Safe Kids works with more than 400 coalitions in 49 states and the District of Columbia. Our coalitions consist of incredibly dedicated and caring volunteers. They are nurses, police officers, firefighters, paramedics, doctors, teachers, business leaders, legislators and parents. They work overtime and go above and beyond for one common goal: keeping your kids safe.

Each coalition is led by a local organization such as a hospital, health department or community-based organization that provides staff, operational support and the other resources our coalitions need to do their jobs. Based on the needs of their community, coalitions implement evidence-based programs that help parents and caregivers prevent childhood injuries.

Summer Safety and UV Protection

Kids don’t have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun’s harmful ultraviolet (UV) rays whenever they’re outdoors. Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well. Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child’s skin reacts badly to one product, try another one or call a doctor. Your baby’s best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Visit the CDC website here!
Planning on a trip to the beach or lake this summer? Watch kids when they are in or around water, without being distracted. A Water Watcher card can help designate a responsible adult to keep an eye on kids in the water at all times. Teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time. Swimming aids such as water wings or noodles are fun toys for kids, but are not appropriate to be used in place of a U.S. Coast Guard-approved life jacket. A large portion of boating accidents each year involve alcohol consumption by both boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating.

"The only way to safely recreate in Hagg Lake is to use a personal flotation device at all times whether you're wading, swimming or boating. Anyone who visits the lake without their own life jacket can borrow one from us for the day. They are available at kiosks located at recreation areas throughout the park."

-Washington County Parks Superintendent Carl Switzer

Hagg Lake has Personal Floatation Device Loaner Stations

Check out these valuable resources from Washington County
Safe Kids Worldwide reports that an average of 8 children ages 5 and under die and 3,300 others suffer severe injury each year. These children may have interaction with first responders (fire, police, ambulance), family physicians, urgent and critical care facilities, or emergency departments at hospitals. Even child welfare workers might encounter situations where children have fallen from windows. It is imperative that professionals at every level prepare themselves with information to guide families in creating a safer home environment for young children, preferably before the fall event. Please visit these resources for more information:

- StopAt4.com
- SafeKidsWorldwide.org
- SafeKidsOregon.org
- Randall Children’s Hospital at Legacy Emanuel

And here’s a wonderful educational brochure:

Window Fall Prevention In Spanish

Window Falls are Everyone’s Responsibility

Some Advice for Kids to Prevent Window Falls

- Don’t try to get something that’s out of your reach by climbing on a chair or table. Ask an adult to get it for you.
- Always sit in the tub when you’re taking a bath.
- Never walk in the house where it’s dark.
- Always pick up your toys so no one trips over them.
- Never open a window by yourself.
- Don’t sit or stand anywhere that’s high off the ground.
- Don’t run or jump in the house.
- Use the railing when you walk up and down steps, and never slide down the railing.
- Don’t jump on beds or sofas.
- Always keep your shoes tied.
- Don’t try to carry too many things at once.

Lots of the kids go to the hospital because they got hurt from falling. Safe Kids Oregon and our coalitions are dedicated to preventing this from happening to your family.
Bike Safety Tips

Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don’t swerve between cars. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Safer Streets with Safe Routes to School

Oregon Safe Routes to School helps create safe, convenient, and fun opportunities for children to walk, bike and roll to and from school. Kids who walk and bike to school are healthier, happier, and often do better in school. Oregon is a special place with diverse cities, rural communities and beautiful landscapes. We all benefit from fostering active transportation for kids. Join us in creating amazing programs in Oregon to get kids, families, teachers and community members walking and biking!

Creating safer streets includes more than adding crosswalks or giving speeding tickets. It is a combination of efforts to educate, inspire and empower people to safely walk and bike. You can start by talking to people in your community—school districts, elected officials, government agencies, law enforcement, health advocates, community leaders and neighbors. For more information, visit OregonSafeRoutes.org

Car Seat Check-Up Events in Oregon

Check out Oregon Impact for information regarding car seat check-ups in your area.

Low-cost, safety-certified bicycle, skate, and ski helmets are available at OHSU Doernbecher's Tom Sargent Children's Safety Center located in the Doernbecher Children's Hospital Lobby. Please contact the Tom Sargent Children's Safety Center for more information.

Read about helmet laws and how to properly fit a bicycle helmet
Marijuana: Your Health and Safety

With the legalization of marijuana, learn about its impact on health and safety. It’s important to share this information with communities, family members, teens and friends. Check out the Oregon Health Authority, Public Health Division website for the most current information - https://public.health.oregon.gov/PreventionWellness/marijuana/Pages/health.aspx

For families with children, the Children and Marijuana Don’t Mix brochure is available to download and distribute.

The Oregon marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.

The Oregon Poison Center would like to share its campaign: Text to Save the Poison Control Number

Poisonings happen, be prepared anytime and anywhere! By joining the campaign, you will have poison control at your fingertips. As you know, accidental poisonings are preventable, but what happens when a loved one gets poisoned? Instead of trying to find the answer on the internet or by going to the ER, give Poison Control a call. Join the campaign by texting the word “Poison” to 797979 and saving the poison control Vcard to your phone. Save the number now, one day it may save you back!

Poison control at your fingertips.

Text POISON to 797979 to add poison control as a contact in your mobile phone.

Safe Kids Oregon works to prevent unintentional childhood injury, the number one cause of death for children in the United States. Safe Kids Oregon is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury. Safe Kids Oregon was founded in 1995 and is proudly led by Oregon Child Development Coalition.

Your Safe Kids Oregon Coalitions

Columbia County
Colombia Gorge

North Coast
Northeast Oregon
Portland Metro

Washington County
West Oregon