

Grand Island Fire Department

Kids

Summer Safety

Tips



FIRE SAFETY
We all take part

FIRE AND BURN SAFETY

Each year more than 100,000 children 14 and under are treated for fire and burn injuries. The leading cause of burn injuries in young children are hot liquids and steam.

- ◆ **Reduce water temperature.** Set the water heater to 120 degrees. If you rent ask your landlord to do it.
- ◆ Never place metal objects (forks or keys) into electrical outlets. Place covers over open electrical outlets.
- ◆ **NEVER** touch matches or lighters. These objects are for grownups only and are **NOT** toys.
- ◆ Stay away from candles and other open flames. They can burn you or cause a fire.
- ◆ Make sure pot and pan handles face away from the front of the stove, so they cannot accidentally be spilled.
- ◆ Test cooked foods and heated liquids to make sure they are not too hot.
- ◆ Install smoke detectors on every level of the home, outside each sleeping area and inside every bedroom.
- ◆ Replace smoke alarm batteries twice a year.
- ◆ Practice a fire escape plan with at least two ways out of each room.
- ◆ Crawl low in smoke.
- ◆ Go to your safe meeting place.
- ◆ If there is a fire. **GET OUT** and **STAY OUT.**

POISON CONTROL
1-800-222-1222

Basic Car Seat Safety

All children must use a car seat, booster seat or seat belt.

- ◆ Children always ride in a back seat and never in front of an airbag.
- ◆ Babies under two use rear-facing car seats until they outgrow the harness. Many harnesses go to 35, 40 or 45 pounds.
- ◆ Toddlers and big kids use forward – facing car seats until they outgrow the harness. Many harnesses go to 50, 60 or even 80 pounds.
- ◆ Older, bigger kids use booster seats with lap and shoulder belts.
- ◆ If over 4 ' 9 " tall, kids are ready to use seatbelts alone.
- ◆ Make sure your car seat or booster seat has all of its parts, labels and instructions.
- ◆ **NEVER** reuse any car seat or booster seat if it has been on a crash!
- ◆ **EVERYONE** buckles up on **EVERY** ride!
- ◆ If you have questions, contact:

Ann Brunzell, RN, CPSTI, STACI
Child Safety Coordinator
Saint Francis Medical
Center
2620 West Faidley Ave.
Grand Island, NE
68803
Phone: 308.398.6584



STAY SAFE

- ◆ **ALWAYS CHECK FIRST** with your parents or the person in charge before you go anywhere or do anything. Also, be sure to **CALL** and **CHECK-IN** regularly with your parents or a trusted adult when you 're not with them.
- ◆ Always **TAKE A FRIEND** when you play or go somewhere. It 's safer and more fun.
- ◆ Don 't be tricked by people who offer you special treats or gifts. **NEVER** accept anything from anyone without your parents permission.
- ◆ Stay **SAFE** when you 're home alone by keeping the door locked. Never tell anyone who calls that you 're home alone.
- ◆ Never go alone to malls, movies, video arcades or parks. Take a friend with you and always **CHECK FIRST** with your parents to make sure it is okay.
- ◆ **DON 'T PANIC** if you feel lost. Identify the safest place to go or person to ask for help in finding your family.



- ◆ Be careful where you play. Stay away from pools, lakes and other bodies of water unless you are with an adult. Don 't play near busy streets or deserted areas and never take shortcuts unless you have your parents ' permission.
- ◆ Don 't wear clothes or carry items with your name on the outside. Don 't answer if someone you don 't know calls out your name.
- ◆ Don 't get into a car with someone unless you are with your parents or a trusted adult. Never take a ride from someone without **CHECKING FIRST** with your parents.
- ◆ Don 't be afraid to say **NO** and **GET AWAY** from a situation that makes you feel uncomfortable or confused. Tell your parents if something happens that makes you feel this way.
- ◆ **NEVER** swim alone.
- ◆ Always walk on the sidewalk, whenever there is one, never in the street.
- ◆ Always **WEAR** a properly fitted life jacket or vest when in or on any watercraft (boats, canoes, jet skis, tubes or rafts, etc.).
- ◆ Do not place coins, small toys or anything besides food in your mouth, You could choke.
- ◆ Wear sunscreen and bug repellent when outdoors.



**REMEMBER 911 IS THE NUMBER YOU
CALL IF THERE IS AN EMERGENCY**

BICYCLE SAFETY

- ◆ **ALWAYS** wear a helmet on every ride.
- ◆ Don 't ride a bike that doesn 't fit you. If it is too big or too small don 't use it. Don 't buy a bike you have to " **grow into** " .
- ◆ Only ride during daylight and in good weather. Watch for uneven surfaces.
- ◆ Check often to be sure that:
 - * Reflectors are secure
 - * Brakes work well
 - * Gears shift smoothly
 - * Tires are on tight and properly inflated
 - * The seat and handlebars are properly adjusted.
- ◆ Ride on the right side of the road. Bikes travel with traffic, not against it.
- ◆ Use hand signals when turning.
- ◆ **BEFORE** you cross a street:
 - * Use the crosswalk if you can.
 - * **STOP** and **LOOK**. Look **LEFT**, **RIGHT** and **LEFT** again.
 - * If a car or truck is coming, let them go first.

Grand Island Fire Department

100 East First Street, Grand Island, NE 68801
308-385-5444, Ext. 220

- ◆ Station 1
409 E. Fonner Park Rd. 385-5300
- ◆ Station 2
1720 N. Broadwell Ave. 385-5310
- ◆ Station 3
2310 S. Webb Road 385-5337
- ◆ Station 4
3690 W. State St. 385-5387