The Basics

- In 2008, children under the age of 14 accounted for 2,000 (40%) of fireworks-related injuries. [Source: U.S. Consumer and Product Safety Commission]
- Children should never play with or ignite fireworks.
- Never wear loose fitting clothing when handling or standing by fireworks.
- Always read directions and never attempt to re-light or re-position fireworks once lit.
- Use common sense and keep a safe distance — fireworks are not toys.
- Light only one firework or sparkler at a time, and never have any portion of your body directly over a firework while lighting.
- Never ignite fireworks in a container, especially a glass or metal container.
- Always have an adult present to ensure safety — parents are also liable for any damage or injuries caused by their children using fireworks.

If Your Child is Injured

- If it’s a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your doctor immediately.

- If an eye injury occurs, don’t allow your child to touch or rub it, as this may cause even more damage.

- Do not flush your child’s eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention.

[Source: California Department of Forestry and Fire Protection]

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**Sparkler Safety**

- In 2008, sparklers remained the second greatest cause of injuries, estimated at 800.
- The tip of a sparkler burns at a temperature of more than 1,200 degrees (hot enough to cause third degree burns).
- Over 50% of sparkler-related injuries happen to children under the age of 14.
- Children should always have adult supervision when handling sparklers.

[Source: U.S. Consumer and Product Safety Commission]

**Cool it Down**

- Never use fireworks near dry grass or other flammable materials.
- Have a bucket of water and a hose handy at all times.
- Don’t allow kids to pick up pieces of fireworks after an event, some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.

**Illegal and Homemade Fireworks**

- Between 2000-2005, more than one-third of the fireworks-related deaths involved professional devices that were illegally sold to consumers.  
  [Source: Center for Disease Control and Prevention]
- Buy only State Fire Marshal-approved (Safe and Sane) fireworks. They must have the State Fire Marshal’s seal on them and can only be purchased at licensed fireworks stands.
- Homemade fireworks (for example, ones made of the powder from several firecrackers) can lead to dangerous and unpredictable explosions.
Never Leave a Child Alone in the Car

• Never ever leave anyone in the car while you run to do a quick errand — even if the windows are open. People can succumb to heat exposure and death very quickly in a hot car. A child’s body temperature can increase three to five times faster than an adult’s.

• Check to make sure all children are taken out of the vehicle when you reach your destination. It sounds obvious, but if you’re in a rush, even the most obvious thing can go unnoticed.

• Keep keys and remote entry devices out of children’s reach and sight.

• Keep vehicle doors and trunks closed and locked. Up to one-third of heat-related deaths have occurred when children were playing in unlocked vehicles and became trapped inside.

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Wear Light Layers and Protective Clothing

• Make sure your children wear loose fitting, lightweight, light colored clothing.

• Select sunglasses for babies and children that provide 100 percent UV protection.

• Keep children under the age of 1 out of the sun as much as you can. Dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.

• Always cover your child’s head. Have them wear a hat with a three-inch brim or bill facing forward, sunglasses (that block 99–100 percent of ultraviolet rays) and cotton clothing with a tight weave.

Apply and Reapply Sunscreen

• Whenever your child is outside, use sunscreen with a sun protection factor (SPF) of 15 to 30 that protects against both UVA and UVB rays.

• Apply sunscreen 30 minutes before going outside and reapply every two hours and after being in the water or sweating.

• Use extra caution near water and sand as they reflect UV rays and can result in getting sunburned faster.

Limit Physical Activity and Stay Hydrated

• When it is 90° or above and humid, children should not exercise or play outside for more than 30 minutes at a time. The intensity of activities lasting 15 minutes or more should be reduced whenever high heat is present.

• Make sure your child drinks fluids such as water or electrolyte drinks (sports drinks) every 20 minutes to prevent dehydration. Even if they are not thirsty.

• Avoid drinking liquids that contain caffeine or large amounts of sugary sodas. These can cause a loss in body fluids and accelerate dehydration.
Always Wear a Helmet

- By law, all children under the age of 18 must wear a helmet when riding a bicycle, non-motorized scooter, skateboard or skates.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened and you should not be able to move the helmet in any direction.
- Don’t let your child wear the bike helmet while on playground equipment — he/she could catch the strap on something and be strangled.

Follow Rules of the Road

- Always ride with hands on handlebars
- Check traffic in both directions
- Only cross at intersections
- Ride on the right hand of the street to travel in same direction as cars — never ride against traffic
- Use bike lanes or designated bike routes
- Don’t ride too close to parked cars
- Stop at all stop signs and obey street red lights
- Ride single file on the street with friends
Fit the Bike to Your Child

- Children under 1 should not ride as passengers on adult bikes.
- Children ages 1 to 4 (or less than 40 pounds) should ride belted and wear a helmet. They ride best in a carrier seat mounted on the bike or in a bike trailer.
- Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Buy a bike that is the right size, not one your child has to “grow into.” Oversized bikes are especially dangerous.

Wear Additional Protective Gear

- Wear knee and elbow pads for scooter riding, and add wrist guards for rollerblading or skateboarding.
- Wear the right shoes — sneakers — when you bike. Sandals, flip flops, shoes with heels and cleats won’t help you grip the pedals. Never go riding barefoot.

Be Street Smart

- Don’t let your child ride in the street or near moving vehicles, or ride at dusk or after dark.
- Dress your child in bright colors and put reflectors on the bike to stay safe.
- Do not let your child wear headphones as they could distract them from traffic and car horns.
- Always have your child walk their bike across a busy road to be safe.
DROWNING
A Quick and Silent Killer

_Drowning is the main cause of death for Sacramento’s toddlers and preschoolers._

Nationally, drowning ranks second only to automobile crashes, claiming the lives of approximately 4,000 children each year and leaving another 12,000 with some form of permanent brain damage.

Help protect your children from these preventable tragedies. Learn the ABCs of drowning prevention. Your child’s life depends on it.

_In the time it takes to…_

- cross the room for a towel (10 seconds), a child in the bathtub can be submerged
- answer the phone (2 minutes), that child can lose consciousness
- sign for a package at your front door (4 to 6 minutes), a child submerged in the bathtub or pool can sustain permanent brain damage

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ABCs of Drowning Prevention

A for Adult Supervision

- Adult supervision is key to drowning prevention. Always assign a “water watcher” who knows how to swim.
- Provide active adult supervision 100% of the time when children are in or near the water. Do not drink alcohol while supervising children.
- Children under 5 should be kept within arm’s reach while in water.
- Water wings, noodles, inner-tubes and life jackets should never take the place of adult supervision for children ages 0-5.
- Know where your children are at all times. 69% of children who drowned in swimming pools were not supposed to be in or around the water. If a child is missing, check the pool first.

B for Barriers

- Put in, check and always use a child-proof barrier around your pool/spa area.
- The only proven effective barrier is a 5 foot tall non-climbable fence with self-closing, self-latching gates that separates the pool from the house and yard.
- Remove toys from, in or around the pool area — they pull young children to the pool.
- Keep chairs, tables and other climbable items away from the pool barrier.

C for CPR & Classes

- Learn CPR (Cardiopulmonary Resuscitation) and rescue breathing.
- Call 911. Start CPR and rescue breathing at pool side — this can save a life while the ambulance is on the way.
- Make sure all children and adults in your family go to swim lessons and water safety training. But remember these classes do not take the place of the need for adult supervision and barriers.
- To find swimming classes ask at a local community pool, family resource center, or parks and recreation district locations.
- To find CPR classes contact your local Red Cross chapter, family resource center, or American Heart Association.

American Heart Association — 916.446.6505
Sac Sierra Red Cross — 916.993.7094