



INJURY PREVENTION FOR ADULTS, TEENS & CHILDREN

Bicycle Safety:

- Check your bike for broken parts.
- Always wear a helmet; it's the law for children age 12 and under.
- Wear brightly colored clothing while riding.
- Obey traffic signs and lights.
- Ride in the same direction as traffic.
- When riding with others use single file.
- Use hand signals when stopping or turning.

Burns:

- Remove any burning clothing and run cool water over the burn to slow down the burning process.
- Avoid using home remedies or ice which often makes a burn worse.
- Create a "kid free zone" around the stove/oven.

Falls Prevention:

- Take a break when doing repeated tasks.
- Wear shoes that are supportive and non-slip.
- Remove throw rugs.
- Have ample lighting in hallways and staircase areas.
- Use handrails on staircases.
- Make sure electric cords do not reach across the floor.

Fire Safety:

- Check smoke alarms regularly.
- Plan and practice escape plans.
- If fire erupts, stay low and go!
- Stop drop and roll.
- Never smoke in bed.
- Never re-enter a burning building- GET OUT AND STAY OUT!

Firearm Safety:

- Keep guns locked away, unloaded, and out of the reach of children.
- Keep bullets in a separate place.

Home Safety:

- Manage stress and other conflicts peacefully.
- Check to be sure ovens/stoves/fireplaces are off or fire out.

Motor Vehicle Safety:

- Always wear a seat belt. Make others riding in the car wear them too.
- Do not drink alcohol or take drugs that can cause you to be sleepy while driving.
- Take driving classes for senior citizens.
- Avoid distractions; phones, eating, navigation systems, friends that are disruptive.

Pedestrian Safety:

- If a sidewalk is available, use it regardless of the side of the street.
- If no sidewalk is available, walk as far from traffic as possible but facing traffic.

Playground Safety:

- Be sure the area is designed so adults can supervise children at all times.
- Be sure the playground is free of hazards, trash and broken glass.
- Be sure there is safety surfacing beneath equipment, especially under climbing materials.
- Equipment should be in good condition, no rust, exposed nails or screws.
- There should be adequate shading. If equipment is metal, ensure it is not too hot.

Poisoning Prevention:

- Make sure you understand your medications and dosages.
- Lock medicine up where children cannot access them.
- Store household products in a different place from food and medicine.
- Call medicine by its proper name, not “candy.”
- Install a carbon monoxide alarm.
- Keep purses and briefcases out of reach of children.

School Bus Safety Laws:

- All vehicles must stop at least 10 feet upon meeting, from either direction, a school bus that is stopped for loading or unloading children and displays flashing lights and the stop signal arm. This rule does not apply if the bus is on the opposite roadway of a divided highway.
- If convicted of violating Pennsylvania’s school bus stopping law, drivers will receive a 60-day driver’s license suspension, 5 points on their driving record and a \$250 fine.

Sports Safety:

- Wear safety gear (helmets, kneepads, wrist protectors) when playing sports.

Water Safety:

- Feet first before diving into any body of water; dive only into water 9 feet or deeper.
- Do not body surf in the ocean.

**For more information on injury prevention education and programs,
please email Andrea.Nesfeder@sluhn.org.**