

## How Adults Can Help Reduce Injuries in Children

Here are 10 steps Safe Kids Oregon recommends to caregivers that can have a major impact on children's safety in the state of Oregon:

1. Properly secure a child under the age of 13 in the back seat every time they ride in a car.
2. Keep children in the right type of car or booster seat until the adult lap and shoulder belts fit them correctly, which is by law, age 8 or 4'9" in Oregon.
3. Make sure children wear a helmet and other protective gear every time they bike, skate, skateboard or ride a scooter.
4. Teach children to cross streets at corners and to look left, right, and left again before crossing. Children under age 10 should always cross the street with an adult.
5. Keep your eyes on children when they are playing in or near water.
6. Make sure children wear life jackets when riding on boats or playing in or near open bodies of water. Oregon law requires children 12 and under to wear lifejackets on boats. Adults should model this behavior and always wear a lifejacket as well, when rafting, or boating.
7. Install 10-year smoke alarms and carbon monoxide detectors on every level of your home and outside of every sleeping area.
8. Keep blankets, pillows and other soft items out of a baby's crib.
9. Keep poisonous items, such as medicines and cleaners, locked away and out of reach of children.
10. Don't allow children to play on stairs, furniture, balconies, roofs, or in driveways, streets or parking lots.

