

Safety for all Seasons

Wall Calendar

With Helmet Safety Coloring and Activity Pages



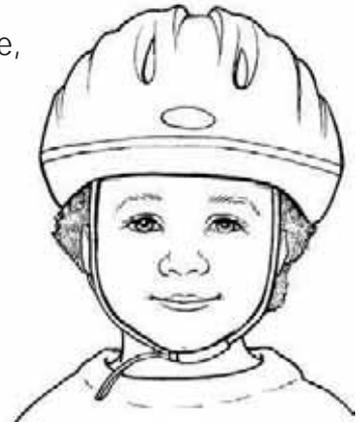
NationwideChildrens.org/Safety



How to Fit a Safety Helmet

Choosing and fitting a helmet is very important! When choosing a helmet, make sure it is CPSC Certified, and the correct helmet for your sport.

Make sure your helmet is the right size, and that it fits snugly around your forehead. It should feel like your helmet is giving your head a hug!



Here's how to fit a helmet:

Step 1. Try on the helmet. Make sure it fits snugly on your head without rocking to the side.

Step 2. The helmet should sit level on your head. Your forehead should be covered down to just above the eyebrow.

Step 3. Center the left buckle under the chin. Make the straps longer or shorter so that no more than one finger can fit under the strap. You can take off the helmet to adjust it.

Step 4. Adjust the slider on both straps to form a "Y" around the ears.



Step 5. Buckle the helmet under the chin, careful not to pinch!

Step 6. With the helmet buckled, open your mouth, like a big yawn. The helmet will pull down on your head, but won't be too tight. You should be able to talk and laugh and have the helmet still feel comfortable.

Step 7. The helmet should not move if you push or pull it from side to side or from front to back.

Step 8. Now do a final check. If your helmet rocks back more than 2 fingers above the eyebrows, then readjust for a better fit. Check to see if the helmet rocks forward into your eyes. If so, readjust for a better fit!

Step 9. Now you are ready to go! Remember, have fun, but don't take extra risks just because you are wearing a helmet!



Dear Boys and Girls,

You probably know that you should **always wear a bike helmet whenever you're on wheels** (your bike, skates, rollerblades, scooter or skateboard), but did you know that you can use your bike helmet in the wintertime too?

When you sled-ride or ice skate, your helmet is still your friend!

Everybody falls sometimes, especially when learning. That's ok!

Make sure your helmet is the right size, and that it fits snugly around your forehead. It can help protect you from hurting your brain if you fall. Make sure you are still careful, though! **Never take extra risks just because you are wearing something to protect you.**

Always have an adult watching out for you when you play. Take your helmet off when you are on playground equipment, and on the bus, but make sure when you are back on wheels (or on the ice and snow) use your helmet. If you are on skates, or a skateboard, elbow, wrist, and knee pads can also help you from getting hurt.

If you are going to ski, snowboard, or ride a snowmobile, there are special helmets for those sports. Make sure your helmet is **CPSC-certified!**

Use the attached **stickers** to decorate your helmet OR your calendar!

Thank you for staying safe all year!

- Your Kohl's Cares "**Safety for All Seasons**" Team at Nationwide Children's



Safety for All Seasons

SPOKESpersons' Quick Bike Check!

- Do your feet completely touch the ground when you sit on your bike seat?
- Does your warning device (**horn or bell**) work properly?
- Are your **handle bars** at the proper height, tightly fitted (no wiggling) and aligned (lined up straight) with the front wheel?
- Are your **brakes** working well and not sticking?
- Do your **tires** have enough air?
- Is your bike's **chain** oiled and fitted properly?
- Are your bike's **reflectors** secure and working?
- Are you wearing the right bike **gear** (helmet fits well, shoes are tied, no loose pants or straps, no headphones)?



Color in the big
Safety Star when you've checked
them all!



Your local **bike shop**
can help you with a more detailed
bicycle check!



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Wear your bike helmet plus knee and elbow pads
when on a scooter or skateboard.

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NATIONWIDE
CHILDREN'S

Color me
SAFE!





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Always wear a helmet whenever you're on wheels!

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SAFETY **FOR ALL** **SEASONS**

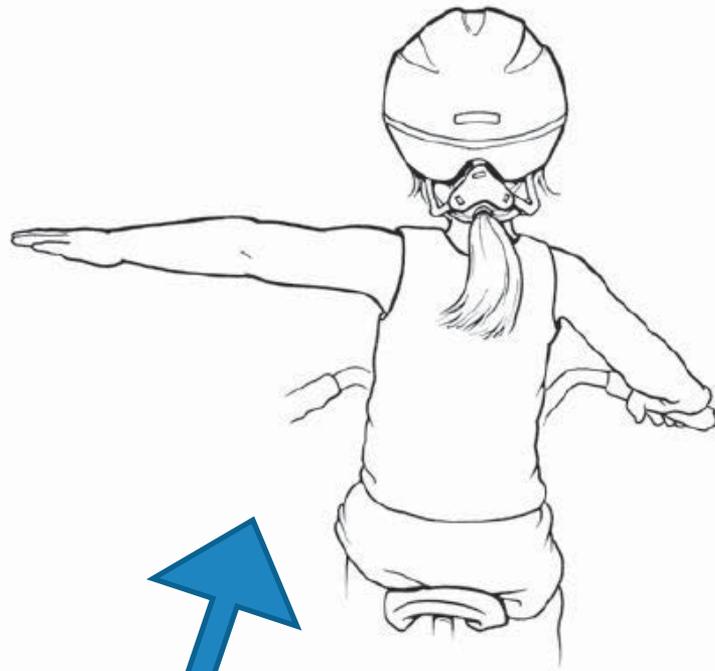


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Know your hand signals!



RIGHT TURN



LEFT TURN

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Use these approved hand signals to **show the direction you will be turning**.

Look to the front and to the rear before making a right or left hand turn.

Ride on the side of the road **WITH** traffic, and **use a hand signal to show that you are slowing down to stop**.



STOP



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Color Me!



Bike Helmet Mandala



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SAFETY FOR ALL SEASONS



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Wear your bike helmet in the winter when you sled, ski, snowboard, skate, or snow-mobile!

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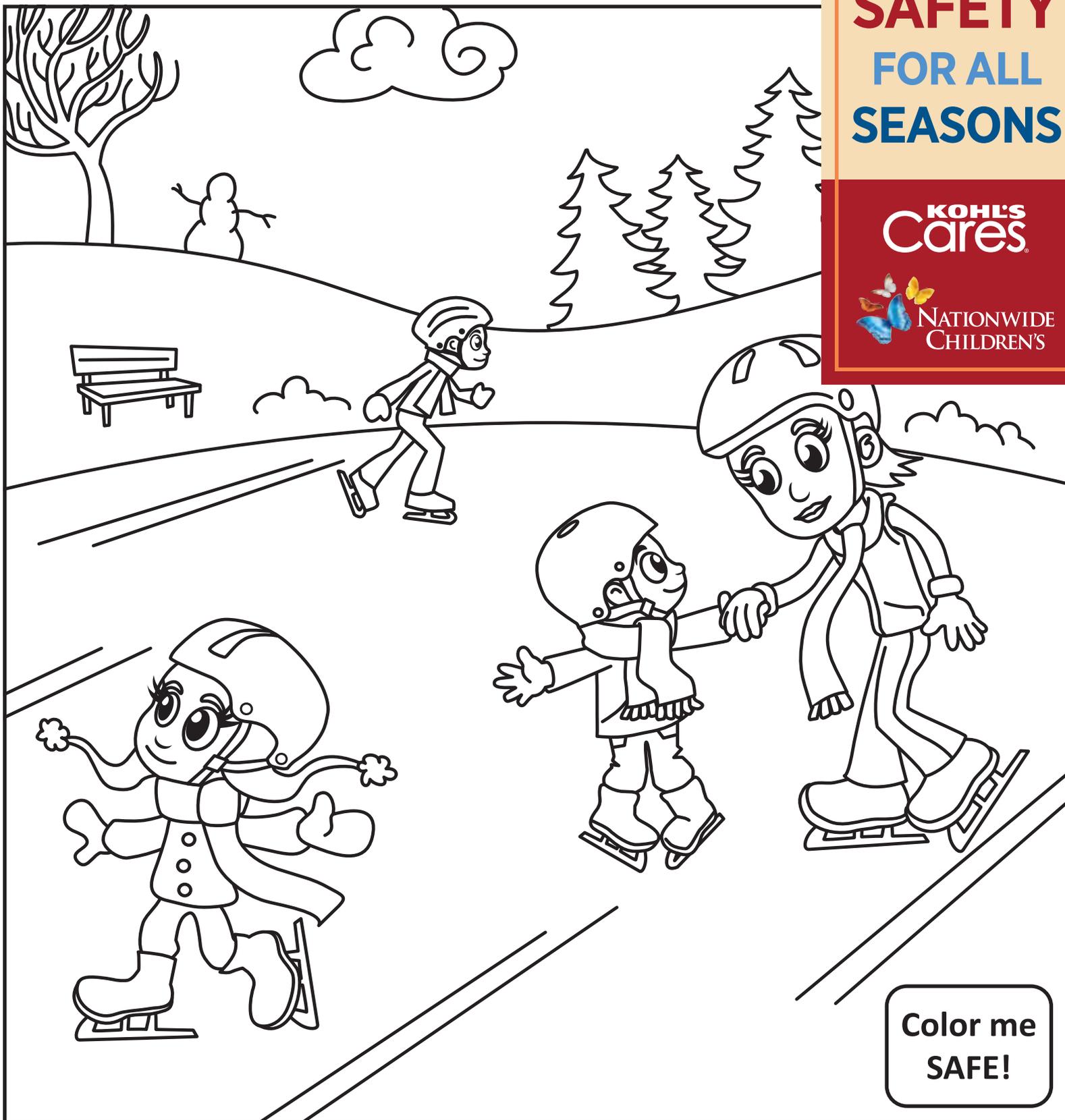


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SAFE!



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Did you know...you can use your **bike helmet** to help protect your brain when you go **ice skating**? True story!



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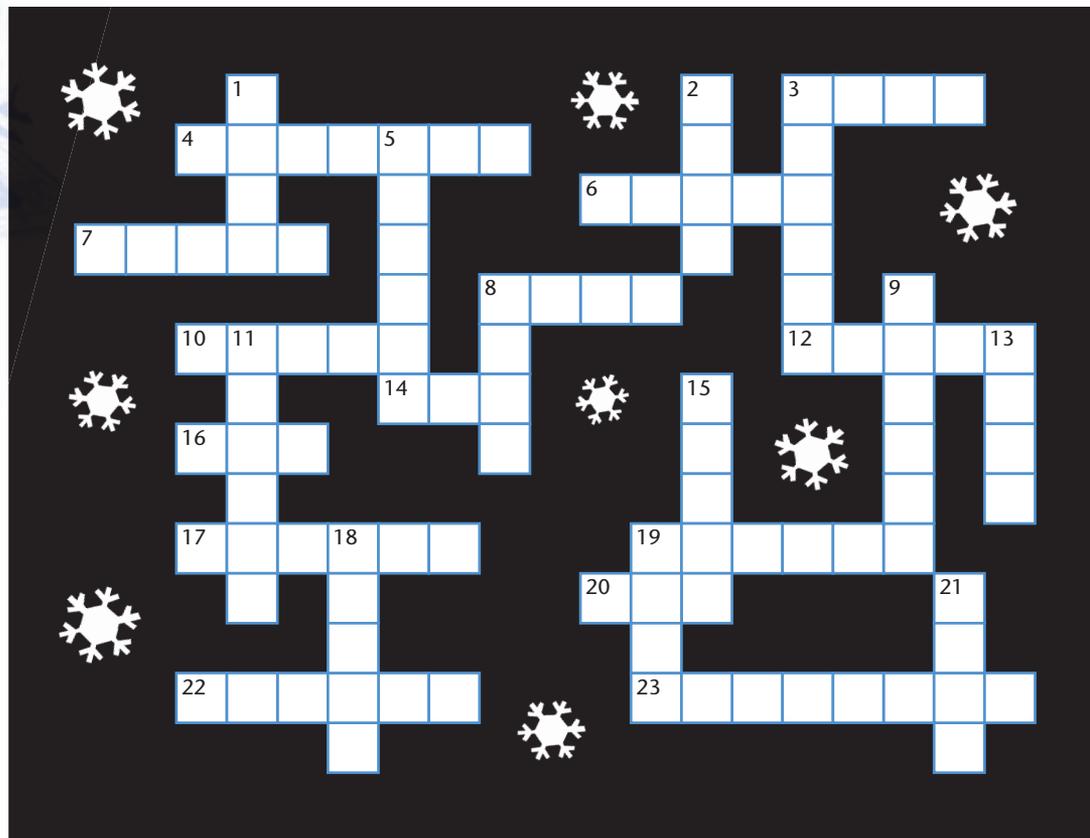
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Always **have an adult with you**, and only skate on ice that has been **checked for enough thickness to be safe** for skating.



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❄️ 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 **GOOGLES**.
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.
8. Kohl's Is Sold on Safety says, "K.I.S.S. Your Kids and **KEEP** Them Safe!"
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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Helmets help to protect your brain all year!

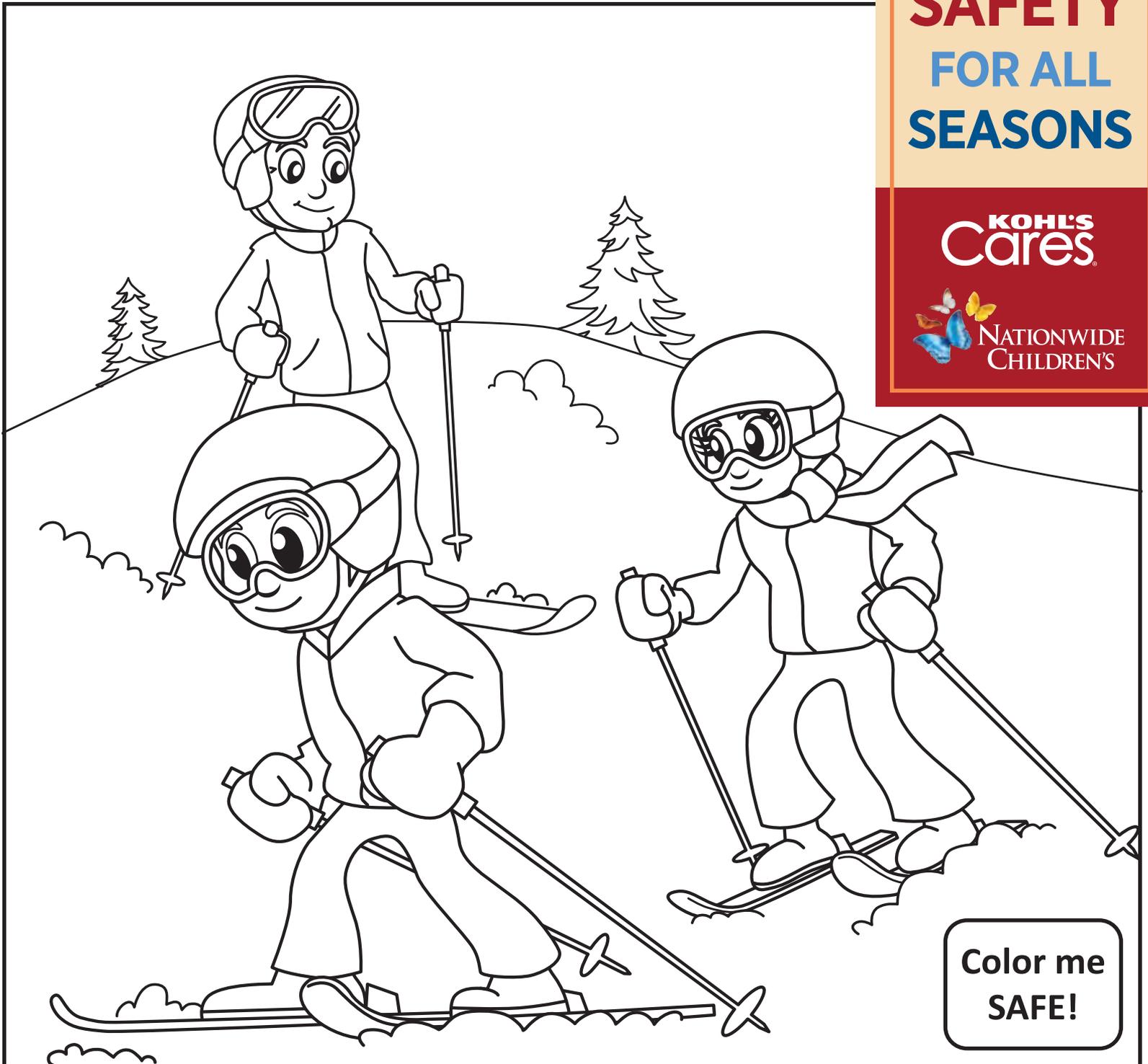
- Always wear the right helmet for your sport!
- Use a Consumer Product Safety Commission (CPSC) certified helmet, and make sure it fits correctly.
- Dress in warm layers when outside in the winter.
- Always have an adult watching you when you are playing.

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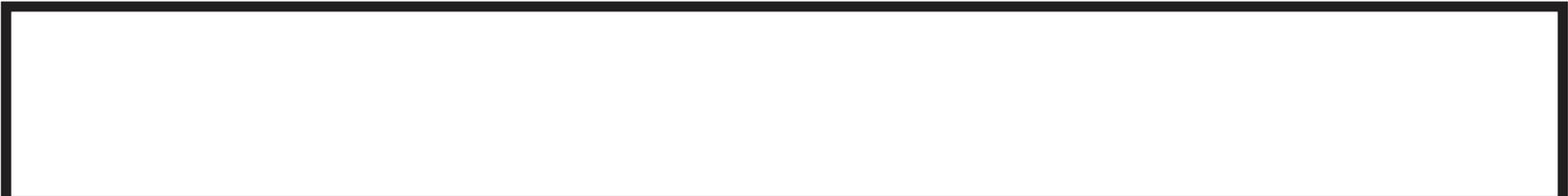
Color me
SAFE!



NATIONWIDE
CHILDREN'S

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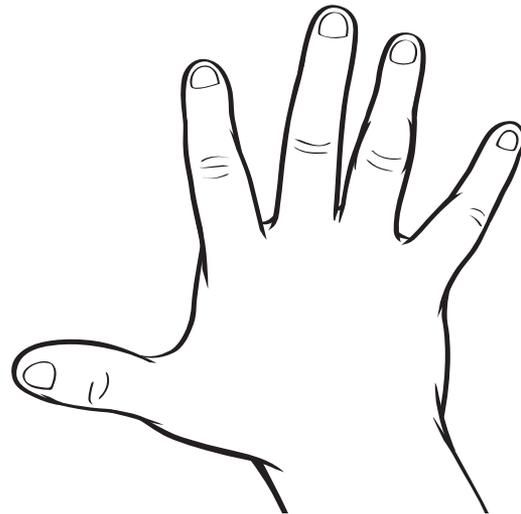
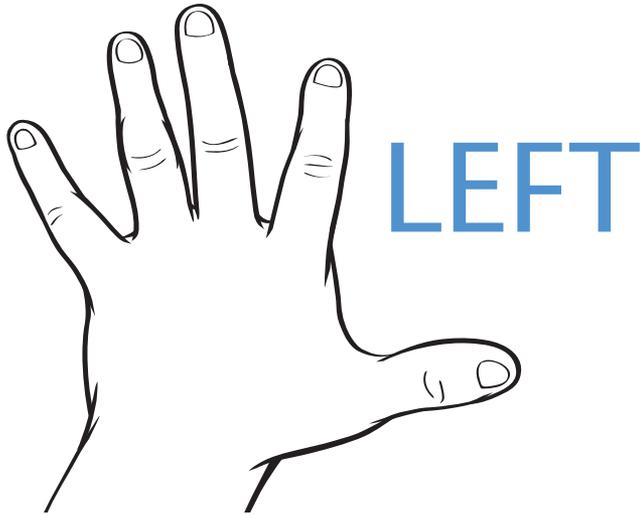
SAFETY FOR ALL SEASONS



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Look Before You Leap!

Try this! Place your palms down here. Trace your own hands over the handprints.



RIGHT

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

----- THE -----
 B4 U X 

    2

----- !
 4  & 
 

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



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Always wear a helmet whenever you're on wheels!



SAFETY
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SEASONS





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Does your helmet **fit the right way** to protect your brain?



It should sit **level** on your forehead.

The strap should be snug but **comfortable** enough for breathing, talking, chewing, laughing, and yawning. Try it!



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Always wear a helmet whenever you're on wheels!

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Color me
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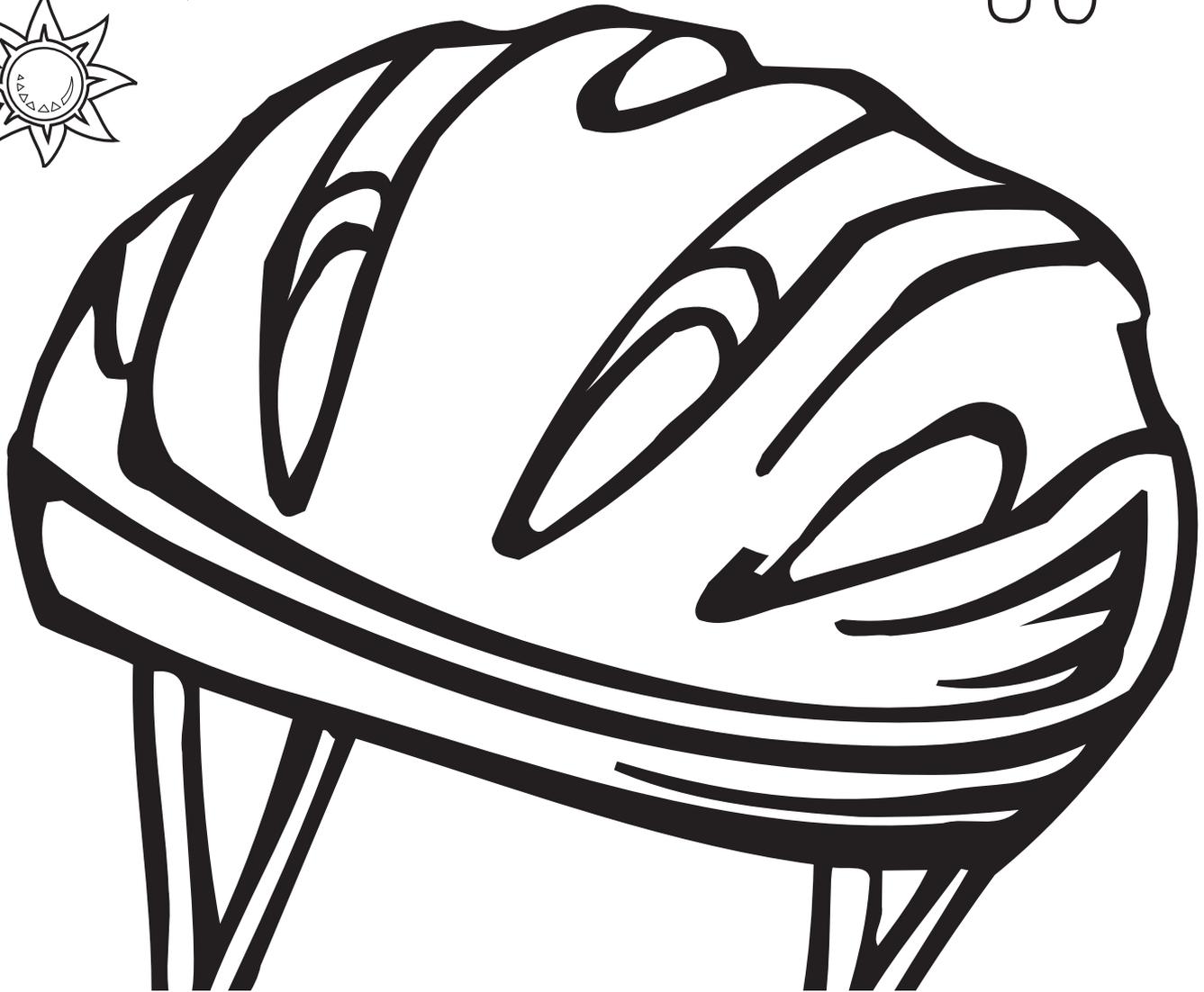
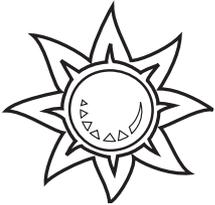
SAFETY FOR ALL **SEASONS**



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Decorate Your Dream Helmet!

Color the helmet with the colors and designs of your choice! Use stickers from the front of the calendar to help decorate this or your own helmet.





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Wear your bike helmet, elbow, wrist and knee pad when you roller skate!

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Color me
SAFE!



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Color me
SAFE!



Make sure your helmet **fits well!**
It should **sit snugly** on your forehead.
The strap should make the letter **"Y"** around your ears.



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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)



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CHILDREN'S



Wear a CPSC approved helmet to help protect your brain, but don't take extra risks!



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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!

ENTER

snow! snow! snow! snow!

Protect snow! snow!

skate, your snow! snow!

ski, brain: a snow! snow!

sled, wear snow! snow!

snow you helmet snow!

snow! or when snow! snow!

board a snow! snow!

snow! ride snow snow!

snow! mobile! snow! snow!

snow! snow!

You made it!



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SAFETY FOR ALL SEASONS

2016

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2017

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MAY							JUNE							JULY							AUGUST						
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24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
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Important Phone Numbers

- Parents: _____
- Neighbors: _____
- Grandparents: _____

- Doctor: _____
- Dentist: _____
- Eye Doctor: _____
- Specialist: _____

EMERGENCY: if there is a fire, if someone is not breathing, if you see a car accident, or if you need an ambulance, **call 9-1-1** for police, rescue squad, or fire fighters.



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

**Health
Information:**
(800) 722-KIDS

**Find-a-Doctor-
or-Service:**
(614) 722-2000



Poison Center:
1-800-222-1222

Sign up for the "Health eHints" eNewsletter to receive monthly health information. Go to www.NationwideChildrens.org – Health eHints is free!

NationwideChildrens.org/Safety

Hi, I'm **Safe T. Monitor!** I want to invite you to visit the Kohl's Cares® Safety for All Seasons webpage at Nationwide Children's Hospital: NationwideChildrens.org/Safety
Make sure you ask an adult first!

Try my "Play it Safe!" **video game**, where you can earn "I.M." Points (Important Message Points) while you go on an **adventure** at the Pool, the School, the Park or your Home!

You can also use the "Car Seat Chooser" app to learn if you are **ready for a seat belt**, enter our seasonal **coloring contests**, and find more safety info to help keep you **safe all year**.



Hi Kids! We are the **SPOKESpersons** for the Kohl's Cares® Safety for All Seasons "Who is Your Helmet?" Presentation, brought to you by Nationwide Children's!

We would like to come to YOUR **first grade class** to show you how helmets can help protect your brain all year!



To have our program in your classroom, have **your teacher** call Nationwide Children's at (614) 355-0617 to schedule a time!

