

Play it Safe!

Be a **SUPER SAFE** Kid!



Injury Prevention
Coloring & Activity Book

PREVIEW COPY



THIS BOOK BELONGS TO:

YOUR NAME

In this book, I will learn important lessons about how to be a super safe kid in my house and how to be a super safe kid outside. At the end of this book, I will also know how to stay safe when I am in a car.

Always Play it Safe

Inside!

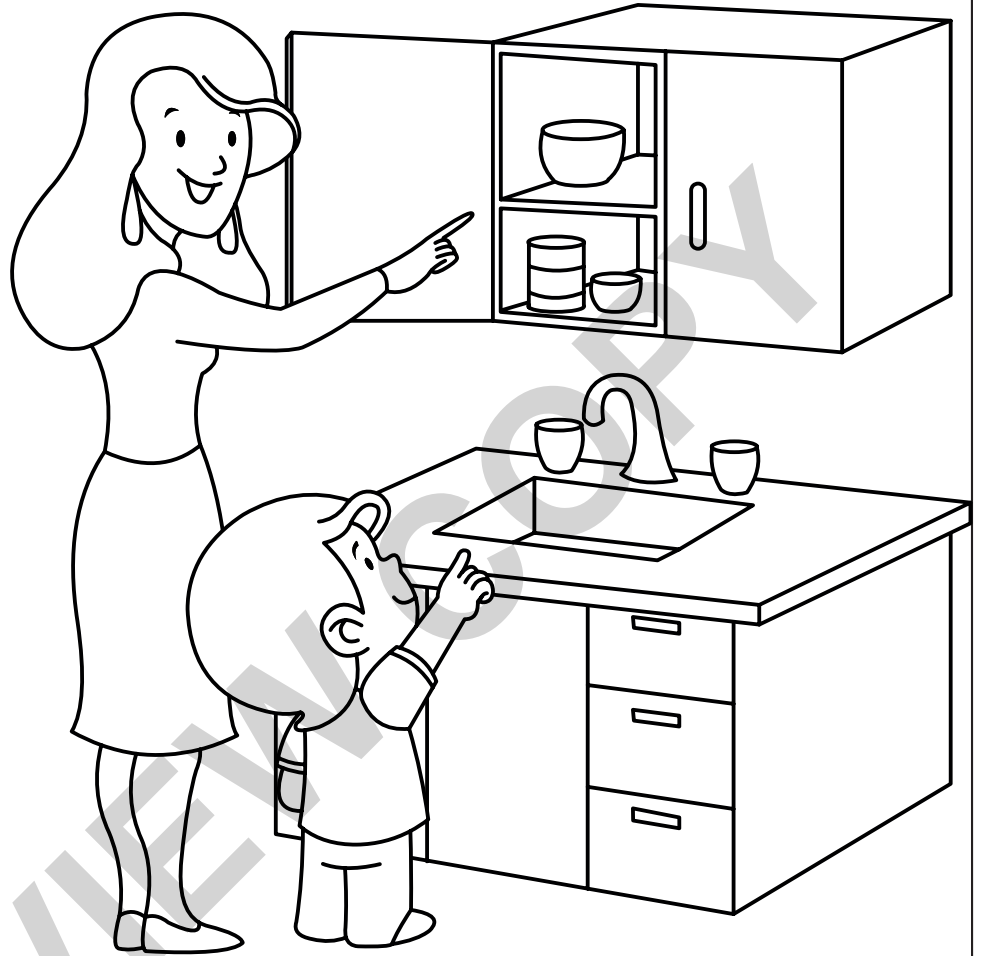
Clean Up Your Messes!

- ★ Pick up your toys after playing. Put your dirty clothes in the hamper.
- ★ A messy room can cause falls and prevent a quick escape during an emergency.



Never Climb on Things, You Could Fall!

☆ Ask an adult to reach for things that are high up.

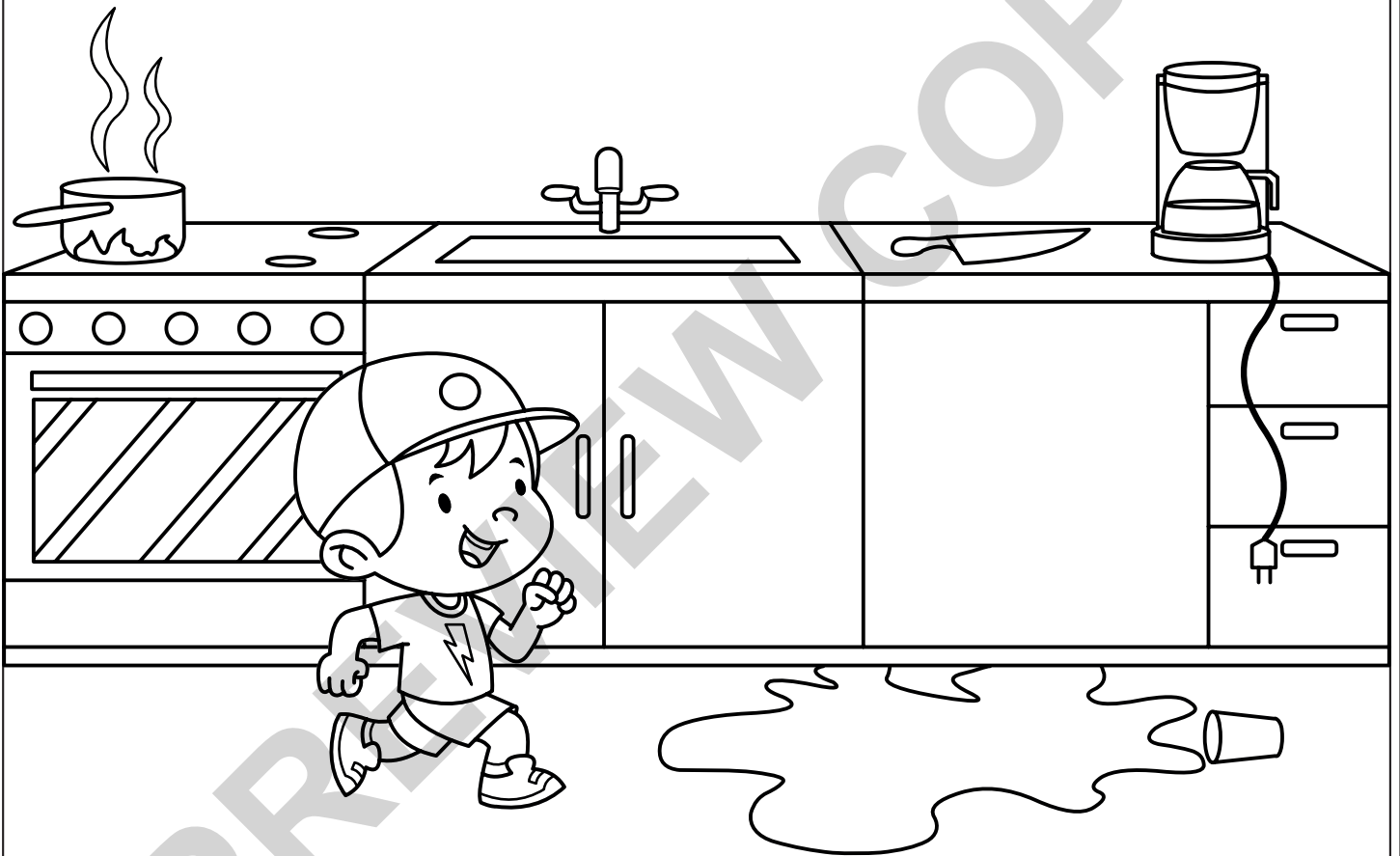


A Clean Floor Prevents Falls!

☆ Always wipe up water and spills on the floor.



Always Play it Safe In the Kitchen!



Put an "X" through all the UNSAFE items in the kitchen.

☆ Never touch sharp knives or utensils.

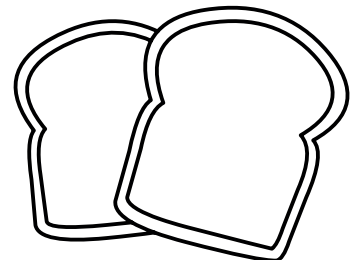
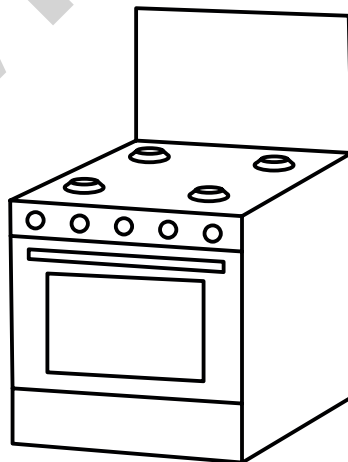
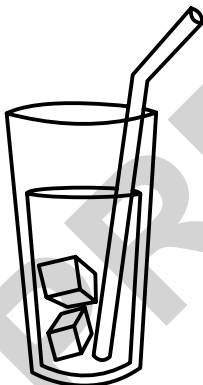
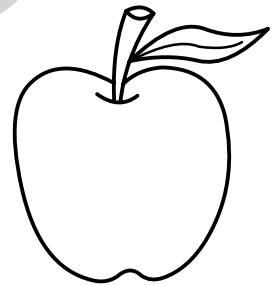
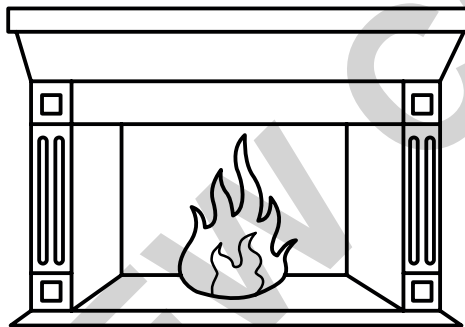
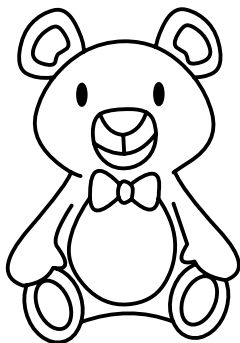
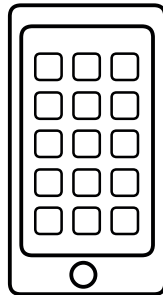
☆ Stay at least 3 ft. away from the stove at all times.

Parents: ALWAYS move pot handles inward and use back burners to prevent accidents.

Parents: NEVER leave loose electrical cords, hot, or sharp items within a child's reach.

Circle things that are **HOT** with a red crayon. 

Circle things that are **SAFE** with a blue crayon. 



☆ Hot things can cause bad **BURNS!**

☆ Hot things can start **FIRES!**

☆ **NEVER** play with things that are **HOT!**

Always Play it Safe In the Bathroom!

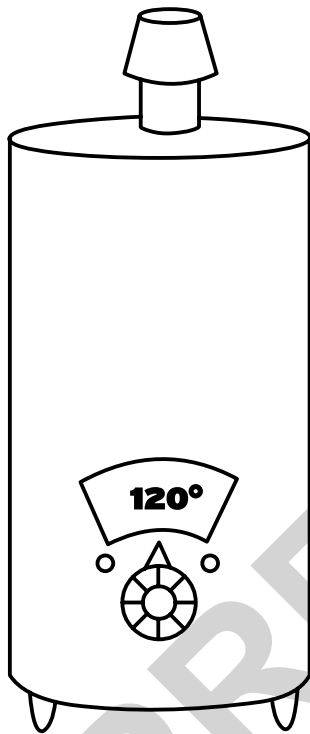
Hot Water Can Cause Burns!

★ ALWAYS turn cold water on first, then the hot.



Help Prevent Scalds!

★ Parents - Set your hot water heater thermostat to 120°F or lower.



Water Can Be Dangerous!

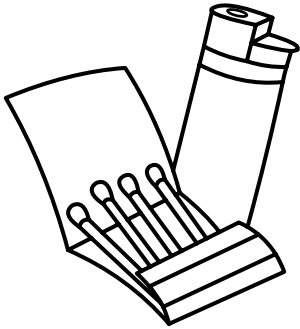
★ NEVER take a bath alone or play in water without a parent or adult nearby.



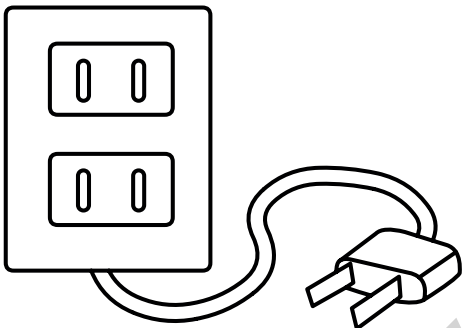
Tell an Adult When You See

DANGER!

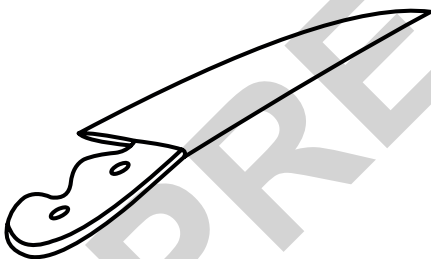
Draw a line from the dangerous household item, to the effect it can cause.



Matches & Lighters



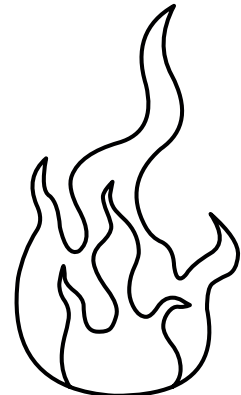
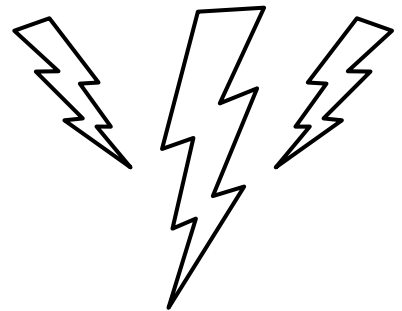
Electrical Plugs & Cords



Knives



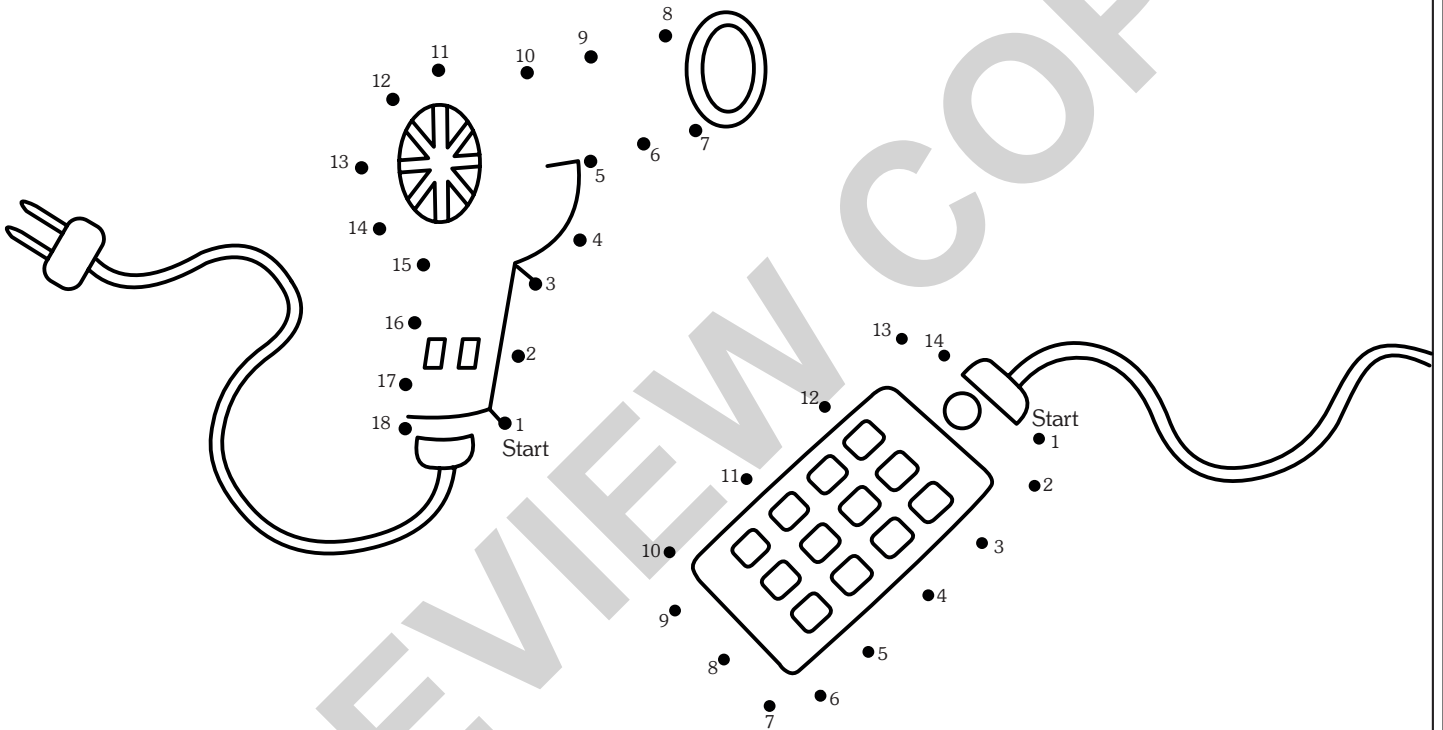
Medications & Poisons



Always Play it Safe With Electricity!

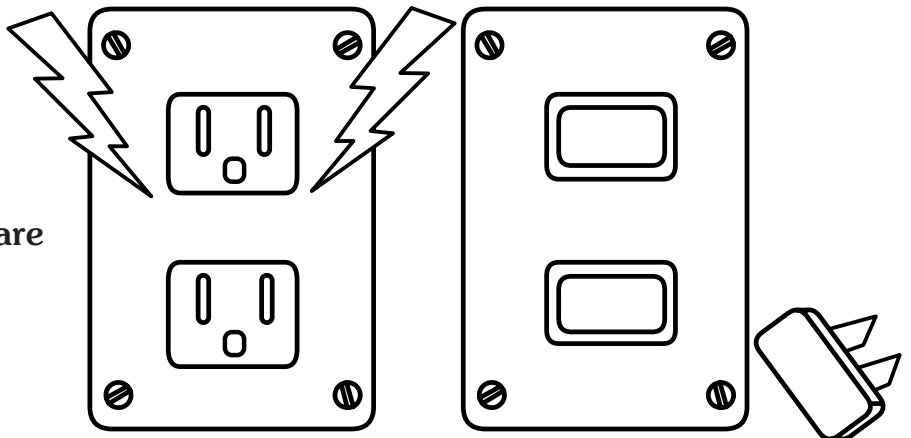
Never Use Electricity Near Water!

Connect the dots to find out what common household items should never be used near water.

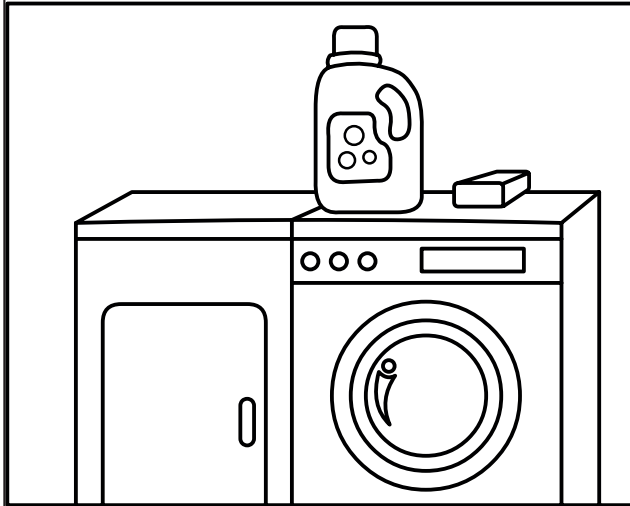


..... Electricity Is Dangerous!

- ★ NEVER Touch an Electrical Outlet!
- ★ Parents - Cover all outlets with safety plugs. Make sure electrical cords are safely stored and secured.



Medications & Poison Are **DANGEROUS!**



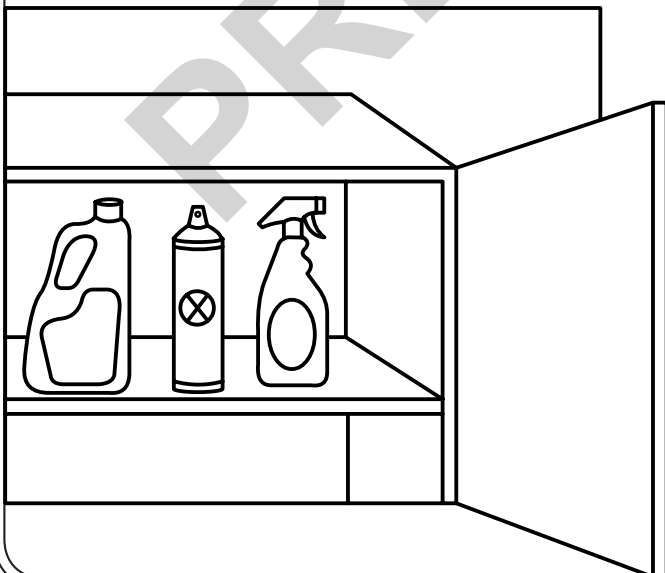
☆ Do NOT Touch any strange or unknown bottles.

☆ Common household chemicals and cleaners can make you very sick.



☆ Medicine is NOT candy!

☆ Only take medicine given to you by a parent, doctor or nurse.



☆ Parents - Toxic cleaners, chemicals and medications should be out of reach or behind locked cabinets.

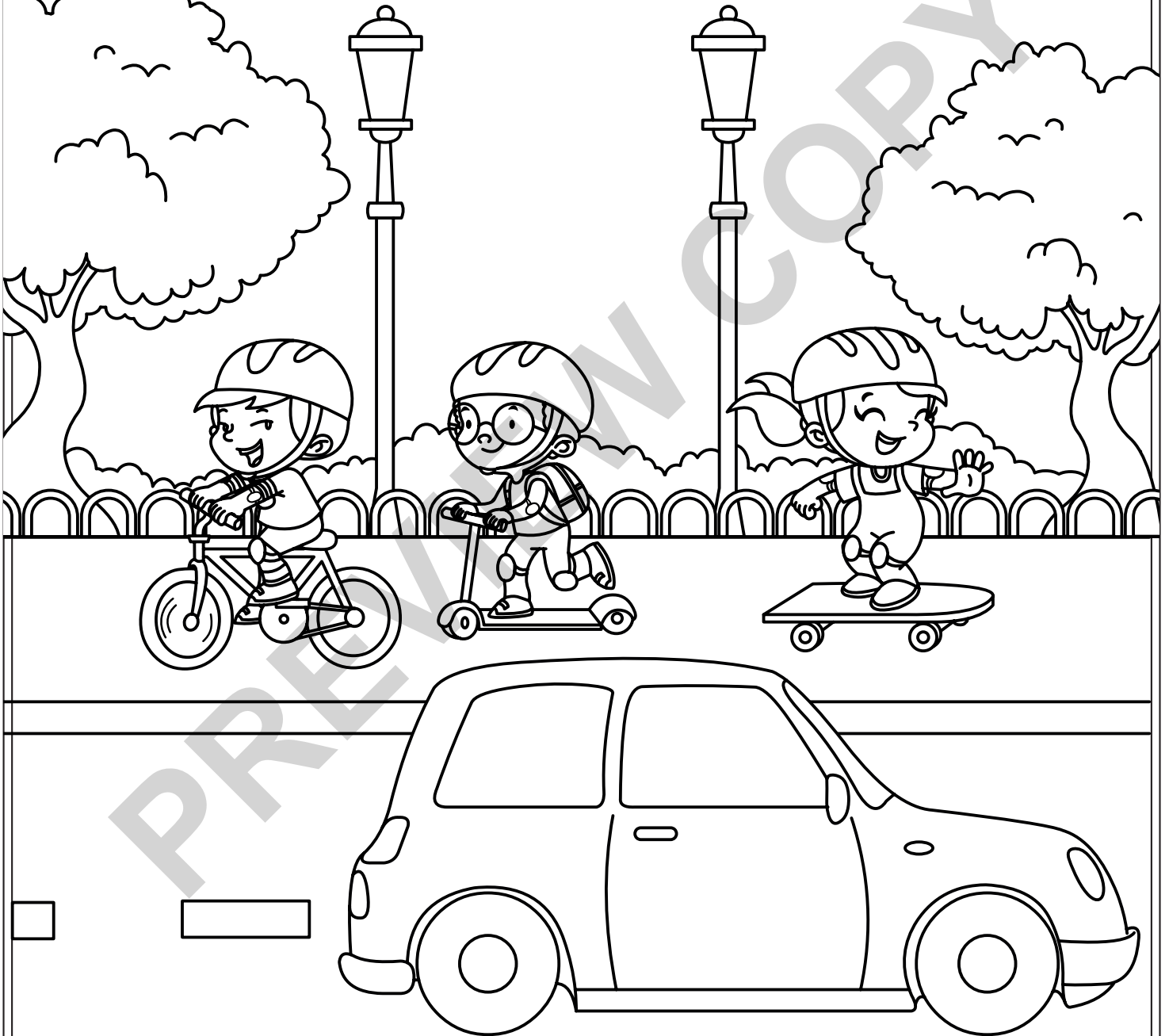
☆ Parents - Post the POISON CONTROL CENTER phone number in an obvious location and store it in your phone.

**THE POISON CONTROL CENTER
1-800-222-1222**

Always Play it Safe **Outside!**

Play and Ride Safely!

★ ALWAYS wear a HELMET, knee pads and elbow pads when you ride a bike, scooter or skateboard.



Watch Out for Cars!

★ NEVER Play in the street.

★ NEVER get in a car with a person you don't know.

Be Aware at the Playground!

★ NEVER play on broken equipment.

★ ALWAYS make sure there is something soft like sand or wood chips on the ground so you don't get hurt.



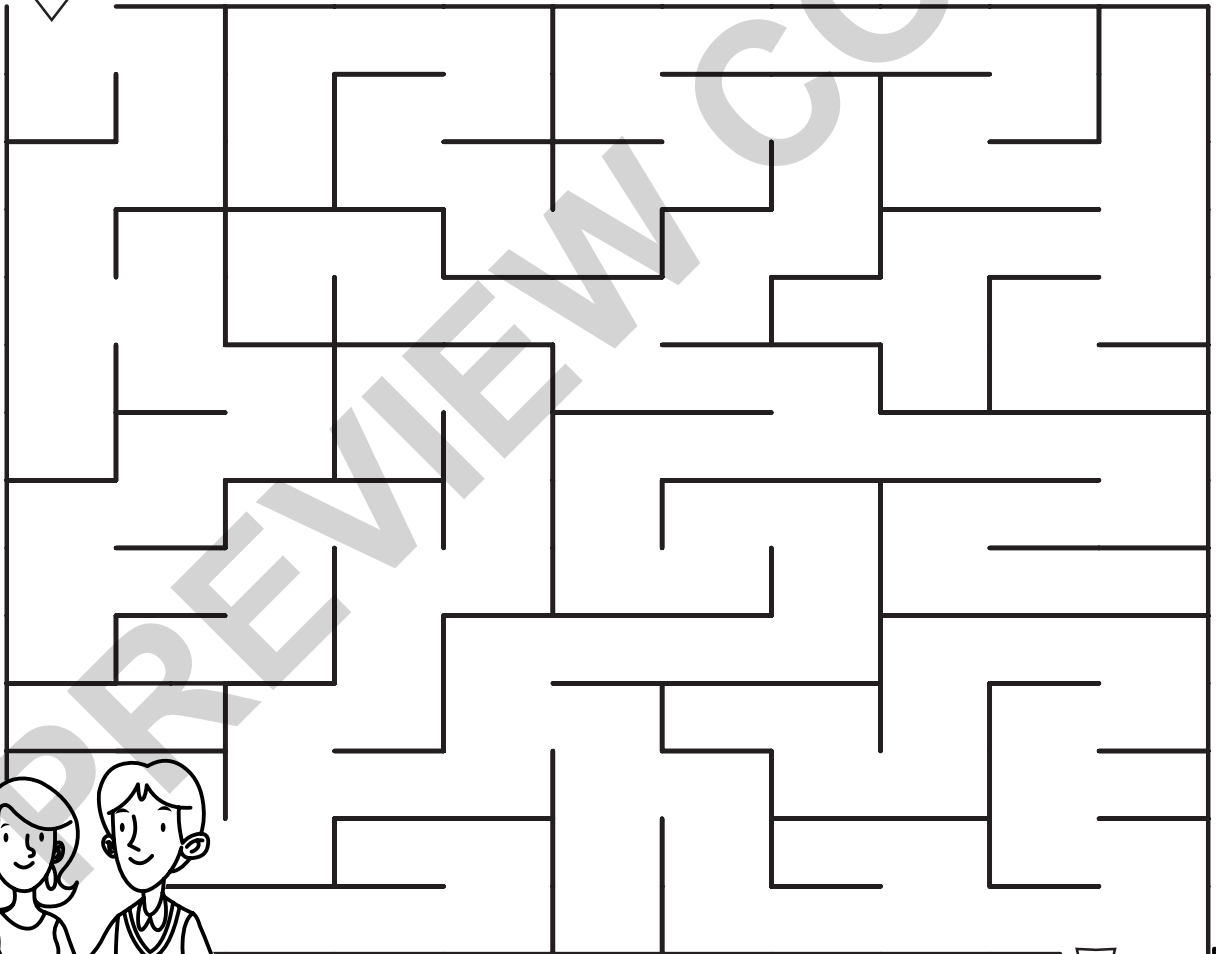
Always Play it Safe In Case of FIRE!



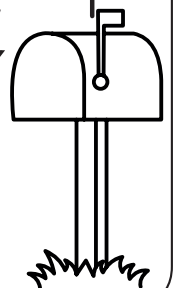
Know Your Fire Escape Plan!

Follow the maze to help the family get to their safe meeting spot at the mailbox.

START



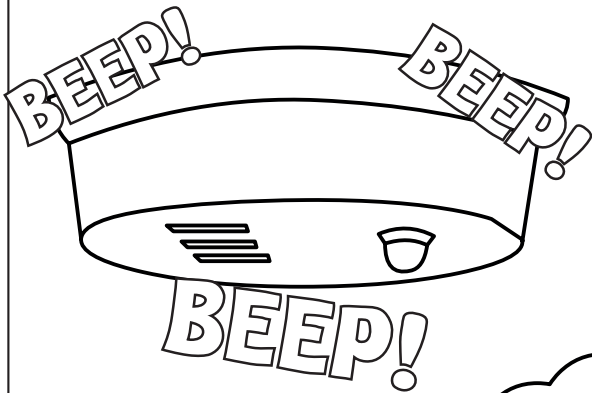
END



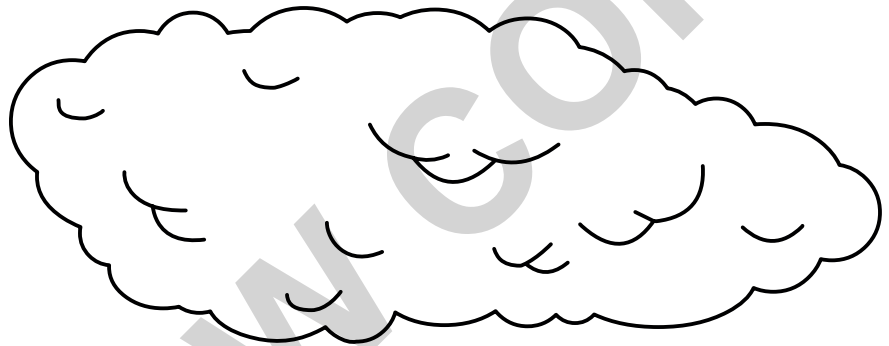
- ☆ Parents - Create an escape plan and a safe meeting spot with your child in case of fire!
- ☆ Practice getting out of the house safely.

Important Fire Safety Tips

Smoke Alarms Warn You that There is a FIRE!

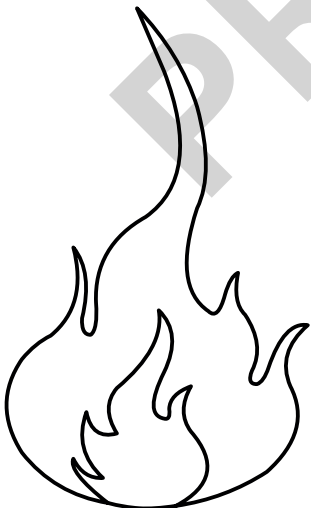
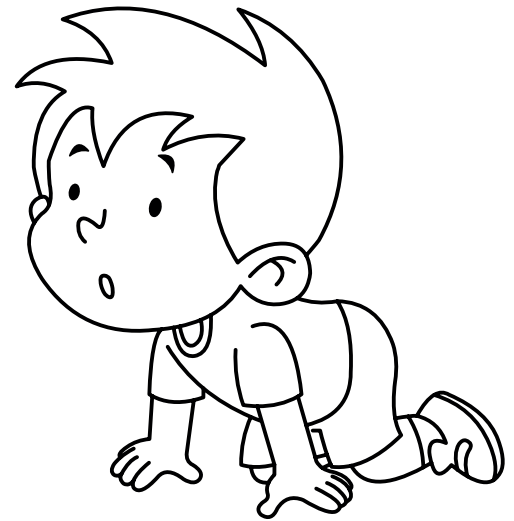


- ★ Know the sound your smoke alarm makes.
- ★ Know what to do when a smoke alarm sounds!
- ★ Parents - Test your smoke alarms monthly and change the batteries twice a year.



Crawl Low Under Smoke!

- ★ Smoke can be dangerous.
- ★ Smoke rises. Crawl low to breathe good air.
- ★ Roll out of bed instead of sitting up.
- ★ Feel doors to see if they are hot, before opening them.



In Case of Fire - Get Out and Stay Out!

- ★ Know two ways out of every room.
- ★ Have a Fire Escape Plan and Safe Meeting Spot.
- ★ Don't hide! Get out, or go to a window and call for help.
- ★ Call 9-1-1 - Firefighters are Helpers!

Always Play it Safe In the Car!

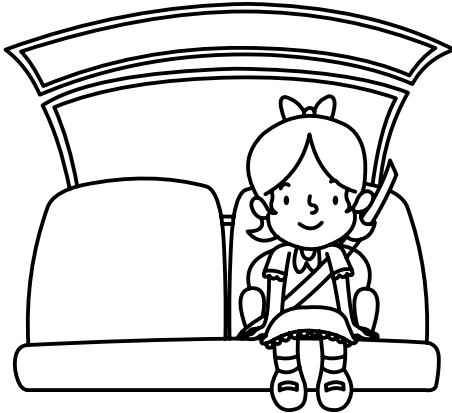


Always Practice Safety While Riding in the Car!

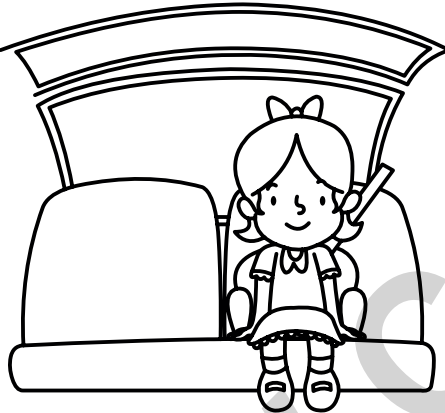
- ☆ ALWAYS sit in the back seat.
- ☆ ALWAYS stay securely fastened in your car seat or seat belt.
- ☆ NEVER yell, fight or throw things.

Always Wear Your Seat Belt!

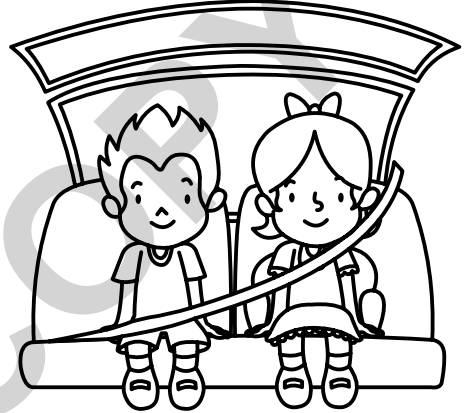
Seat Belts Help Protect You in an Accident!



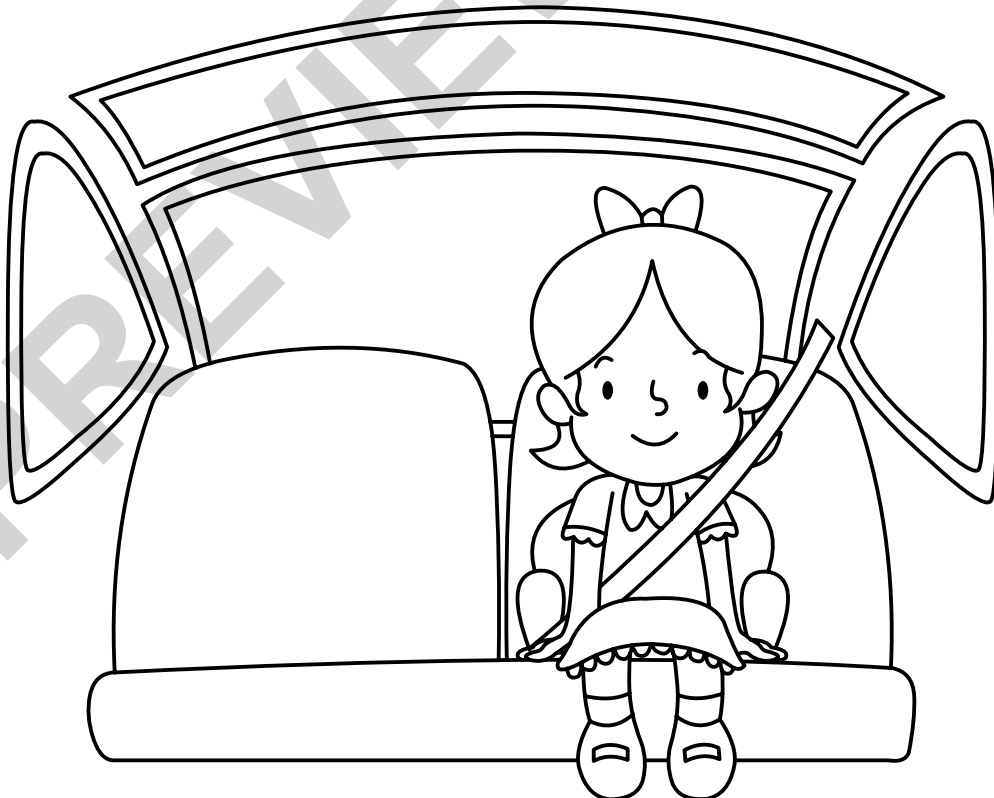
★ NEVER place the seat belt under your arm.



★ NEVER place the seat belt behind your back.



★ NEVER share your seat belt with another person.



★ ALWAYS wear your seat belt, across your chest and stay properly secured for the whole ride!



THE

SUPER SAFE

PLEDGE



I, _____

YOUR NAME

promise to follow all of the rules and ideas that I learned in my activity book. By following these rules, I will keep myself safe and I will be an example for my friends so that they will be super safe kids also.

SIGNATURE

DATE

PREVIEW COPY

I Always Play it Safe!



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