



My High 5



Checklists to help
keep your kids safe.

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We all have different safety priorities based on the ages and stages of our children. **My High 5** makes it easy for you to pick the five safety actions that make the most sense for you and your family.

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While these checklists provide steps you can take immediately, more in-depth information on these topics can be found at www.safekids.org.



High 5

a safety checklist



- **Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.

- **Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.

- **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.

- **Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.

- **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.



Online Resources

For more information about car seats, check out our Ultimate Car Seat Guide at bit.ly/CarSeatGuide

Home Safety
High 5
a safety checklist



- Use brackets, braces, mounts or wall straps to secure unstable or top-heavy furniture or TVs to prevent tip-overs.
- Check to make sure toys don't have any small parts or other choking hazards within reach of small children.
- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall if possible.
- Place liquid laundry packets up and out of children's reach and sight.
- Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods.



Online Resources

Check out our online childproofing tool
bit.ly/ChildproofingTips



- Make sure your young athlete has a water bottle to bring to practices and games. For every 20 minutes of play, a young athlete should drink about 10 gulps of water.
- Learn the signs and symptoms of a concussion (see link below) and encourage athletes to speak up if they get injured.
- Make sure your child's coach has all your emergency contact information.
- For wheeled sports, make sure your child wears a helmet and take the helmet safety fit test (see link below) to check that it fits properly.
- Check that the playgrounds where your children play have shock-absorbing surfaces. Rubber, synthetic turf, sand, pea gravel, wood chips or mulch are the safest options. Also look for hazards, such as rusted or broken equipment. Alert the school or the local parks and recreation office if a playground is unsafe.



Online Resources

Signs and symptoms of a concussion
bit.ly/ConcussionGuide

Helmet safety fit test
bit.ly/HelmetSafetyFitTest

Pedestrian Safety

High 5

a safety checklist



- Teach kids to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
- Add reflectors to your child's backpack and coats. Wearing light- or brightly-colored clothing and reflective gear will make kids more visible to drivers as they walk.
- Walk the route your child takes to school to make sure the path is safe. Practice crossing at intersections and use crosswalks.
- Sign the pledge (see link below) to put phones, headphones and devices down when crossing the street.
- Take 5 minutes to complete this interactive infographic (see link below) with your child that shows how to avoid getting hit by a car.



Online Resources

Pledge
bit.ly/MomentOfSilencePledge

Interactive infographic
bit.ly/HowToWalkSafely

Fire Safety
High 5
a safety checklist



- Install smoke and carbon monoxide alarms on every level of your home and near sleeping areas.
- Replace all smoke alarms every 10 years and test them according to product instructions. Consider installing models that contain a sealed-in, lithium battery that will power the unit for 10 years, eliminating low battery chirps and battery replacement.
- Place all matches and lighters up and away from young children and teach your kids not to play with them.
- Check the vents for the dryer, furnace, stove and fireplace outside your home to make sure they're clear of any snow or other debris.
- Practice an escape plan (see link below) with your family; know two ways out of every room and how to respond to the sound of a smoke alarm.



Online Resources

Escape plan
bit.ly/SKWHomeFireEscapePlan

Medicine Safety

High 5

a safety checklist



- Put all medicine up and away and out of sight and reach. Check for medicine in purses, nightstands, countertops and drawers.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home.
- Instead of leaving medicine out for convenience, use safe reminder tools like cell phone alarms or medication schedules.
- Use the dosing device that comes with the medicine.



Online Resources

To watch a video about safe medicine storage, go to bit.ly/SafeMedicineStorage

Water Safety
High 5
a safety checklist



- Before bath time begins, have the towel and anything else you may need ready so you don't have to leave your baby alone in the bath, even for a moment.
- Empty all tubs, buckets, containers and kiddie pools immediately after use. Store them upside down so they don't collect water.
- Sign your kids up for swimming lessons.
- Download a free Water Watcher card (see link below) to make sure someone is always watching the kids while swimming.
- Sign up for a CPR class so you are ready to help during an emergency.



Online Resources

Water Watcher card
bit.ly/SKWWaterWatcher

What's high on *your* list?

Using the tips in this booklet as a reference, we invite you to choose the top five things you need to do to help keep your kids safe.

Check out our full list of tips at www.safekids.org/my-high-5





A child safety checklist

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Notes: _____



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