



TOGETHER WE CAN PREVENT INJURIES

BICYCLE SAFETY

Protect your head: Wear a properly fitted helmet to avoid injuries to the head caused by falling or being struck by an object while riding a bicycle. **Maintain control:** Ride a bike that is the right size for you. **Be visible:** Wear bright colored clothing and, if riding at night, place reflective stickers or patches on clothing and/or bicycle so drivers will see you. **Be observant:** Stop at all STOP signs and all traffic lights.

PLAYGROUND SAFETY

Build playgrounds on protective surfaces. When building a playground use shredded rubber, wood chips, wood fiber, or sand surface to reduce injuries related to falls. Ensure that playground equipment and surfacing are well-maintained. Be conscious of age-appropriate playground equipment and ensure proper adult supervision of children playing in the area.

(Source: Centers for Disease Control and Prevention
<http://www.cdc.gov/HomeandRecreationalSafety/Playground-Injuries/>)

CHILD PASSENGER SAFETY

Be sure your child is in the correct passenger safety seat. Infants should ride in rear-facing child safety seats until a minimum of 12 months old and 20 pounds. Children weighing between 20 and 40 pounds should be secured in a forward facing child safety seat. Children over 40 pounds should be in a belt-positioning booster until they reach 4'9" and 80-100 pounds.

RESIDENTIAL FIRE SAFETY

Use smoke alarms in your home. Install a lithium battery powered smoke alarm on each floor of your home and outside each bedroom. Every month check to see that your smoke alarms are functioning properly. Replace the batteries in your smoke alarm at least once a year. Develop an escape plan for your home, including identifying a meeting place outside of the home, and practice the escape plan.

FIREWORKS SAFETY

Fireworks can be very dangerous. Read and follow directions on fireworks packages. Make sure adults supervise the use of all fireworks -- never give young children fireworks. Do not point or throw fireworks at people or animals. Use fireworks in an open area away from dry grass and other flammable materials, and keep a bucket of water nearby for emergencies. Keep fireworks out of your pockets.

(Source: State Fire Marshall, SC Dept. of Labor, Licensing and Regulation
<http://www.llr.state.sc.us/POL/Pyrotechnic/PDFs/firework.pdf>)

WATER SAFETY

Ensure a safe swim: Provide competent supervision of swimming areas and water activities. Use self-closing, self-latching barriers (e.g. fencing) on all bodies of water when possible. Increase access, availability, and utilization of Personal Flotation Devices (PFD). Learn to swim, and recognize that swimming instruction for young children helps but doesn't prevent drowning. Check for underwater obstructions and for appropriate water depth and temperature before entering.

(Source: National Children's Center for Rural and Agricultural Health and Safety
<http://www.cdc.gov/nasd/docs/d001701-d001800/d001799/d001799.pdf>)



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