Prohibiting play in driveways or parking lots
 - d. Requiring them to carry flashlights at dawn or dusk
7. How often should you check the batteries in your smoke alarm?
 - a. Every month
 - b. Every six months
 - c. Every year
8. What would be a good surface to have under your backyard playground equipment to protect your child from falls?
 - a. Asphalt
 - b. Grass
 - c. Mulch
9. Which of the following are true about carbon monoxide gas? Circle all that apply.
 - a. It is colorless
 - b. It smells like rotten eggs
 - c. It can cause flu-like symptoms
 - d. It is created by fuel-burning appliances
10. Which of the following is a choking hazard to children under age 5?
 - a. Popcorn
 - b. Grapes
 - c. Hot dogs
 - d. Hard candy
 - e. All of the above
11. Dehydration is a serious concern for young athletes. Besides water, what would be the good choice for keeping a child hydrated during sports activities?
 - a. Orange juice
 - b. Sports drink
 - c. Soft drink
 - d. Milk
12. Where is the safest place for your child to ride in the car?
 - a. In front near an airbag
 - b. Held tightly in your arms
 - c. In a back seat
13. Properly worn bike helmets reduce the risk of head injury by what percent?
 - a. 25 percent
 - b. 45 percent
 - c. 85 percent
 - d. 100 percent
14. True or false: Electrical cords should be placed under a carpet so a child cannot touch them.
15. How should poisonous and flammable products be stored?
 - a. In their original labeled containers
 - b. Away from heat
 - c. Locked out of children's reach
 - d. All of the above



Wrap Your Arms Around Safety

ANSWERS

- 1. True.** Seat belts are designed for adults, not kids. Children who have outgrown their child safety seats should ride in belt-positioning booster seats until the vehicle safety belts fit correctly (between ages 8-12).
- 2. D.** Drowning is the second leading cause of unintentional death among children ages 1 to 4. Children can drown in as little as one inch of water. Drownings can happen in bathtubs, buckets and toilet bowls in a matter of seconds. Empty all containers immediately after use.
- 3. True.** Never assume a child is safe from drowning just because he has taken swim lessons. Always supervise children near water.
- 4. Yes.** Most injuries to kids related to organized sports occur during practices. Children spend more time practicing than playing in games, and children may be less likely to wear protective sports equipment when they are "just at practice."
- 5. A.** Scald burn injury is the most common type of burn injury among young children. Because young children have thinner skin than older children and adults, their skin burns at lower temperatures and more deeply. Set the water heater in your home to 120°F or below.
- 6. A,C,D.** Teach kids to walk, not run, across sidewalks. Children should stop at the curb or edge of the road, and look left, right, and left again for traffic before and while crossing the street. Children under 10 should never cross the street alone because their maturity level makes them unable to correctly gauge the speed of vehicles.
- 7. A.** The risk of dying in a home fire is cut in half when a smoke alarm is present. However, a working smoke alarm is not present in two-thirds of the home fires in which a child is hurt or killed. In addition to testing smoke alarm batteries each month, change the batteries at least once a year.
- 8. C.** More than 200,000 children ages 14 and under are treated in hospital emergency rooms each year for playground equipment-related injuries, and the majority of serious playground injuries are from falls. A child is more likely to be seriously hurt if she falls from playground equipment onto a hard surface such as asphalt rather than an impact-absorbing surface like mulch. Grass can become hard packed and dangerous and is not a safe surface.
- 9. A,C,D.** Every year more than 25 children ages 14 and under are fatally poisoned by odorless carbon monoxide (CO) gas. To protect your family, install a CO detector in your home in every sleeping area and on the ceiling at least 15 feet from fuel-burning appliances.
- 10. E.** In 2006, there were more than 14,000 emergency room visits for choking-related episodes. Young children are at risk from choking on small, round foods and round or conforming objects, like coins, small balls or balloons. In addition, children can choke on sticky food like peanut butter. Keep these items out of young children's reach.
- 11. B.** Next to water, a scientifically formulated sports drink is a good choice for keeping active kids hydrated. Fluids should be as important for sports as a bike helmet or knee pads. Teach active children to drink at regular intervals, not just when they're thirsty.
- 12. C.** The safest place for any child is in a back seat, properly restrained. Use a safety seat until your child outgrows it (check your manufacture's instructions). After that, your child should ride in a belt-positioning booster seat until the vehicle safety belt fits correctly (between ages 8-12).
- 13. C.** Helmets are extremely effective at preventing serious head injuries. Always wear a bike helmet, with safety strap fastened, when bicycling. A helmet should fit on top of the child's head in a level position, and should not rock back and forth or side to side.
- 14. False.** Electrical cords can be damaged under carpeting and present a fire hazard. Position electrical cords against the walls or out of children's reach.
- 15. D.** Keep potentially poisonous substances and plants out of sight and reach of children. Buy child-resistant packaging, but remember this does not mean "child-proof."

For more information and for other safety tips visit www.safekids.org.



Saving Lives by Preventing Injuries to Children

1(800)683-5100
www.pasafekids.org



For health-related questions call
1(877)PA-HEALTH
or visit
www.health.state.pa.us

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(Rev. 11/11)