

Safety Tips:

3rd – 5th Grade (8-10 Years)



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Childhood Injury Prevention

Safety In and Around Cars

- Millionaires and celebrities pay lots of money to sit in the back seat and be driven around. Pretend to be a celebrity for as long as you can: sit in the back seat until you are at least 13.
- A booster seat could save your life. You should always sit in a booster seat until:
 - You can bend your knees at the edge of the seat when your back and bottom are against the vehicle seat back
 - The vehicle lap belt fits across your upper thighs
 - The shoulder belt fits across your shoulder and chest.
- Trunks are not meant for playing or hiding. Do not play or climb in a trunk at any time.

Traffic Precautions

- Always cross the street with an adult. Make sure to look left, right, and then left again before crossing and to only cross at corners using traffic signals and crosswalks.
- Do not ever run out into the street or cross between parked cars. Make eye contact with drivers before crossing their path.
- Walk on sidewalks or paths whenever you can. If there is no sidewalk or path, walk facing traffic as far to the left as possible.
- If you need to use your cell phone, stop walking and find a safe place away from the street.
- Do not ever wear headphones when you cross the street.
- Do you want to learn more and become an advocate for safety on the way to school? Visit <http://saferoutespartnership.org/> for resources.

Bike and Skate Safety

- You want to be able to ride your bike right out of the store. When you buy a new bike, choose one that is the right size for you, not one you will grow into.
- Buy a helmet that fits you and that you like. Wear it every time you ride your bike, skateboard, scooter, etc.
- Ride on the sidewalk, so you don't have to worry about cars.

Preventing Burns

- Matches, gasoline, lighters, and fireworks are not toys. Do not ever play with them.
- Do not use a microwave by yourself unless your parent allows you to. Microwaves may look harmless, but using them improperly can be very unsafe.
- Do not play in the kitchen, around electrical appliances, or near outlets.
- Ask for help if you don't know how to use an appliance in the kitchen.
- Playing with your friends can be a blast, but a painful sunburn can ruin the day. Apply sunscreen before going outside and reapply every two hours and after swimming.

Avoiding Falls

- Don't play on high porches, decks, stairs, balconies, or on top of furniture. Being a daredevil is only fun until someone gets really hurt.

Sport Safety

- Ask your parents to take you to the doctor for a pre-participation physical exam (PPE) before playing in sports at school or with a sports club or team.
- Drink water before, during, and after athletic activities.
- Always warm up and stretch before playing, so you don't get hurt.
- If something hurts, tell your coach. You want to take care of pain early before it gets worse.
- You should take 10 weeks in a row off for rest from any one sport every year to let your body rest.
- Always wear your helmet, pads, shin guards, mouth guard or other sports gear you need to stay safe.

Water Safety

- Do not ever enter or go near water without an adult nearby.
- Whether you are in your best friend's swimming pool or the ocean, make sure you always swim with a buddy.
- If you have a pool at home, make sure it has a proper drain cover or shut-off function, which will keep you from getting your body, hair, or clothes caught.



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