



## Parent Safety Checklist: What You Can Do to Keep Kids Safe

Despite a 45 percent drop in the accidental injury death rate of children ages 14 and under since 1987, accidental injury remains the number one killer of kids in the United States.<sup>1</sup>

Safe Kids USA has developed a safety checklist on the top injury risks to children and the steps parents can take that will have a major impact in keeping their kids safe. Check this list and learn what additional actions you can take to protect the children in your life.

Subject	Safety Goal	Yes / No
1. Child passenger safety	I ensure that my children under age 13 are properly secured in a back seat of a car for every ride.	
2. Car seat selection	I make sure to keep my children in the right type of car seat or booster seat until the adult lap and shoulder belts fit them correctly.	
3. Wheel safety	I make sure that my children wear a helmet and other protective gear every time they bike, skate, skateboard, or ride a scooter.	
4. Pedestrian safety	I teach my children to cross streets at corners and look left, right and left again before crossing.  I also make sure that children under age 10 always cross streets with an adult.	
5. Water safety	I always keep my eyes on my children when they are playing in or near water.	
6. Open water safety	I always make sure my children wear life jackets when riding on boats or playing in or near open bodies of water.	
7. Fire safety and Poison prevention	I have smoke alarms and carbon monoxide detectors installed on every level of my home and outside of every sleeping area.  I change the batteries once a year, and test the alarm every month.	
8. Suffocation prevention	I do not place blankets, pillows or other soft items in a baby's crib.  I keep small items such as toy parts, coins, buttons, and beads away from children under age three.	
9. Poison prevention	I keep poisonous items, such as medicines and cleaners, locked away and out of reach of children.	
10. Fall prevention	I do not let children play on stairs, furniture, balconies, roofs, or in driveways, streets or parking lots.	



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<sup>i</sup> *Report to the Nation: Trends in Unintentional Childhood Injury Mortality and Parental Views on Child Safety*, Safe Kids USA, April 2008