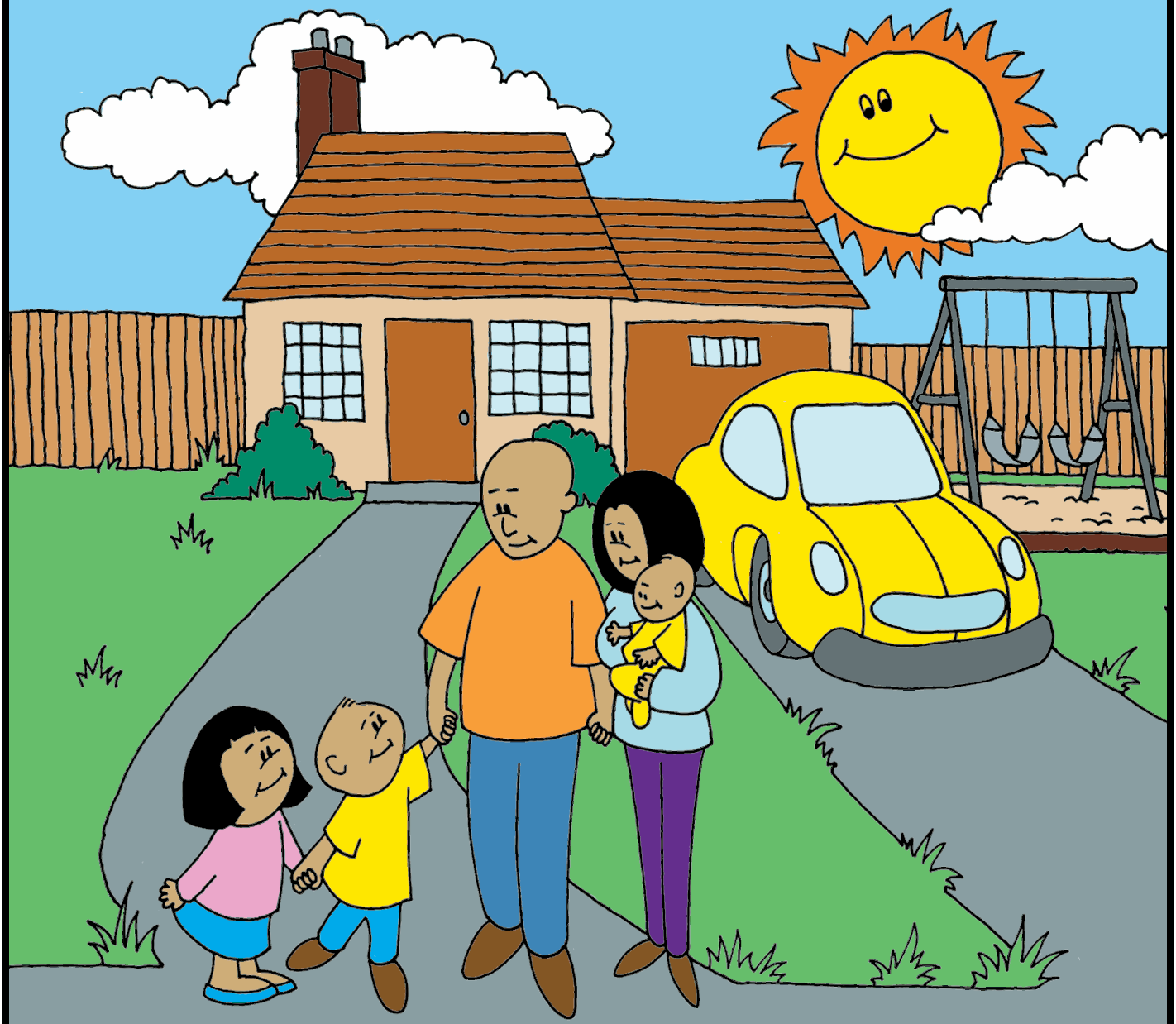
Color Me Safe



A Coloring Book from CDC's Injury Center

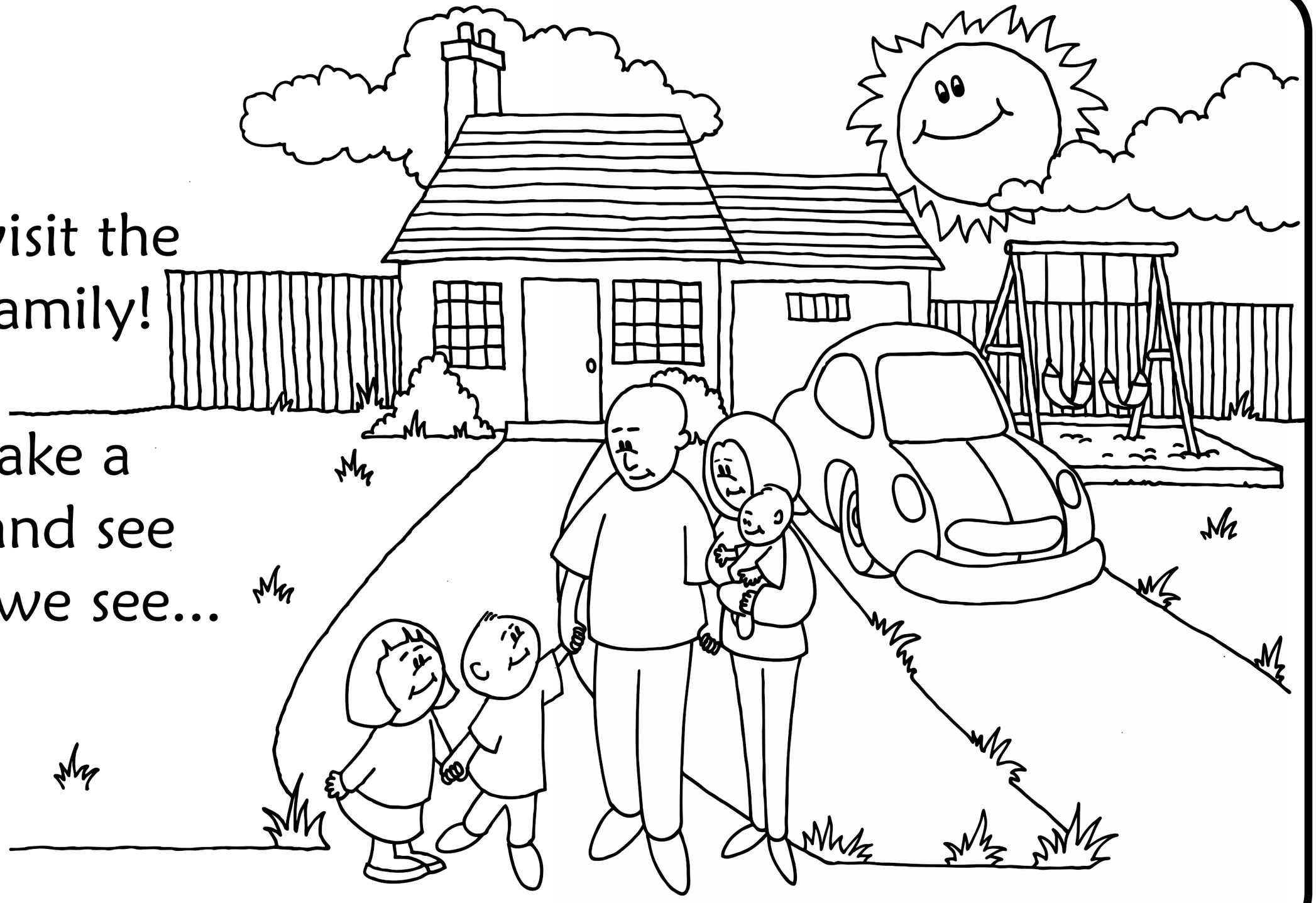
National Center for Injury Prevention and Control
Division of Unintentional Injury Prevention

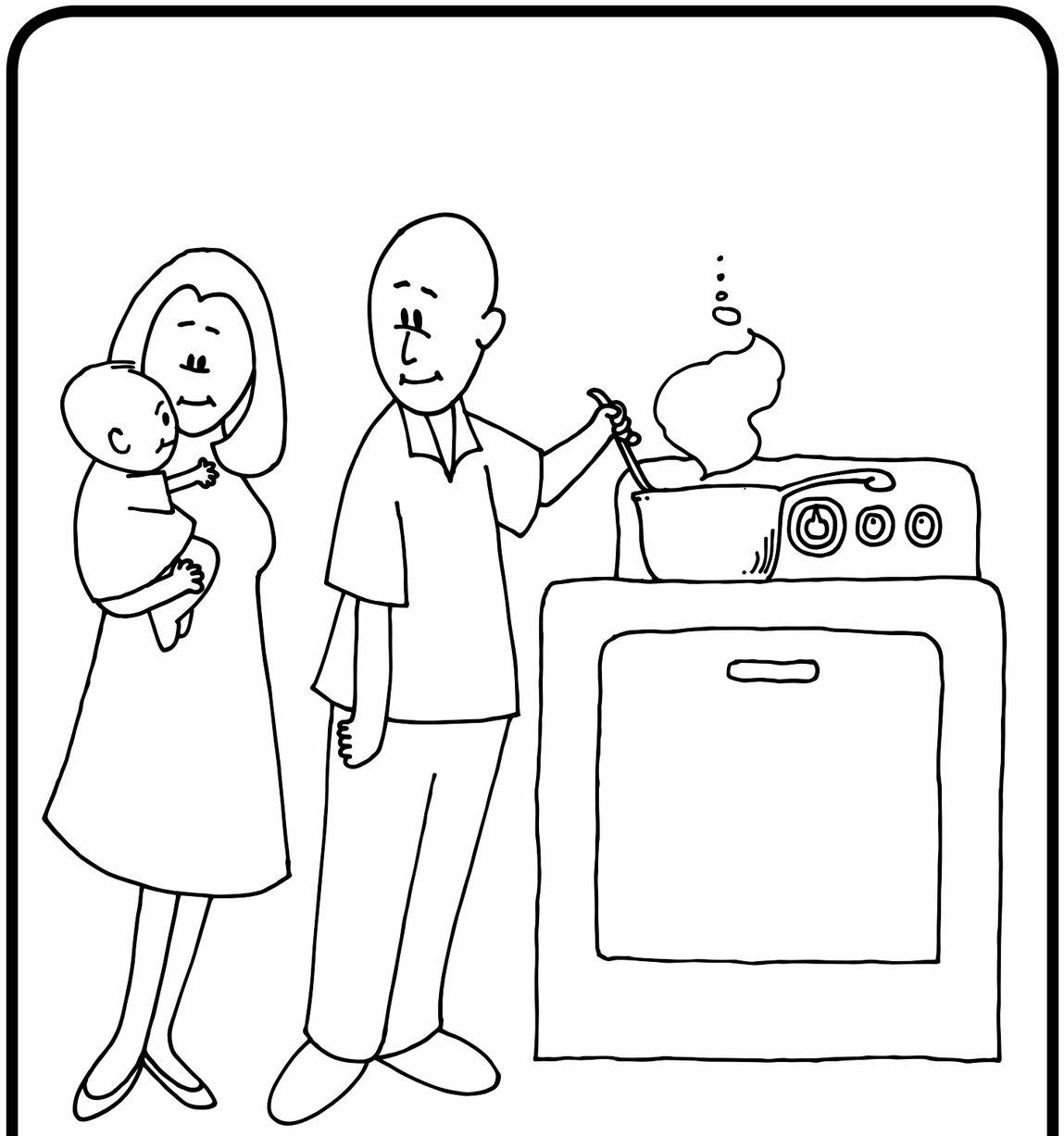
Color Me Safe

A Coloring Book from CDC's Injury Center

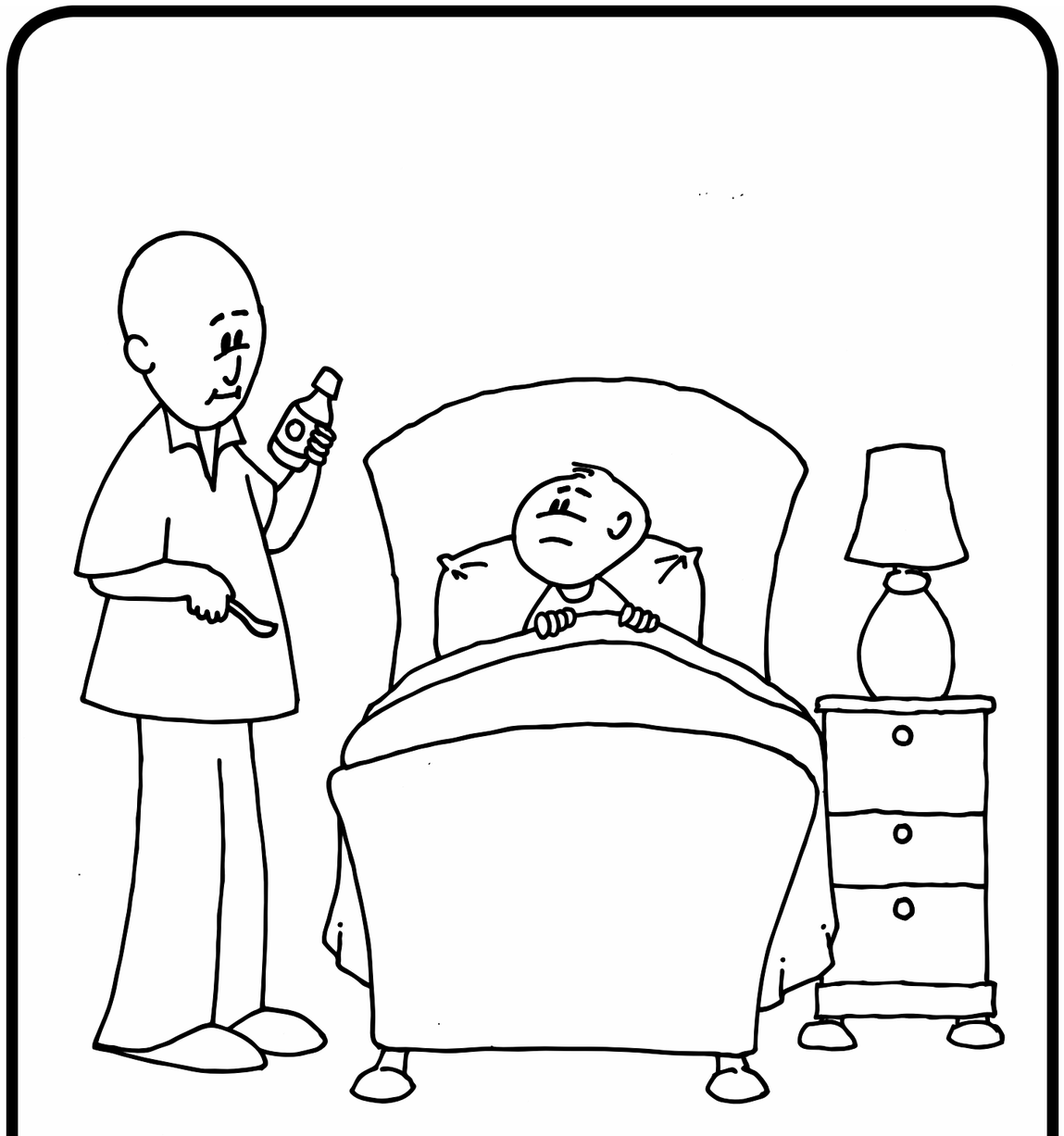
Let's visit the
Safe Family!

Let's take a
look and see
what we see...

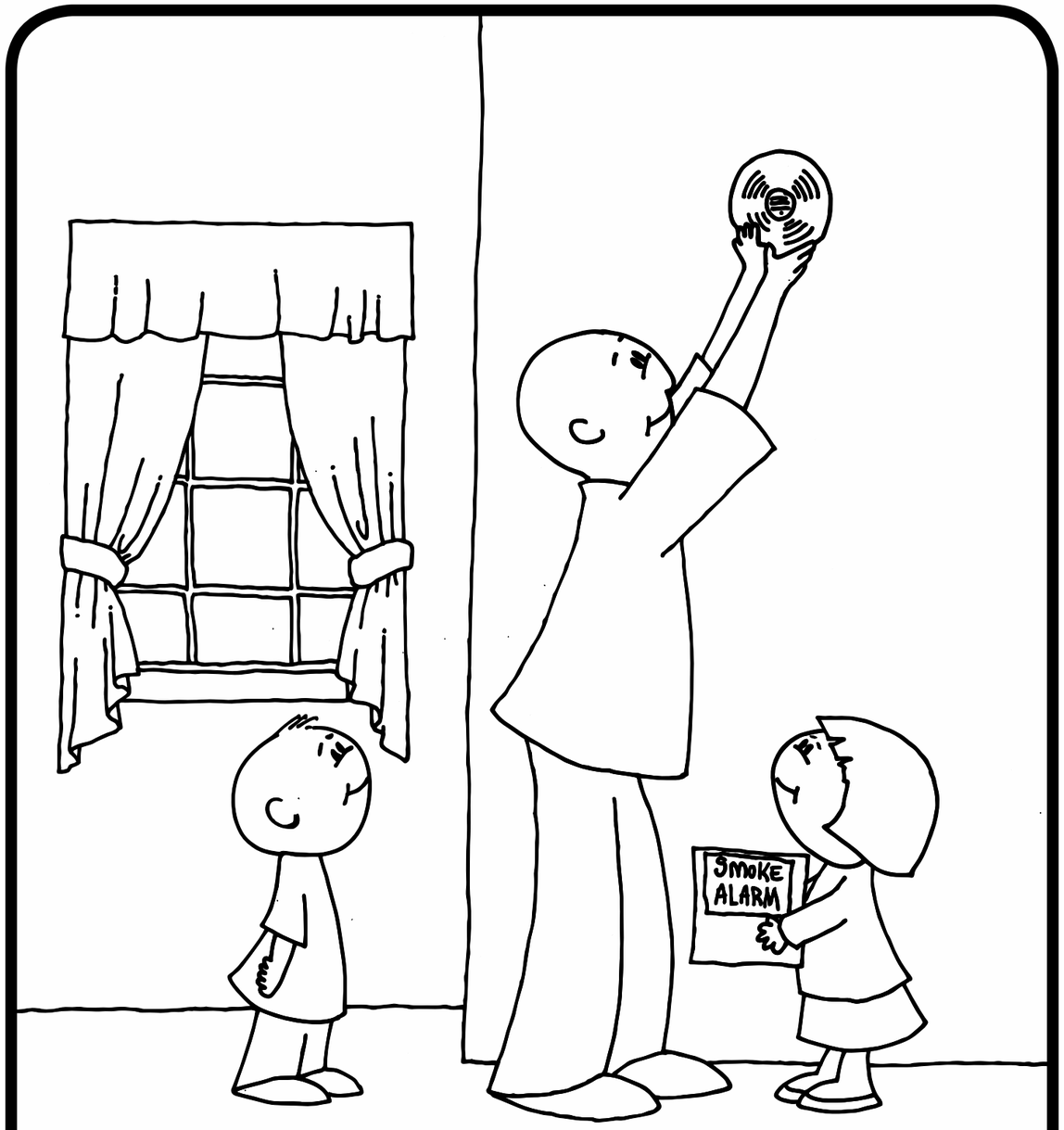




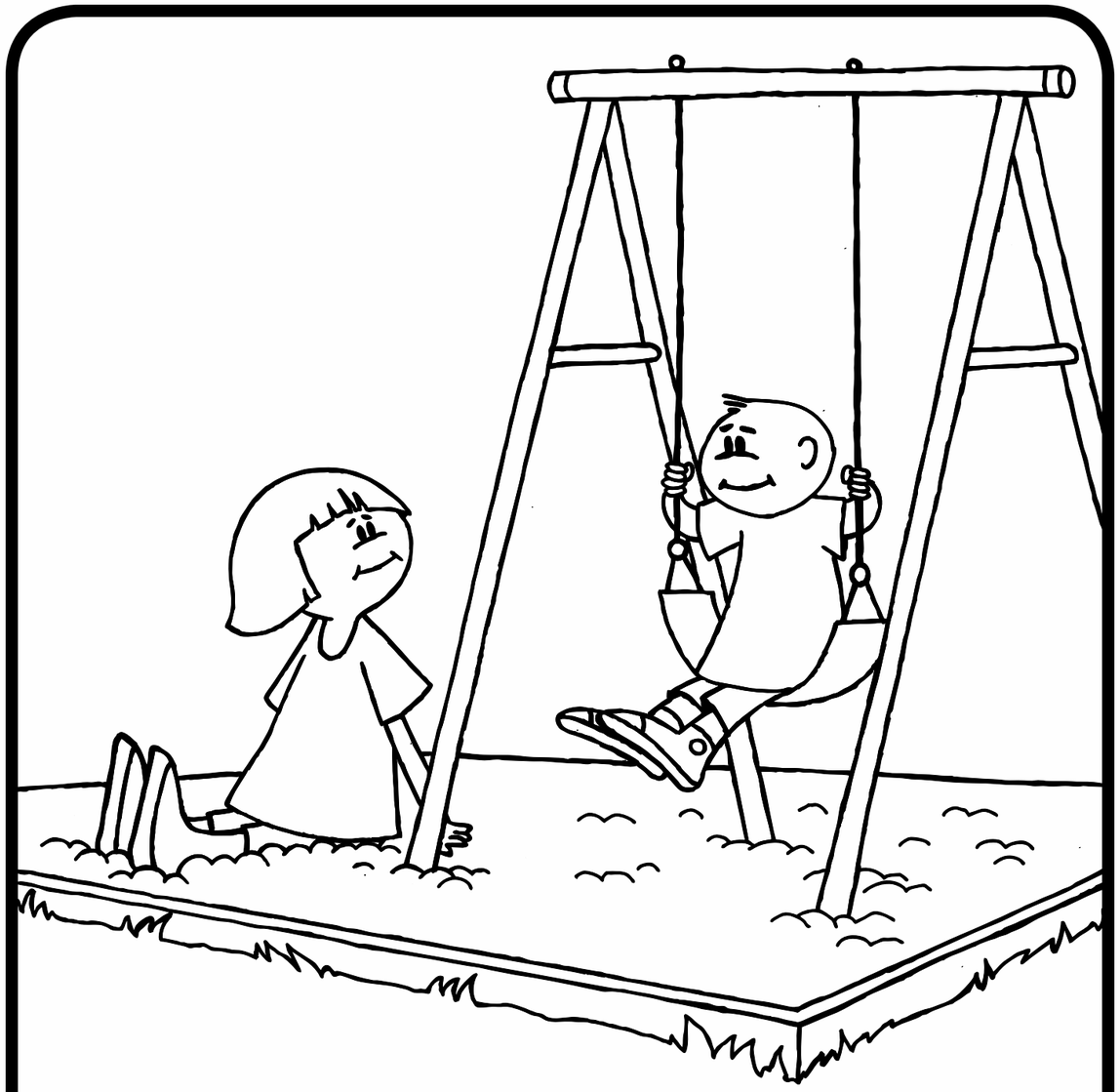
When food's on the stove and it's time for a meal,
cooking with care is part of the deal.



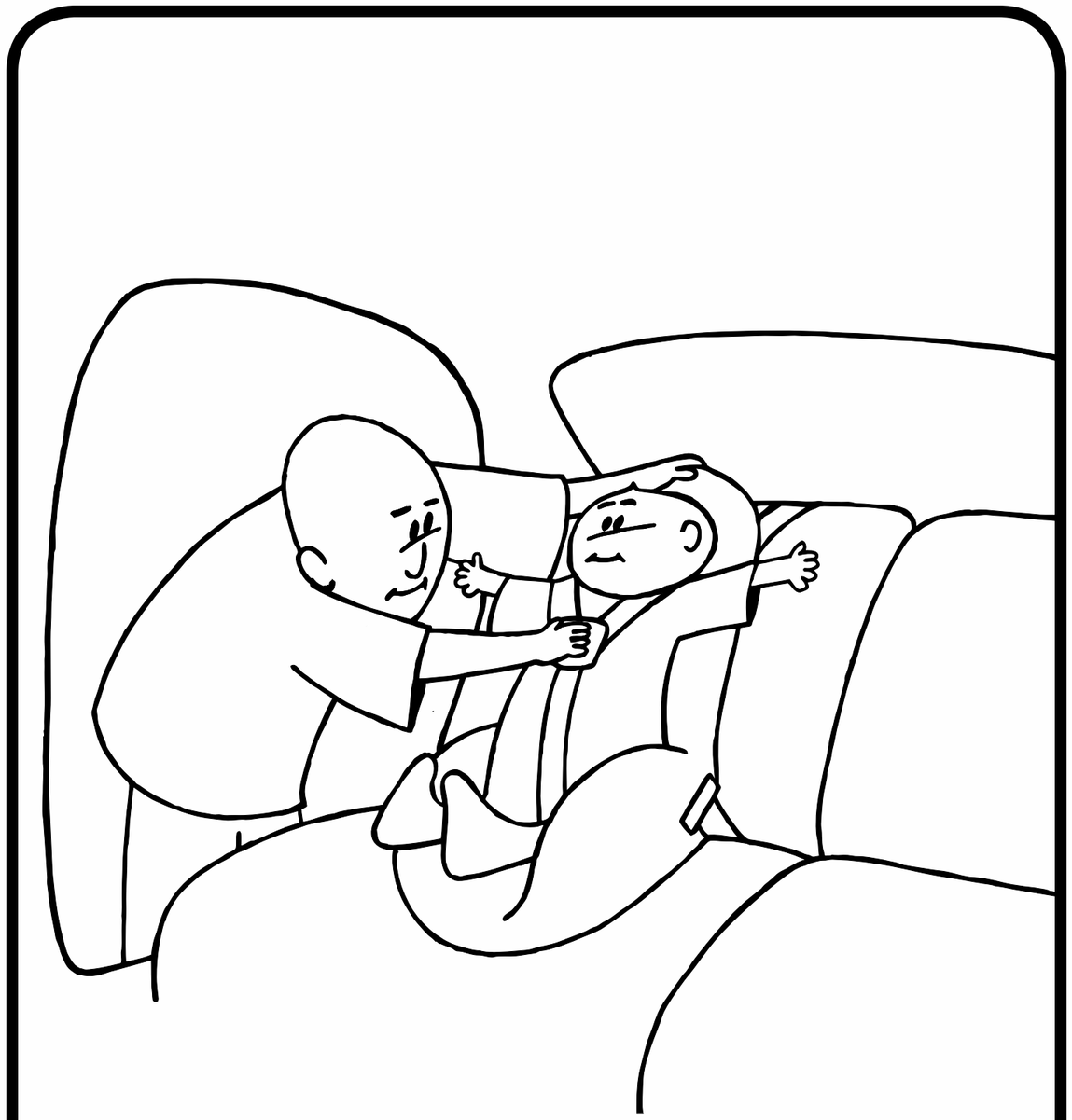
When one of the kids is at home and sick, an adult
measures the right dose of medicine to help do the trick.



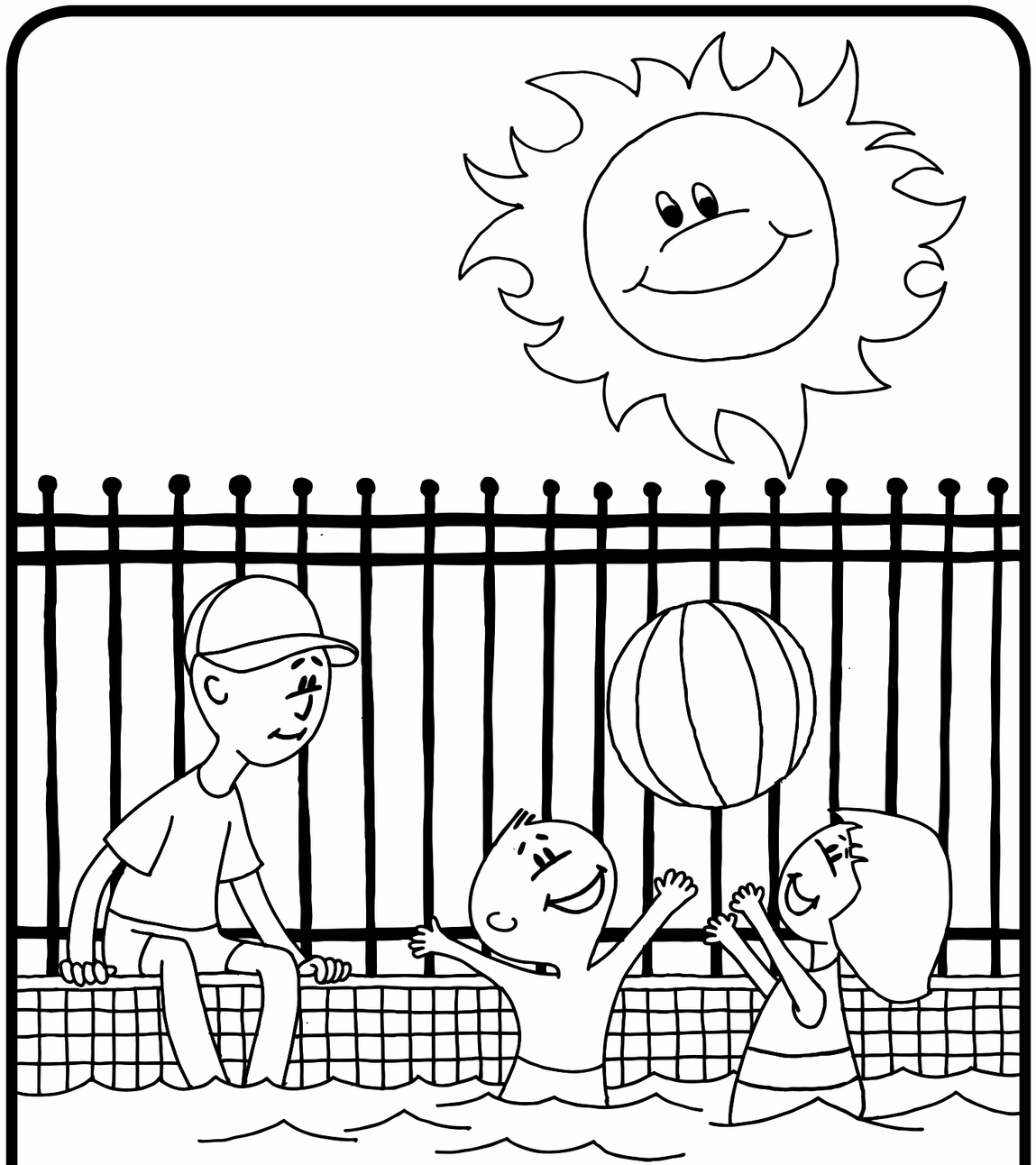
The Safe Family tests their smoke alarms twice a year, so if ever there's a fire, they'd be heard loud and clear.



Under the swing set, there's something soft like sand or wood chips, you see? To keep the kids from getting hurt, like scraping a knee.

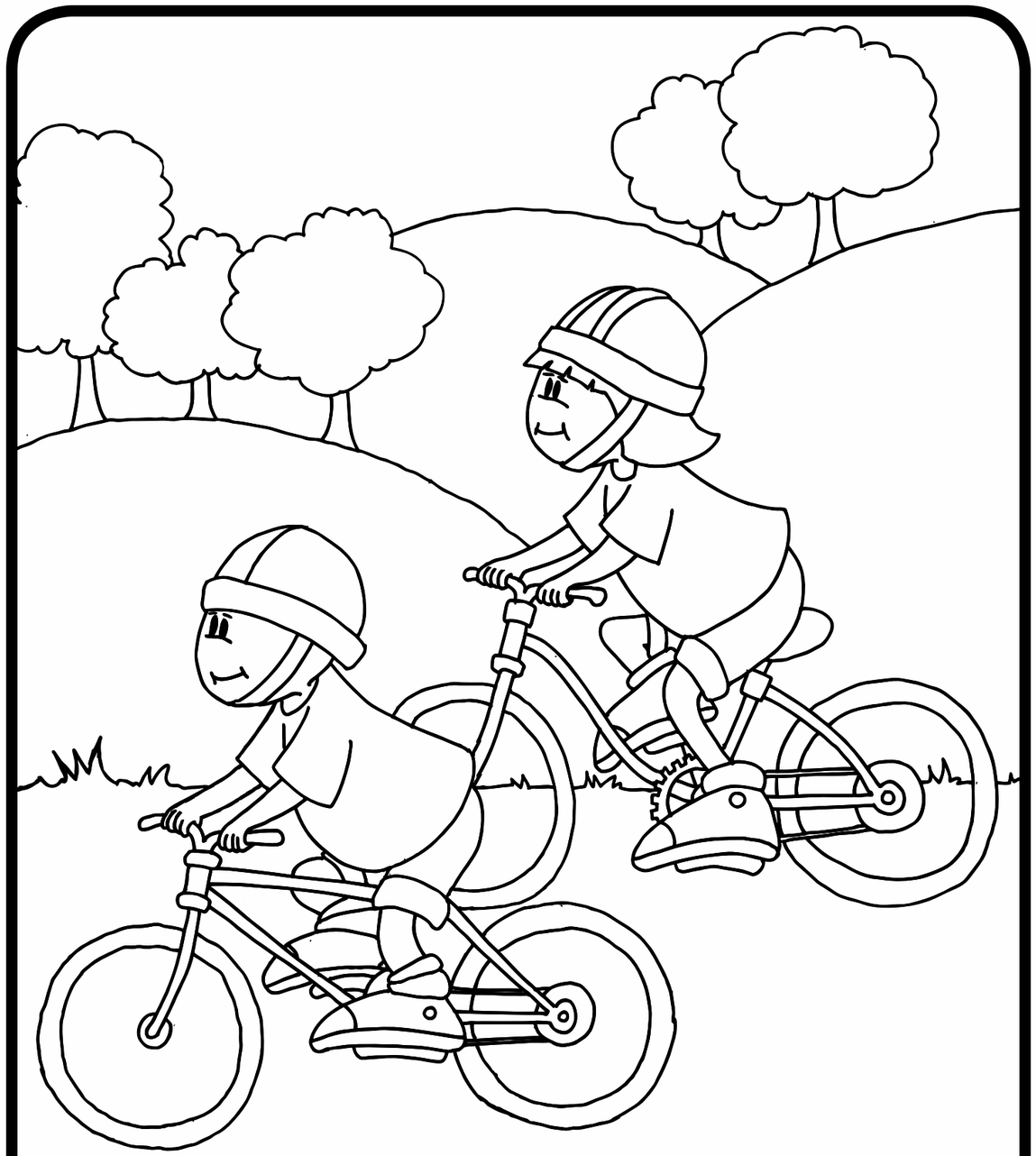


No matter the distance, be it near or far,
the right safety seats keep kids safe in the car.

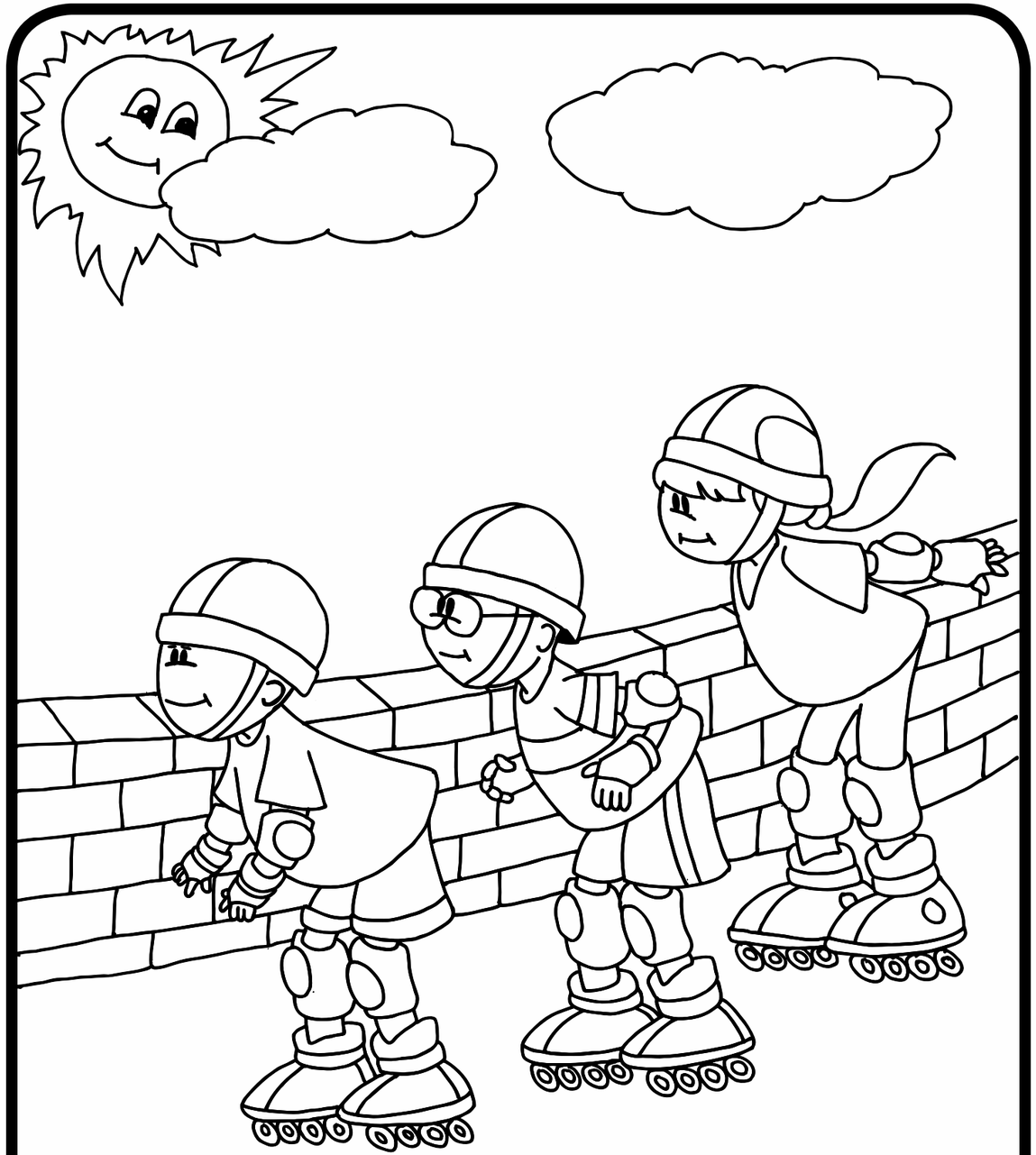


When it's time to jump in the water and stay cool,
an adult always watches the kids at the pool.

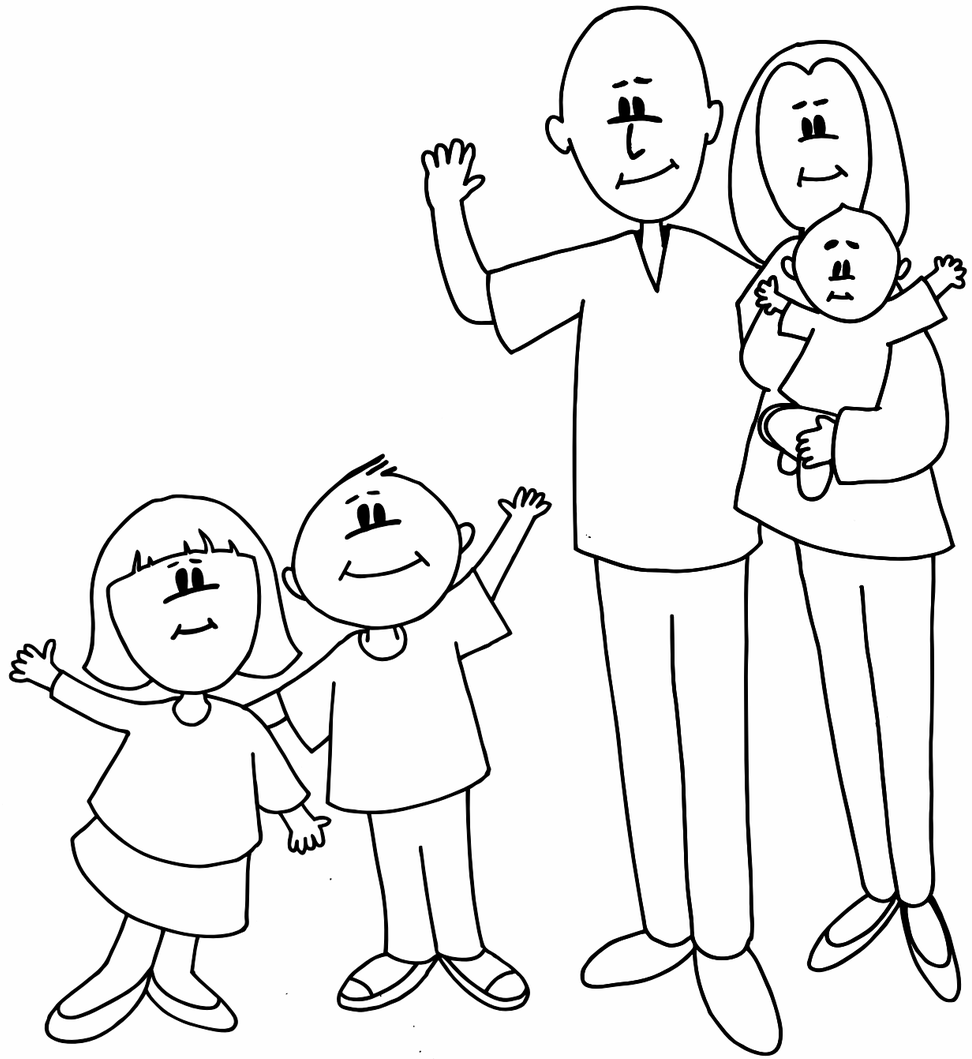
And out on the open water, at the beach or on a boat,
life jackets help keep everyone afloat.



The kids remember - mom and dad have always said,
“Whenever you ride a bike, wear a helmet on your head.”



And they know there's always time - it's never too short -
to put the right gear on for every sport.



The Safe Family sure knows what to do
to keep themselves safe - and now I do, too!

My Safe Family

Draw a picture of your own safe family!

Steps you can take to prevent leading causes of child injury include:

Burns

- Install and maintain smoke alarms in your home.
- Develop and practice a family fire escape plan.
- Set your water heater's thermostat to 120 degrees Fahrenheit or lower.
- Use safe cooking practices, such as never leaving food unattended on the stove.

Drownings

- Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools.
- Wear life jackets in and around natural bodies of water.
- Learn cardiopulmonary resuscitation (CPR) and get recertified every two years.
- Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water.

Falls

- Use playground equipment that is properly designed and maintained, and that has a soft landing surface material below.
- Use home safety devices, such as guards on windows that are located above ground-level, stair gates, and guard rails.
- Wear protective gear when playing active sports, such as wrist guards, knee and elbow pads, and helmets when in-line skating.
- Supervise young children at all times around fall hazards, like stairs and playground equipment.

Poisonings

- Store medicines and other toxic products such as cleaning solutions in locked or childproof cabinets.
- Put the poison control number, 1-800-222-1222, on or near every home telephone.
- Follow directions on the label when giving medicines to children. Read all warning labels.
- Dispose of unused, unneeded, or expired prescription drugs.

Road traffic injuries

- Use appropriate child safety seats.
- If you have a teenage driver, sign an agreement in order to limit risky driving, such as having multiple passengers and driving at night.
- Transport children in the back seat of your vehicle.
- Make sure children wear motorcycle and bicycle helmets.

www.cdc.gov/safechild

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