

## SAFETY RESOURCES

### LAYERS OF SUPERVISION

The key to preventing childhood tragedies is to have layers of protection:

**EDUCATE** children about potential dangers  
Closely / Actively **SUPERVISE** them  
**KNOW** what to do in the event of an emergency



### GUN SAFETY

[www.projectchildsafe.org](http://www.projectchildsafe.org)  
[www.kidshealth.org](http://www.kidshealth.org)

### FIRE SAFETY

[www.firesafety.gov/kids](http://www.firesafety.gov/kids)  
[www.sparky.org](http://www.sparky.org)

### HELMETS

[www.helmets.org](http://www.helmets.org)

### WATER SAFETY

[www.doh.wa.gov/ehp/wr/watersafety.htm](http://www.doh.wa.gov/ehp/wr/watersafety.htm)  
[www.bobber.info](http://www.bobber.info)

### GENERAL HEALTH

MultiCare Clinic Center for  
Childhood Safety: 253-372-7729  
[www.aap.org](http://www.aap.org)  
[www.seattlechildrens.org](http://www.seattlechildrens.org)

### KENT FIRE PUBLIC EDUCATION

[www.kentfirerfa.org](http://www.kentfirerfa.org) • 253-856-4400

### KENT POLICE CRIME PREVENTION

[www.ci.kent.wa.us/police](http://www.ci.kent.wa.us/police) • 253-856-5800

### ABDUCTION PREVENTION

[www.ncpc.org](http://www.ncpc.org)

### VEHICLE SAFETY

[www.usa.safekids.org](http://www.usa.safekids.org)  
[www.800bucklup.org](http://www.800bucklup.org)  
[www.kidsandcars.org](http://www.kidsandcars.org)

### PEDESTRIAN SAFETY

[www.nfpa.org/riskwatch/parent\\_bike.html](http://www.nfpa.org/riskwatch/parent_bike.html)  
[www.nhtsa.gov](http://www.nhtsa.gov)  
[www.usa.safekids.org](http://www.usa.safekids.org)

### CPR/FIRST AID

[www.americanheart.org](http://www.americanheart.org)  
[www.redcross.org](http://www.redcross.org)  
[www.kentfirerfa.org](http://www.kentfirerfa.org)



**YOU** can prevent  
**TRAGEDY**

Active Supervision & Child Safety



## A split second can change your life forever...

On any given day in the United States, news headlines announce a parent's worst nightmare—an unthinkable tragedy has occurred to a child, altering life forever. Often, these events have something in common: they could have been prevented with active supervision.

*Supervision means you are constantly watching a child's activity. It is not enough just to be outside or nearby, you must be ACTIVELY supervising them. Supervision is NOT reading a book, talking on the phone, napping, pulling weeds, washing the car, or anything else that would distract you.*

# ACTIVE SUPERVISION

### SIGHT

Can I **see** what my children are doing?

### SOUND

Can I **hear** what my children are doing?

### PHYSICAL

Am I **present** and **able to intervene** in order to keep my children from harm? Am I able to keep them away from dangerous objects and situations?

The following safety tips, partnered with active adult supervision, can greatly decrease your chances of facing a tragedy:

# SAFETY TIPS

### INSIDE

- Prevent falls from windows – do not count on window screens to protect your child. Screens are not strong enough to prevent children from falling through them.
- Keep matches and lighters up high and out of reach, preferably in a locked container. Always keep children away from lit candles.
- If you keep a gun in your home, keep it out of sight and out of the reach of children. The gun should be kept locked and unloaded, and the ammunition should be stored separately.

### AT PLAY

- Helmets should be worn during any wheeled activity, because they reduce the risk of head injury by up to 85%. Set a good example – adults should also wear a helmet to reduce the chance of injury.
- Always supervise children when they use play equipment.

### OUTSIDE

- Always keep children away from outdoor fires and barbecues.
- Maintain constant supervision of children in and around any water environment: pools, streams, lakes, bathtubs, and toilets.
- Have children wear U.S. Coast Guard approved personal flotation devices (PFDs) on boats, docks, or when in the water.

- Protect children from excessive sun exposure, especially from 10:00 am to 4:00 pm. Use a sunscreen with a sun protection factor (SPF) of 15 or higher.
- Always keep children away from lawn mowers that are in use. Never allow a child to ride on a mower.
- Make your children aware of common luring methods like asking for directions or finding a lost pet. Adults should ask other adults for help, not a child.

### ON THE GO

- Never leave a child alone in a vehicle. Always lock car doors and keep keys out of the reach of children.
- Watch children closely around cars, particularly when loading or unloading. Walk all the way around a parked vehicle to check for children,

toys, and pets before entering the car and starting the engine. Consider installing cross-view mirrors and/or a backup detection device on your vehicle.

- Firmly hold the hand of children when in driveways, parking lots, sidewalks, and when crossing streets. Always cross at designated crosswalks.
- Bus stops should always include adult supervision.

### AS A PRECAUTION...

- Learn CPR and basic First Aid.



Remember that small children require continual supervision and intervention. Unintentional injuries, especially in and around the home, are a leading cause of death and hospitalization for children 1 year of age and older.