Coloring and Activity Book

SAFETY FOR ALL SEASONS

KOHLS CARES

NATIONWIDE CHILDREN'S

NationwideChildrens.org/Safety
Safety for All Seasons (formerly K.I.S.S Your Kids – Kohl’s Is Sold on Safety) is a childhood injury prevention program from Nationwide Children’s Hospital, made possible through a Kohl’s Cares® grant. With coloring contests four times a year and safety tips all year round in Columbus Parent magazine and ThisWeek newspapers, keeping your family informed and safe is our mission! For full information about the program, go to www.NationwideChildrens.org/Safety or call (614) 355-0679.

Water Safety

• "ONE INCH - ONE MINUTE: a child can drown in an inch of water in the time it takes to answer the phone! ALWAYS stay in arm’s reach whenever there is water nearby.
• Nobody is “drown-proof,” even people who have taken swimming lessons!
• Take a CPR class and keep quick reference information by the pool and on your refrigerator.

Dot To Dot

Direction: Starting from 1, connect the dots to make a picture of a place where you might be in water. A grown up should be with you around ALL water ALL the time...at the pool, near a pond, or even...here:

Always have a grown-up with you around ALL water ALL the time!
BB, Pellet and Paintball (Non-Powder Gun) SAFETY

ACROSS:
2. Non-powder guns are NOT TOYS, they are ________ (of fast destruction)!
4. Your _____ will tell you that emergency rooms see many serious non-powder gun injuries.
5. Chest and neck protectors, gloves and pads, and goggles are kinds of safety _________ (gear) that should be worn during target practice.
7. Pellet and BB guns fire small bits of _______, usually lead.
11. Keep any gun in a _____ place where a child cannot get to it without an adult.
13. Always treat any gun as though it is __________.
15. Make sure everyone has been properly _________ by an instructor before using any kind of gun.
18. Never use a non-powder _________ anywhere other than a controlled field meant for its use.
19. __________ Is Sold on Safety! (K.I.S.S.)
20. Make sure the entire _________ around your target is clear!

DOWN:
1. Never, ever look down the _____ of a gun.
3. They make a colorful splash but _______ guns are still dangerous.
6. Always keep a gun ________ when it is not being used.
8. Goggles and face guards help protect your _____.
9. Never ___ a gun at others.
10. Non-powder guns can be as ________ as regular guns: they can cause multiple injuries, blindness, even death.
12. Always have an ________ present when using any kind of gun.
14. Fingers must be kept off the ________ until it is ready to be fired.
16. Motion made with the lips that can say, “I love you, stay safe!”
17. Kohl’s Is _________ on Safety! (K.I.S.S.)

See page 5 for puzzle solution.
SEEK & FIND

Find and CIRCLE these items in the picture:
1 pair of goggles (for yard work)
4 pairs of closed-toe shoes (for grass mowing, bike-riding, skateboarding)
2 staying inside while the grass is being cut (1 child, 1 pet)
2 pairs of knee pads (for skating/skateboarding)
2 pairs of wrist pads (for skating/skateboarding)
2 pairs of elbow pads (for skating/skateboarding)
4 helmets (for any activity on wheels)
2 Stop Signs
3 crosswalks
1 “Pedestrian Crossing” Sign
(Pedestrian means “walking person”)
1 “Walk” Signal
1 “Don’t Walk” Signal

Find and draw an “X” through these items in the picture:
3 hazards to avoid on the sidewalk (puddle, broken path, stones,)
4 things to pick up before mowing the grass (toys, tool, clothing)
Look Before You Leap!
Try this! Place your palms down here. Trace your own hands over the handprints.

LEFT

RIGHT

Now, that you know your LEFT and RIGHT, use the clues below the blanks to decode the not-so-secret Secret Slogan.

Solution: Before you cross the street, look LEFT-RIGHT-LEFT to watch for cars and trucks.
Color Me!

Always Wear Your Helmet When You’re on Wheels

Did You Know...

That you can also use your bike helmet to protect your brain during winter sports too? Go to page 27 to discover the Snow Sports Safety Maze!

To play our safety video game, “Play it Safe!” and find more info, go to: www.NationwideChildrens.org/Safety - ask a grown-up first!

SOLUTION
BB, Pellet & Paintball
Safety Crossword on Page 2
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Fireworks Safety Word Puzzle

Fill in the CAPITALIZED words in the right places in the crossword grid!

**ACROSS:**

3. Ninety percent (90%) of eye INJURIES can be prevented with precaution and protection.
4. It is *illegal* to USE firecrackers in the State of Ohio. If you are out of Ohio and legal fireworks are in USE, take the same precautions!
5. Fireworks can cause HEAT injuries to your eyes and skin!
6. Seventy-five percent (75%) of fireworks injuries happen to BOYS between the ages of 13 and 15.
8. Stay far, far away from others who ignore COMMON SENSE (and the law) by using firecrackers.
10. LEGAL does *not* = safe.
11. What burns hot enough to melt gold? SPARKLERS! They burn at 1800 degrees.
15. Keep SAFETY first during summer celebrations.
16. Fireworks cause over 2,000 eye injuries resulting in vision LOSS yearly.
17. Try BREAK-and-glow sticks or other safe alternatives.

**DOWN:**

1. They can explode unexpectedly, hurting eyes, hands, face, ears, etc… FIREWORKS can even cause death.
2. TRY glow-in-the-dark toys or other safe options.
4. Fireworks cause over 2,000 eye injuries resulting in vision loss yearly in the U.S. alone
6. Half of all fireworks injuries happen to BYSTANDERS!
7. Kiss the ones you LOVE and keep them safe!
9. Protect your EYESIGHT by avoiding personal use of *any* fireworks.
11. Go to a professional SHOW to enjoy fireworks.
12. Tell a responsible ADULT if you see people using fireworks or sparklers, especially around little ones.
13. K.I.S.S. = Kohl’s Is Sold on Safety!
14. Just because fireworks are legal in some states, does *not* suddenly make them any SAFER!

Visit www.NationwideChildrens.org/Safety for the solution
Protect your skin & eyes from sun damage.

**Directions:** Each phrase has a secret word hidden inside the design on the left of each section below. Decode each part to learn the Summer Sun Safety Slogan! (HINT: If you need help seeing the hidden words, try tilting your head toward your left shoulder.) See if other people you know can figure it out without the hint!

1. ____ ____ ____ ____
   - **on a T-shirt**
   - Solution: 1. = **SLIP** on a T-shirt

2. ____ ____ ____ ____
   - **on a Hat**
   - Solution: 2. = **SLAP** on a hat

3. ____ ____ ____ ____
   - **on Sunscreen every HOUR!**
   - Solution: 3. = **SLOP** on Sunscreen every hour

4. ____ ____ ____ ____
   - **harmful rays from eyes with 100% UVA/UVB Sunglasses**
   - Solution: 4. = **STOP** harmful rays from eyes with 100% UVA/UVB sunglasses
WHO Is In My Car Seat?!
Connect the dots to find out!

♥ How can a Teddy Bear save a life? Keep a large teddy bear in the child’s car seat when it’s not occupied. When the child is placed in the seat, put the teddy bear in the front passenger seat. This will remind you that your child is in the back seat.

♥ Put your cell phone in the back seat (or something you’ll need like a handbag, lunch or brief case, etc. on the floor board) so you HAVE to open the back door.

♥ BONUS: if your cell phone is in the back seat, you can’t talk or text while driving -- a dangerous distraction!

♥ Make sure your child care provider has ALL of your phone numbers, including emergency contacts. Ask them to phone you if your child doesn’t show up when expected….then check your car (or the car of who drops off your child).

♥ If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them OUT as quickly as possible….and call 911 immediately.

♥ Mistakes DO happen. Make it a HABIT to open the back door of your vehicle EVERY time you get out!

♥ NEVER leave your child alone in the car!
It can take only minutes for your child to overheat and die.
Are you a good Poison Pirate? Can you help your fellow pirate take home the treasures safely? Be Poison Smart®! Find and cross out all 8 poisons on your way to him.

1. Aerosol Spray  
2. Wild Berries (Holly)  
3. Bug Killer  
4. Motor Oil  
5. Rubbing Alcohol & Perfume  
6. Dishwashing Soap  
7. Pills (Medicine or Supplements)  
8. Toadstools (Wild Mushrooms)

Did you know...that a child can drown in 1 inch of water in 1 minute? NEVER leave a small child alone around water—especially in the bathtub—even for a minute!

If you think someone might have eaten (or drank) something that might be poison, call the Poison Center at 1-800-222-1222.
K.I.S.S. Summer Shadow Activity

What you need:
- Yourself
- A grown-up and permission!
- Chalk
- Sidewalk or driveway
- A nice sunny day

What to do:
- On a sunny day, go outside before 10 a.m. with your chalk and a grown-up.
- Stand on the sidewalk or driveway and trace your feet.
- After your feet are traced, trace your shadow.
- Write the time you traced your shadow inside your tracing.
- Go outside a couple hours later and stand in the same place and trace your shadow again. Also remember to write the time in the tracing.
- Continue to go out and trace your shadow every few hours for the rest of the day.
- Notice how your shadow changes length during the day. When your shadow is short, the sun is hottest! So, short shadow = seek shade!

Things to Do with a Towel
(Besides dry off!)

Unscramble the words to find out how to use your towel for FIRST AID...

DEASH __ __ __ __
CEERSU __ __ __ __ __
TRETHCERS __ __ __ __ __ __ __ __ __
CEI KCAP __ __ __ __ __
NOUWD PRAW __ __ __ __ __

Solution: SHADE, RESCUE, STRETCHER, ICE PACK, WOUND WRAP

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**Boat Safety**

Color in part of the picture with the color that matches the number in that spot. Why do the animals have life jackets, a whistle and a mirror? To stay __ __ __ __ when they are boating!

1 Blue  
2 Yellow  
3 Green  
4 Red

A mirror reflecting in the sun can act as a signal beacon for help. Blowing a whistle can be a signal call for help. Your life jacket can keep you afloat if you fall in the water.
Animal Bites Crosswords

Most dog bites “are from a dog known to the child—his or her own pet, a neighbor’s or friend’s.”*

Directions: Fill the words that are in ALL CAPITAL LETTERS into the numbered blanks in the puzzle. Stay safe around animals!

Across*
1. These PLEDGES will help keep me safe from animal bites:
5. I will not tease dogs behind FENCES.
9. I will teach my dog to SIT before giving a treat, rather than to jump up or grab it.
10. I will not stare into a dog’s EYES.
12. I will not go near dogs CHAINED up in yards.
13. I will not touch a dog I see loose (off-LEASH) outside.
15. If I see a loose dog, I will tell an ADULT right away.
17. I will stand very still (like a TREE), and will be very quiet if a dog I do not know comes near me.
18. I will NOT run and scream if a loose dog comes near me.
20. I will not touch or play with a dog while he or she is EATING.
23. I will not touch a dog when he or she is SLEEPING.
25. I will only pet a dog if the dog’s OWNER says it is ok.
27. Then I will ask permission of the dog by letting him SNIFF my closed hand.
28. I will be kind to animals and PLAY gently.

Down
2. “50% of all children in the United States will be bitten by a DOG before their 12th birthday.”*
3. Treat all animals with RESPECT!
4. Stay away from WILD animals.
6. Keep calm – nice animals who get too EXCITED can hurt you too.
7. If you are bitten, WASH the skin with soap and water right away.
8. Handle PETS gently.
11. An animal SCRATCH or a bite could make you sick.
14. See a doctor if a bite was from an animal that was acting STRANGELY.
19. Stay away from animals who seem hurt, scared or ANGRY.
21. Train your pets to be GENTLE.
22. Call your doctor if you have been BITTEN by an animal.
23. Stay away from STRAY animals.
24. Wild animals like raccoons, skunks, foxes and BATS can have rabies (a disease).
25. Keep your distance from a dog barking, “WOOF!”

If you suspect someone is overheating, cool them off! Get inside to the air conditioning, drink lots of fluids, and rest.

Drink Water Before You Play!

Start

If you're thirsty... Drink Water!

If you're hot... cool off!

Sport drinks are good too!

If you're thirsty... Drink!

If you're in a hot and dry place, drink and drink!

Sweating? Drink extra water!

Sweating? Drink extra water!

Drink Water Before You Play!

Once you are thirsty you're already behind on your fluid intake!

Drink extra water!

Sweating? Sport drinks are good too!

If you're hot...

If you're thirsty...

Hey Kids

• Get in the water only with an adult’s permission AND someone watching you.

• Nobody is “drown-proof,” even people who have taken swimming lessons!

• Fencing around pools needs self-locking latches which are out of reach of children.

• Never allow wheels (bikes, tricycles, baby walkers, wagons, skateboards, etc.) at poolside.

If someone is overheated and not acting like themselves – or is unconscious – call 911.

Be Poison Smart!® Circle the POISON Words

20 words for things that can be poisons are hidden here. Can you find the words and circle them? Here’s What to Look For:

LYE       SHAMPOO
DYE       FLOWERS
WAX       AMMONIA
ASPIRIN    POLISH
CIGAR      SOAP
PILLS      BLEACH
PLANTS     TOADSTOOL
GLUE       PERFUME
PAINT THINNER
HOLLY BERRY
ALCOHOL    KEROSENE

STZPERFUMEHP
HOLLYBERRYA
ASPOLISHB
MDOALCOHOLN
PSACIGARAIT
OTPLONZPXT
OOGASPIRIH
JOKERSENEI
FLOWERSWAXN
DYESBLEACHN
PLANTSYGLEUE
PILLSALEADR
AMMONIASSYZ

Be Poison Smart!® is a registered trademark of Nationwide Children’s Hospital (2000).

Visit www.NationwideChildrens.org/Safety for solution

Medicine Is Not Candy...
Medicines you don’t need can hurt you.
Vitamins and drugs are not candy!

- Find and circle the four kinds of candy.
- Mark an X over the four medicines.

If you think someone might be poisoned, call the Poison Center first at 1-800-222-1222!
If they’re unconscious, call 911.
Poison Centers offer non-emergency information too. Call 1-800-222-1222 if you have questions.

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Do-Si-Dosages!

1. I am a vitamin, I’m good for you -- but take too much and you will be __ __ __ __! (Hint: the color of the sky -- also means ‘sad.’)

2. Tiny as Tim, Big as Buffalo Bill – have an adult check the label before taking that __ __ __ __! (Hint: another word for ‘medicine tablet.’)

3. Swing your partner ‘round and ‘round – be sure of the dose before gulping the medicine __ __ __ __! (Hint: the opposite of UP.)

4. Medicine might taste like something that’s yummy, but the wrong kind or too much is bad in your __ __ __ __! (Hint: another word for ‘belly.’)

5. The owl cries, “Whose? Whose?” It’s an important task. “Is this MY medicine?” – always a good thing to __ __ __! (Hint: what you do with questions.)

Parents!

1. Never call medicine “candy.”
2. Do not take your own medicine in front of children.
3. Keep medicines and vitamins in a locked cabinet.
4. During illness, choose one person to give a child medicine, to avoid giving it twice.
5. IRON pills and vitamins with IRON can POISON a child!
Button Battery De-coder

Button batteries can be the size of a coin or even smaller!

Button batteries can look like coins or candy to small children.

Babies and toddlers often put things in their mouths that are not food.

A person can die if they swallow a battery—it can burn and poison the body!

If you think someone swallowed a button battery, go to the Emergency Room right away for an X-ray!

Where can button batteries be found?

Use a mirror to decode the words below.

Hold a mirror up on its side, like this, with the edge along the dotted line.
Write in the answers that are revealed!

Go to www.NationwideChildrens.org/Safety for the answers!
Find and color the things that can help keep you safe when diving!

A. Water depth is clearly marked.
B. Never dive into shallow water: only dive where signs say it’s OK.
C. Know the right way to dive: hands flat and aiming up, extended over your head, ready to steer up to the surface as soon as you hit the water!
D. One person at a time on the diving board. Take turns!
E. Wait to dive until the water under the diving board is clear.
F. Parents or guardians are watching.
G. Lifeguard is on duty.
Dive only into clear water in an area marked for diving.
Follow all the pool rules!
Always wear a helmet whenever you’re on wheels!
Wear your bike helmet plus knee and elbow pads when on a scooter or skateboard.
Enjoy fireworks from a safe distance: see a professional show!

Color me SAFE!
Keep outside steps, walkways, and driveways free of leaves, ice and snow to help prevent slips and falls!

Color me SAFE!
Make sure there is a soft surface on the ground at least six (6) feet all around play equipment!
Kids! This section (on yellow paper) of this book is for your parent(s) or guardian(s). They can take it out and keep it for reminders on how to keep you safe all year long.

Parents! Please post this safety information! Safety is a team effort. Kohl’s Department Stores and Nationwide Children’s Hospital have put together this activity book to help you and your child learn how to be safe. Our Emergency Room sees serious injuries that may be avoided with the right information and proper protection. Keeping you and your kids safe is our mission!

For more about this program, go to www.NationwideChildrens.org/Safety or KISS@NationwideChildrens.org call (614) 355-0679.

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Prevent Falls

**Lawnmowers can cause disfiguring and deadly injuries!**

- Keep children AWAY from mowers at all times: they can be injured and/or burned.
- Mow when grass is DRY: slipping on wet grass can cause serious injuries.
- Mow when it’s fully LIGHT: even at twilight you can’t see well enough to be sure of safety.
- NEVER allow a child to control a mower and NEVER leave a running mower unattended!
- Never take a child on a riding mower!

---

**CUT OUT** the quick-reference numbers below to keep in your wallet at all times.

**PERSONALIZE** the other side with your doctor’s number and your own emergency contacts.

**Our Doctor is:**

____________________________

**Phone Number:**

( ___ ) _____________________

**Emergency Contact**

Friend or Relative:

____________________________

**Phone Number:**

( ___ ) _____________________

---

**NUMBERS YOU NEED!**

Poison Center: 1-800-222-1222
EMERGENCY: 911

Nationwide Children’s Hospital
(614) 722-KIDS
1-800-875-KIDS
Preventing Winter Falls

- Keep all stairs inside and outside your home clear of clutter.
- Remove throw rugs, or tape them down so they can’t slip.
- Make sure your driveway, sidewalks, and outdoor stairs are free of ice and snow.
- Check your boots and shoes for good, non-skid treads.

Preventing Falls - Baby

- If it’s HIGH UP it’s HIGH RISK.
- Keep infant seats off high surfaces and baby properly strapped in.
- Keep hold of children on exam tables, counters and chairs.
- If car seats are used out of the car, they should be placed on hard, flat floor, where there is no danger of falling over.

DRIVE SOBER!

Alcohol use is one of the top causes of motor vehicle crashes.

- Never drink and drive.
- Be a role model and designate a driver.
- Avoid distractions like phone use.
- NEVER TEXT while driving.
- Kids! Use your inside voice in the car, and be patient.

STAY FOCUSED!

- When pulling out or into a driveway or parking space, double check in all directions for children. Fifty (50) kids are backed over each week in the U.S. and 70% of them are run over by a family member.
- Talk to teens about only riding with a sober driver. Let them know you would rather pick them up at a party than in the morgue.

ONE for YOU:
Fill Out & Cut Out. Keep in your wallet for safety’s sake!

Our Doctor is:

______________________________________________________________

Phone Number:
(____) ______________________

Emergency Contact
Friend or Relative:

______________________________________________________________

Phone Number:
(____) ______________________

ONE to SHARE:
Fill out and give to your child’s sitter or Grandparent!

Let Kids

Poison Center: 1-800-222-1222
EMERGENCY: 911

Nationwide Children’s Hospital
(614) 722-KIDS
1-800-875-KIDS

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PARENTS!
You are your child’s greatest teacher. Lead by example and follow the safety rules around buses.

- Never pass a school bus that has red flashing lights on. This means that the bus is loading or unloading children.
- Stay stopped until the bus moves or the driver tells you to go, and always be alert for any children at bus stops. It is a crime to pass a stopped school bus.
- Be ready to stop when a bus has yellow flashing lights.
- Review bus safety rules with your children.
- Help your child to be on time for their bus.
- Take turns supervising bus stops for smaller children.

Playground Safety Checks

- Check playground equipment for openings that won’t trap children.
- Rails should be SMALLER than 3.5 inches apart! (3.5 inches is about the width of an adult’s fist.)
- Ladder rungs should be AT LEAST 9 inches wide! (9 inches is about the length of an adult’s forearm, from the wrist to the elbow.
- “S” hooks on swings should be CLOSED and without gaps that can pinch small fingers or catch on clothing!
- Good surfaces are soft and extend at least 6 feet in all directions.
- Equipment is anchored safely in the ground.
- Sharp things are not sticking out.
- No tripping hazards like exposed bases, tree stumps and rocks.
- Platforms and ramps should have guardrails to prevent falls.

Questions or concerns? Contact the playground’s owner or the Ohio Department of Health at http://www.odh.ohio.gov

Take a CPR class and keep quick reference information handy.

Call 614-355-0662 for CPR classes at Nationwide Children’s Hospital
Use Car Seats, Boosters & Belts! They reduce death in crashes up to 71%.

1. Always wear YOUR seat belt and make sure ALL passengers do too. Make it a “Habit for LIFE!”
2. Never place a rear-facing seat in the front seat. Serious injury or death can occur, especially if there is an airbag
3. Always put your CHILDREN in the CORRECT car seat, booster seat or seat belt!
4. Follow the instructions from your car seat including weight limits.
5. Children who have outgrown their booster seats should ride in a lap and shoulder seat belt in the BACK seat until 13 years of age.

Check out this simple chart to learn what kind of restraint your child should use.

<table>
<thead>
<tr>
<th>AGE</th>
<th>WEIGHT/HEIGHT</th>
<th>SEAT TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 2 years</td>
<td>Until the child reaches the maximum weight or height limit of the rear-facing seat.</td>
<td>Rear-facing seat: Infant seat OR Convertible seat</td>
</tr>
<tr>
<td>2 to 4 years</td>
<td>Up to 65 pounds</td>
<td>Convertible seat with internal harness OR Forward-facing seat with internal harness</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>At least 40 pounds and up to 4 feet, 9 inches tall</td>
<td>Booster seat (booster seats do not have an internal harness)</td>
</tr>
<tr>
<td>8+ years</td>
<td>At least 4 feet, 9 inches tall</td>
<td>Take the 5-STEP TEST at <a href="http://www.carseat.org">www.carseat.org</a> to see if your child is ready for a seat belt alone.</td>
</tr>
</tbody>
</table>

RESOURCES:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone/Website</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nationwide Children’s Hospital</td>
<td>614-722-6524 (Passenger Safety)</td>
<td>Car seat questions</td>
</tr>
<tr>
<td>Columbus Public Health Dept.</td>
<td>614-645-7748</td>
<td>Car seat fitting and questions</td>
</tr>
<tr>
<td>Ohio Traffic Safety Office</td>
<td>1-866-Car Seat (1-866-227-7328)</td>
<td>Car seat fitting and questions</td>
</tr>
<tr>
<td>Safe Kids Central Ohio</td>
<td><a href="http://www.safekidscentralohio.org/">www.safekidscentralohio.org/</a></td>
<td>Car seat fitting</td>
</tr>
</tbody>
</table>

PARENTS!

You are your child’s greatest teacher. Lead by example and follow the safety rules around buses.

Never pass a school bus that has red flashing lights on. This means that the bus is loading or unloading children.
Stay stopped until the bus moves or the driver tells you to go, and always be alert for any children at bus stops. It is a crime to pass a stopped school bus.
Be ready to stop when a bus has yellow flashing lights.
Review bus safety rules with your children.
Help your child to be on time for their bus.
Take turns supervising bus stops for smaller children.

Questions or concerns? Contact the playground’s owner or the Ohio Department of Health at http://www.odh.ohio.gov

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Take a CPR class and keep quick reference information handy.
Call 614-355-0662 for CPR classes at Nationwide Children’s Hospital.
Check smoke alarms every month to be sure they’re still working.
Practice an escape route, just in case!
Dress in layers to keep warm. Clear sidewalks of slippery ice and snow!
Wear your bike helmet in the winter when you sled, ski, snowboard, skate, or snow-mobile!

Color me SAFE!
Always swim with a buddy!

Color me SAFE!

SAFETY FOR ALL SEASONS

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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting, and other classes and programs:
Nationwide Children’s Hospital Community Education (614) 355-0662

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Start using sunscreen ½ hour before going into the sun. Always have an adult around all water all the time.
Always wear a helmet whenever you’re on wheels!

Color me SAFE!
Always wear a helmet whenever you’re on wheels!
Halloween Safety Tips

Costumes:
- Costumes should fit over warm clothes and be short enough so children don’t trip.
- Wear a light-reflective costume so drivers can see you.
- Shoes should be safe and comfortable.

Going out:
- Take a flashlight in case you are out after dark.
- Prevent fires: put jack-o-lanterns away from paths. Never leave them unattended.
- Always trick-or-treat with your child and go to homes that you know well.

Back at home:
- Check all candy before your kids eat it.
- Throw away candy that is not wrapped.
- Just in case: the Poison Center helpline 1-800-222-1222 is open 24 hours a day.

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www.NationwideChildrens.org/Safety

For info about CPR, Babysitting, Parenting, and other classes and programs: Nationwide Children’s Hospital Community Education (614) 355-0662
Plan An Escape, Just In Case!

- Make a map of how to get out that includes a meeting place away from your home. Practice getting there once a month.

- Once you’re out, stay out!

- Call 911 once you are out of the house.

- Have smoke detectors with working batteries on every level of your home. This is the best and cheapest way to keep your family safe.

- Change smoke detector batteries in Spring and Fall, at the time change.

- Keep matches and lighters out of children’s reach.


Fire Safety Puzzle Plan an escape, just in case! If there is a fire, just get OUT and call 911!

Copy the words that fit the matching pieces in the above puzzle to discover the Fire Safety Phrase!

REMEMBER: If you see someone playing with fire, tell an adult. SPEAKING UP keeps everyone safe!

Solutions available at www.NationwideChildrens.org/Safety

© 2010 Nationwide Children’s Hospital
Watch OUT...for HOT Things in Your House!

Directions: These are things you should be SUPER careful around, and only use with a grown up helping. Find the HOT item that matches the number. Fill in the blanks with the name of the HOT item!

1. __ __ __ __
2. __ __ __ __ __
3. __ __ __ __
4. __ __ __ __
5. __ __ __ __
6. __ __ __ __
7. __ __ __
8. __ __
9. __ __ __ __
10. __ __
11. __ __ __ __
12. __ __ __ __

Answer Key
1. OVEN
2. STOVE TOP
3. HOT WATER
4. SPACE HEATER
5. FIREPLACE
6. CANDLES
7. GRILL
8. SOUP
9. MICROWAVE
10. IRON
11. COFFEE
12. TOASTER

Become a Great Babysitter!
If you are at least 11 years old, you can take Babysitter Training to learn the ins and outs of being a sitter parents will invite back! Go to www.NationwideChildrens.org/edu or call (614) 355-0662 for more info!
Break the code and learn how to

*Be Poison Smart!*®

Use the picture to figure out the safety rule.
The first letter is done for you.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
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&

If you think someone might be poisoned, call the Poison Center first at 1-800-222-1222! If they’re unconscious, call 911.

- Poison Centers offer non-emergency information too. Call 1-800-222-1222 if you have questions.

*Answer Key:* Always keep poisons out of sight & out of reach!
Decorate Your Dream Helmet!

Color the helmet with the colors and designs of your choice!

or

Color and cut-out the symbols on this page and glue them on the helmet.
Hidden Pictures – Backyard Safety

Directions: Find these things hidden in the backyard picture.

1. TENNIS SHOES: Sneakers are the safe choice for play.
2. FOOTBALL: Wear team helmets and shoulder pads, or play TOUCH football, NOT tackle!
3. VOLLEYBALL: Always know where the ball and players are.
4. SOCCER NET: Fix any rips, so nobody gets caught in it.
5. LACROSSE STICK: Sticks can swing faster than you can run.
6. HOLLY PLANT: Don’t taste wild plants, they could be poison!
7. JUMP ROPE: Never hang ropes on play equipment because kids can get tangled or trapped.
8. BUCKET: If you have a fire pit, keep water nearby. NEVER use lighter fluid or gas on it!
9. SWING: Make sure there is a soft surface on the ground all around swing sets.
Mouth Guard Safety

1. Connect the dots around this safety-smart sports star!

2. Color in the mouth guard. What is your favorite color?

- Damaged teeth do not grow back!
- You can use a “boil and bite” guard (you can find these at stores that sell sporting equipment) or a custom made guard from your dentist.
- Make sure you can talk and breathe with your mouth guard in.
- Clean your mouth guard, but don’t share it with your friends. This spreads germs and you can get sick.
- If someone gets hurt and you think the injury is serious, call the doctor.
- If someone is unconscious, not moving or not responding to you, call 911.

Nationwide Children’s Sports Medicine
(614) 355-6000
www.NationwideChildrens.org/SportsMedicine
Monkey Maze

Directions:

Help the Monkey get through the Monkey Bars safely!
Watch out for banana peels blocking the way!

Before you climb, check for:

- Sharp or pointy parts!
- Wet or slippery parts!
- Hot metal parts!
- Soft surface padding the ground all around!
- Strings or dangling things hanging from your clothes or the bars!

Parents!
See “Playground Safety Checks” in the Pull-Out Parent Pages in the center of this booklet for more information on how to make sure equipment is safe.
My Bus Safety Crossword

Fill in the boxes with the **bolded** word.

**ACROSS:**
1. I always **LISTEN** to what my bus driver is saying to keep me safe.
4. I make sure strings and straps **ON** my backpack and jacket are tucked in so they don’t catch on anything.
6. I will **WAIT** on the sidewalk or driveway until it’s time to get on my bus.
9. At train crossings, I will be very **QUIET**.
11. Once inside my bus, I use my **INDOOR** voice.
13. I **SMILE** and wave to my bus driver before crossing the street.
14. I always **FINISH** any food and drink before getting on the bus.
16. When crossing a street, I always **STOP**, **LOOK**, and **LISTEN**!
18. If I use a bus with seat belts, I will leave my safety straps **ALONE** during the trip.
19. Rules are made **SO** that I stay safe.
20. If I drop something under or near a bus I will **LEAVE** it there, and tell my bus driver.
21. I will follow all the safety **RULES** on my bus.

**DOWN:**
2. I will stay in my **SEAT**.
3. On the way to the bus, there should be **NO** rough-housing so nobody gets hurt!
5. I always look LEFT-RIGHT-LEFT first, and then cross all **STREETS** carefully.
6. My friends and I are respectful when **WE** speak to our bus drivers.
7. I get to my bus stop on **TIME**.
8. I stay out of the **DANGER ZONE** which is the area 10 feet all around the bus.
10. I always keep my arms, legs and head **INSIDE** the bus.
12. I look at my bus driver and wait for him or her to tell me it is safe **BEFORE** I cross the street.
13. If I use a lift bus, I will help the adult secure my wheelchair and make sure it is **SET** in place.
15. I will be patient at the bus **STOP**.
17. Kohl’s Is Sold on Safety means **KISS** Your Kids!
18. I obey **ALL** traffic signals, and walk facing traffic on my way to my bus stop.

Visit [www.NationwideChildrens.org/Safety](http://www.NationwideChildrens.org/Safety) for the solution
Bus Safety

1. Count 10 footprints from the side and front of the bus.
2. Draw a line between the eyes of the child crossing the street and the bus driver’s eyes.
3. Color the STOP sign RED.
4. Color the LIGHTS on the bus RED.
5. Count how many friends are on the bus.
6. Draw yourself in the window!
7. Color the DANGER ZONE all around the bus in BLUE.
8. Color the school BUS bright YELLOW.

10 Giant Steps all around a bus is the DANGER ZONE!

Always look at your bus driver’s eyes and wait for their signal to go before crossing in front of buses.
Winter Word Wiggle

Directions:
The scrambled words on the left are all things that protect you during winter play. Unscramble, then draw a line to the picture that matches.

- oact  coat keeps body warm
- cksso  keep feet warm
- mfrfuaes  keep ears warm
- sbtoo  keep feet warm & dry
- mtstine  keep fingers warm
- ovlsge  keep hands warm
- arfsc  keeps neck warm
- tah  keeps head warm
- goleggs  protect eyes

Visit www.NationwideChildrens.org/Safety for the solution
Winter Sports Safety Crossword Puzzle

Fill in the boxes with the bolded word.

**ACROSS:**
3. Cold, blowing **WIND** raises the risk of frostbite.
4. Protect eyes from wind with **GOGGLES**.
6. Protect your **BRAIN** with a helmet.
7. Ice skate only on rinks or **PONDS** that are in public parks which are checked and approved for safety.
8. Frostbite can happen faster to **KIDS** than adults.
10. Sleds are safer if you can **STEER** them to turn away from danger.
12. Take lessons and follow all of the snow trail **RULES**.
14. People in cars can’t **SEE** you on a sled, so stay in sledding-only areas.
16. Ask your Parks Department if **ICE** is thick enough to skate on.
17. When skiing, buy or rent a **HELMET** to protect your brain.
19. Kids, make sure **ADULTS** are watching out for you during winter sports.
20. Keep an extra pair of **DRY** gloves and socks nearby in case you get wet.
22. Check for icy patches, trees and other sledders **BEFORE** you start down a hill.
23. Help keep outdoor walkways clear so they are not **SLIPPERY** from ice and snow.

**DOWN:**
1. Listen to your body’s signs that you are getting too **COLD**: don’t ignore shivering!
2. Your body loses heat most easily down through your feet and up through your **HEAD**.
3. Sun can burn you during the **WINTER** months too: wear sunscreen.
5. Wear several **LAYERS** of clothes.
9. Check boots and bindings for a good fit before hitting the ski **SLOPES**.
11. Keep scarves and hood strings **TUCKED** in to keep from getting them caught on anything.
13. Go “feet first” down the hill when you **SLED**.
15. Always skate, ski and snowboard with a **BUDDY**.
18. Never let a **MOTOR** vehicle pull your sled!
19. Just like on a roller coaster, keep your feet, legs, hands and **ARMS** in the sled at all times.
21. Keeping your head, feet and hands dry will help keep you **WARM** when it’s cold.

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Snow Sports Safety Maze

Find your way safely through the blizzard by following the words of the Snow Sports Safety Slogan!

Snow Sports Safety Slogan:

Protect your brain: wear a helmet when you sled, skate, ski, snow board or ride a snow mobile!

You made it!

Visit www.NationwideChildrens.org/Safety for the solution
Take the Limerick Challenge!

See if you can finish the Winter Fire Safety Limericks below by filling in words in the blanks that rhyme with the first two lines of each poem!

1. Winter fires can make a room glow
   But they can cause pain, don’t you know.
   Whenever they’re lit
   Keep an eye out, don’t quit!
   Out of reach, never touch, just say __ __!

2. Candles smell nice and seem pretty tame
   But beware because they are to blame.
   Knocked over or pulled down
   You’ll be wearing a frown
   They can burn things ‘cause they have a __ __ __ __ __!

3. Space heaters might help to keep warm
   Your apartment, your house or a dorm.
   Turn them OFF while away
   Fire-free you will stay
   Plus unplug them when there is a __ __ __ __ __!

4. So many warm things need a plug!
   Lights, blankets and space heaters, Ugh!
   Keep the cords (don’t place bets)
   Out from under carpets
   They get too hot when under a __ __ __!

5. That thing where you plug in a light:
   The electrical outlet, that’s right!
   If cords are too many
   You won’t save a penny
   But a fire you might have to __ __ __ __ __!

6. You want to be warm when it’s cold
   But with heaters this rule you must hold:
   Three feet all around
   Should be clear on the ground
   It’s how to stay safe, we’ve been __ __ __ __!

© 2010 Nationwide Children’s Hospital
Frostbite Picture Story

Directions:

Be careful when it's cold outside! Fill in the word that the picture shows in the blank spaces!

Cold __ __ __ __ makes frost __ __ __ __ happen faster than when the air is calm. Be sure to __ __ __ __ __ for dry or painful skin on __ __ __ __ __ and fingers, __ __ __ __ __ or painful skin on __ __ __ __ __ and toes! If you __ __ __ __ __ someone might have frost __ __ __ __ __, have them __ __ __ __ __ to the __ __ __ __ __ as soon as they __ __ __ __ __!
Use your “inside voice” when riding in a car or van. Being quiet and behaving nicely allows the driver to stay focused on the road. (Answer: Inside Voice)

Use your cell phone’s speakerphone, or a blue tooth (hands free headpiece) if you must take an urgent call when on the road. Even better; pull over to a safe place before talking on your cell. (Answer: Blue Tooth)

Texting while driving is SUPER dangerous. There is nothing that can’t wait, keep your children safe! (Answer: Text Later)

Always turn on your headlights when using windshield wipers. (Answer: If Wipers – Lights!)

The Kohl’s Is Sold on Safety program reminds you to “KISS” Your Kids and keep Them Safe! Choosing the correct booster seat or seat belt is a way of saying, “I love you!” (Answer: KISS Your Kids)
“Safety for All Seasons” -- formerly K.I.S.S. Your Kids (Kohl’s Is Sold on Safety) – is a research-based child injury prevention program which brings your family safety information all year!

Nationwide Children’s Hospital, with generous support from Kohl’s Cares®, sponsors seasonal educational initiatives to promote the prevention of the most common injuries seen in our emergency department — injuries that are leading causes of death for kids and parents.

Visit our web page to learn about coloring contests, community events, and other ways you can get free information, or even a free helmet to help protect your brain in every season — while on your skates, sled, bike, or scooter!

www.NationwideChildrens.org/Safety

While at our website, you can try our safety video game, “Play it Safe!” or find out which car seat or booster seat is right for a child (or when he or she is ready for a regular seat belt) with our simple “Car Seat Chooser” web app!

PARENTS!
The center of this book on gold paper is a section called the “Pull-Out Parent Pages!” Included are simple safety measures you can use to help keep your family safe all year. You can remove this section and post in your home for quick reference. There are also two wallet cards (one for you, one for a grandparent or sitter) to cut out for keeping important numbers handy.

We hope you also enjoy the rest of this book with your children...and stay safe!
Use Car Seats, Boosters & Belts! They **reduce death** in crashes up to 71%.

1. Always wear YOUR seat belt and make sure ALL passengers do too. Make it a “Habit for LIFE!”
2. Never place a rear-facing seat in the front seat. Serious injury or death can occur, especially if there is an airbag.
3. Always put your CHILDREN in the CORRECT car seat, booster seat or seat belt!
4. Follow the instructions from your car seat including weight limits.
5. Children who have outgrown their booster seats should ride in a lap and shoulder seat belt in the BACK seat until 13 years of age.

*Check out this simple chart to learn what kind of restraint your child should use.*

<table>
<thead>
<tr>
<th>AGE</th>
<th>WEIGHT/HEIGHT</th>
<th>SEAT TYPE</th>
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<tbody>
<tr>
<td>Birth to 2 years</td>
<td>Until the child reaches the maximum weight or height limit of the rear-facing seat.</td>
<td>Rear-facing seat: Infant seat OR Convertible seat</td>
</tr>
<tr>
<td>2 to 4 years</td>
<td>Up to 65 pounds</td>
<td>Convertible seat with internal harness OR Forward-facing seat with internal harness</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>At least 40 pounds and up to 4 feet, 9 inches tall</td>
<td>Booster seat (booster seats do not have an internal harness)</td>
</tr>
<tr>
<td>8+ years</td>
<td>At least 4 feet, 9 inches tall</td>
<td>Take the 5-STEP TEST at <a href="http://www.carseat.org">www.carseat.org</a> to see if your child is ready for a seat belt alone.</td>
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**RESOURCES:**

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<tr>
<th>Organization</th>
<th>Contact Information</th>
<th>Services</th>
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<tbody>
<tr>
<td>Nationwide Children’s Hospital</td>
<td>614-722-6524 (Passenger Safety)</td>
<td>Car seat questions</td>
</tr>
<tr>
<td>Nationwide Children’s Hospital Center for Injury Research and Policy</td>
<td>614-722-2400</td>
<td>Safety Research and Policy</td>
</tr>
<tr>
<td>Columbus Public Health Dept.</td>
<td>614-645-7748</td>
<td>Car seat fitting and questions</td>
</tr>
<tr>
<td>Ohio Traffic Safety Office</td>
<td>1-866-Car Seat (1-866-227-7328)</td>
<td>Car seat fitting and questions</td>
</tr>
<tr>
<td>Safe Kids Central Ohio</td>
<td><a href="http://www.safekidscentralohio.org/">www.safekidscentralohio.org/</a> (click on “Upcoming Events”)</td>
<td>Car seat fitting</td>
</tr>
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Lawnmowers can cause disfiguring and deadly injuries!
• Keep children AWAY from mowers at all times: they can be injured and/or burned.
• Mow when grass is DRY: slipping on wet grass can cause serious injuries.
• Mow when it’s fully LIGHT: even at twilight you can’t see well enough to be sure of safety.
• NEVER allow a child to control a mower and NEVER leave a running mower unattended!
• Never take a child on a riding mower!
Preventing Winter Falls

- Keep all stairs inside and outside your home clear of clutter.
- Remove throw rugs, or tape them down so they can’t slip.
- Make sure your driveway, sidewalks, and outdoor stairs are free of ice and snow.
- Check your boots and shoes for good, non-skid treads.

Preventing Falls - Baby

- If it’s HIGH UP it’s HIGH RISK.
- Keep infant seats off high surfaces and baby properly strapped in.
- Keep hold of children on exam tables, counters and chairs.
- If car seats are used out of the car, they should be placed on hard, flat floor, where there is no danger of falling over.

DRIVE SOBER!
Alcohol use is one of the top causes of motor vehicle crashes.
- Never drink and drive.
- Be a role model and designate a driver.
- Avoid distractions like phone use.
- NEVER TEXT while driving!
- Kids! Use your inside voice in the car, and be patient.

STAY FOCUSED!

- When pulling out or into a driveway or parking space, double check in all directions for children. Fifty (50) kids are backed over each week in the U.S. and 70% of them are run over by a family member.
- Talk to teens about only riding with a sober driver. Let them know you would rather pick them up at a party than in the morgue.

ONE for YOU:
Fill Out & Cut Out. Keep in your wallet for safety’s sake!

Our Doctor is:

________________________________________________________

Phone Number:
(_____) ______________________

Emergency Contact
Friend or Relative:

________________________________________________________

Phone Number:
(_____) ______________________

ONE to SHARE:
Fill out and give to your child’s sitter or Grandparent!

Poison Center:
1-800-222-1222
EMERGENCY: 911

Nationwide Children’s Hospital
(614) 722-KIDS
1-800-875-KIDS

NUMBERS YOU NEED!

LET KIDS

- Get in the water only with an adult’s permission AND someone watching them.
- Nobody is “drown-proof,” even people who have taken swimming lessons!
- Fencing around pools needs self-locking latches which are out of reach of children.
- Never allow wheels (bikes, tricycles, baby walkers, wagons, skateboards, etc.) at poolside.
PARENTS!

You are your child’s greatest teacher. Lead by example and follow the safety rules around buses.

- Never pass a school bus that has red flashing lights on. This means that the bus is loading or unloading children.
- Stay stopped until the bus moves or the driver tells you to go, and always be alert for any children at bus stops. It is a crime to pass a stopped school bus.
- Be ready to stop when a bus has yellow flashing lights.
- Review bus safety rules with your children.
- Help your child to be on time for their bus.
- Take turns supervising bus stops for smaller children.

Playground Safety Checks

- Check playground equipment for openings that won’t trap children.
  - Rails should be SMALLER than 3.5 inches apart! (3.5 inches is about the width of an adult’s fist.)
  - Ladder rungs should be AT LEAST 9 inches wide! (9 inches is about the length of an adult’s forearm, from the wrist to the elbow.)
- “S” hooks on swings should be CLOSED and without gaps that can pinch small fingers or catch on clothing!
  - Good surfaces are soft and extend at least 6 feet in all directions.
  - Equipment is anchored safely in the ground.
  - Sharp things are not sticking out.
  - No tripping hazards like exposed bases, tree stumps and rocks.
  - Platforms and ramps should have guardrails to prevent falls.

Questions or concerns? Contact the playground’s owner or the Ohio Department of Health at http://www.odh.ohio.gov

Take a CPR class and keep quick reference information handy.

Call 614-355-0662 for CPR classes at Nationwide Children’s Hospital