

## Ways to Protect Children from Injury

The safety of children needs to be a high priority each day. Children are at high risk for injuries, but you can help prevent injuries by taking simple safety steps.



### Car Safety

Always make sure children are buckled in and you are, too. Have the safety seat you use inspected by a certified child passenger safety technician. The technician will show you how to install and use the car seat in the correct way. [Find a certified child passenger safety technician.](#) Children age 12 and under should ride in the back seat and always buckle in correctly.

### Fire Safety

When purchasing a smoke alarm, if possible look for a long-life smoke alarm. These use lithium batteries and last longer than regular smoke alarms. If you use a regular smoke alarm, remember to replace your batteries when you change your clocks for daylight saving time.



Tips to follow:

- Test alarms each month by pushing the test button.
- Place alarms on every floor of your home.
- Replace alarms more than 10 years old.
- Never disable a smoke alarm.



### Play Safety

This is an important area of safety focus for child care. Children need to be wearing a helmet during activities like riding a bike. Other safety gear should be worn to protect your child's face, wrists, elbows and knees. Be sure your outdoor play area has the appropriate ground cover to protect children from falls. Soft landing spots should be under swings and climbers. Check with your licensing surveyor regarding what materials should be used.

### Sleep Safety

Safe sleep is something that all child care facilities that care for infants should be well-versed in. For Safe Sleep guidelines, visit [Kansas Infant Death and SIDS Network.](#)

The ABC's of Safe Sleep



Alone, on their **B**ack, and in a **C**rib

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