



Most children that die of suffocation do so in unsafe sleeping environments, such as an adult bed. Children should be provided their own sleeping spaces.

Cribs should not have missing or broken slats or hardware, loose-fitting mattresses or slats more than 2 and 3/8 inches apart, according to the U.S. Consumer Safety Product Commission.

Remove all pillows, quilts, comforters, stuffed toys and other soft, pillow-like products from the crib.

Consider using a sleeper or other sleep clothing as an alternative to blankets and other covering.

The safest sleeping position for a baby is on his or her back, which reduces the risk of Sudden Infant Death Syndrome (SIDS), according to the American Academy of Pediatrics.

FIREARMS

Never leave firearms where children can access them. Firearms should always be stored in a locked location.

Ammunition should be locked up in a location separate from firearms.

Children should be taught that guns are dangerous and what to do if they encounter one:

Stop!

Don't touch.

Leave the area.

Tell an adult immediately.

With many homeowners owning guns, parents should be aware of their children's surroundings when visiting other's homes for safety reasons.



**AMERICAN
LEGION**

Play It Safe

Safe children are no accident

As the world's largest veterans organization, The American Legion embodies strong middle-class American values and forms a grassroots force dedicated to love of country and a commitment to veterans, their families, their communities and the young people of this nation.

For more information on keeping children safe:

**AMERICAN ASSOCIATION OF
POISON CONTROL CENTERS**

800-222-1222
aapcc.org

**NATIONAL HIGHWAY TRAFFIC SAFETY
ADMINISTRATION**

888-327-4236
nhtsa.gov

NATIONAL RIFLE ASSOCIATION

800-231-0752
programs.nra.org

NATIONAL SAFETY COUNCIL

800-621-7615
nsc.org

UNITED STATES FIRE ADMINISTRATION

301-447-1000
usfa.fema.gov

NATIONAL ALLIANCE ON MENTAL ILLNESS

800-950-NAMI (6264)
helpline@nami.org

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Stock# 24-030

Artwork# 148ACY0722



The most common causes of accidental death or injury for children

MOTOR VEHICLE ACCIDENTS

According to the CDC, 38 percent of children under the age of 12 die in a motor vehicle due to not being buckled up.

Laws regarding child restraints and seat belts vary by state; however, experts agree the safest location for a child in a car is the backseat.

Most states offer programs to help low-income families obtain required child safety seats. Check with your local department of motor vehicles.



Many local law enforcement agencies offer free car-seat inspections to ensure proper installation.

The appropriate use of car and booster seats, and correct seatbelt use, saves thousands of children every year.

DROWNING

Tragedy can strike in a few brief seconds. Never leave children unattended near water, and observe the following water safety tips.

INDOORS

Never leave a baby or toddler alone or with an older sibling in the bath, not even for a second.

Children have drowned in toilets. Keep toilet lids down or locked.

A curious toddler can easily drown in a bucket with only a small amount of water in it. Empty and store all containers with water after each use.

OUTDOORS

Keep your property clear of containers that might contain standing water such as buckets, pails, flowerpots and garbage cans.

Empty wading pools when not in use.

Always supervise hot-tub use. Cover and lock when not in use.

Enclose swimming pools on all sides with at least a 4-foot-high fence with an entry gate that locks. Consider using a safety cover, gate alarm and pool alarms.

Keep basic lifesaving equipment (such as a pole, rope and flotation device) by the pool and know how to use it.

All children should wear a fitted vest at all times when in boats, canoes, rafts and inner tubes. Non-swimming children should always wear a vest around water.



FIRE/BURNS

Supervising children at all times and observing the following tips can help keep children safe.

Keep lighters and matches out of reach at all times.

Install smoke detectors inside each bedroom and outside each sleeping area on every level. Test the alarm once a month and replace the batteries twice per year. Smoke alarms should be replaced every 10 years from the date of manufacture according to the U.S. Fire Administration.



Water heaters should be set to no more than 120 degrees Fahrenheit to help prevent burns from hot water.

Always check the temperature of bath water before placing a child in the tub.

Fire extinguishers should be mounted in kitchens, garages and workshops.

Cooking is the number one cause of residential fires. Never leave cooking appliances in use unattended.

Burning candles should never be left unattended or put in locations where children or pets can knock them over.

OUTDOOR ACTIVITIES

TRAMPOLINE

Make sure the trampoline is on level ground and a soft surface such as grass and away from trees and structures.



Supervise children at all time when using the trampoline.

Minimize the number of children jumping at one time.

Install a safety net around the trampoline.

BIKE, SCOOTER, SKATEBOARD

Wear a helmet and protective gear when riding a bike, scooter or skateboard.



Always pay attention in the area you are riding.

Make sure to follow the rules of the road when riding.

POISONING

According to the American Association of Poison Control Centers, millions of people are unintentionally poisoned each year. Children under the age of six pose the greatest risk at 45%. Follow these tips to poison-proof your home:

Keep the number of your poison control center on or near your phone.



Store all household chemicals and medications in their original child-resistant containers. Promptly return these products to an appropriate storage location after use.

Keep handbags and diaper bags out of reach of children.

Never leave a child unattended with a poisonous substance, not even for a second.

Know what plants in or around your home are poisonous and keep children away.

Educate children about the dangers poisonous substances pose.

SUFFOCATION/ STRANGULATION

Plastic bags should be kept out of reach of children at all times.

Keep window blind cords and draw strings out of reach of children.