

# Have Fun, Be Safe!

## How kids can learn to prevent injuries

### All about injuries

Our bodies are amazing, and we can do so much with them...but sometimes they get hurt. Our skin might be scraped or cut, a muscle torn or a bone broken. When our bodies are hurt like this, we call it an injury.

An injury can be big or small and can be caused in lots of different ways. For example, you can be injured if you trip and fall, if you spill hot water on yourself, get into trouble while swimming, or are in a car crash.

*Road traffic crashes, drowning, burns from fire and hot liquids, falls and poisoning are the MOST COMMON causes of injury to children.*

Injuries happen more often than they should, and some are very, very serious. If the injury is too great, it may never heal or could even result in death.

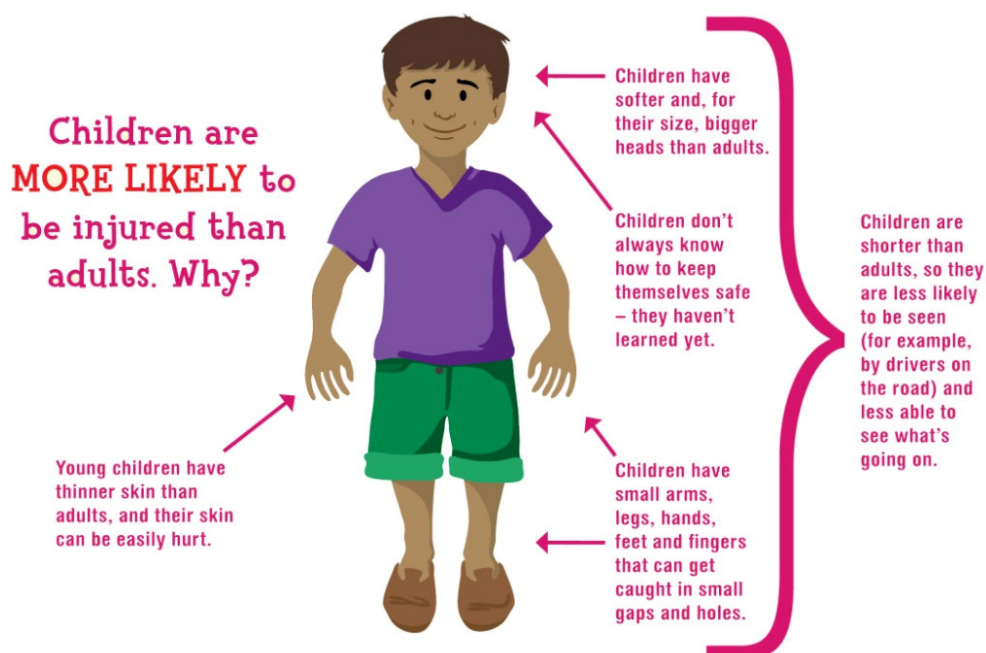
Every year around the world, more than 900,000 children and teenagers die from injuries. For every child or teenager who dies, many others are injured.

### Injuries can be prevented!

Injuries are not accidents that just happen. There are reasons why they happen – what people are doing, how they're doing it, the things they're doing it with and where they're doing it. If we can change one or more of these things, then we can either stop the injury from happening or at least make it smaller.

*Learn how to keep yourself safe.*

*By making safe choices, you can help to avoid getting hurt.*



## Walking Safety

Out of every 10 children and teenagers around the world who die from injuries, 4 are killed by cars or other vehicles when they are WALKING.

### What you can do

Stop, look and listen before you cross:

- Take one big step back from the kerb or edge of the road.
- Look both ways for traffic. Also listen for cars and other traffic coming towards you.
- Decide when it is safe to cross.
- Keep looking and listening while you cross.

Use a safe route when you walk:

- Only cross roads when you have to. Avoid busy or high-speed roads.
- Cross using a pedestrian crossing.
- Never cross the road near a bend in the road, or between two parked cars.
- If there is a pavement or sidewalk, use it. If not, walk close to the edge of the road, facing the oncoming traffic.

## Bicycle Safety

A bicycle is a vehicle, not a toy. Cycling with other traffic can be particularly risky – you're on the smallest and LEAST PROTECTED vehicle on the road.

### What you can do

Be bright, be seen:

- Wear white or bright colours during the day.
- Wear a reflective jacket or vest, or some reflective tape on your clothing, and use bike lights during the night.

Wear a helmet:

- Use a proper bicycle helmet and fasten the chin strap.

Ride smart:

- Ride in the same direction as the other traffic.
- Ride in a separate bike lane, or as close to the side of the road as possible.
- Use hand signals to show when you are planning to turn.
- Stop and check for traffic before you turn.
- Stop at all stop signs and red lights.

## Passenger Safety

Crashes involving motor vehicles kill and injure thousands of children each year. YOUNG DRIVERS are also at risk.

### What you can do

Buckle up:

- Always sit in the backseat and wear a seat belt when you travel in a car.
- Children between eight and 12 years old should use a booster seat.

Wear a helmet:

- Always wear a helmet when you ride on a motorcycle – even if it makes your hair look funny afterward.



Be a good passenger:

- Get in and out of the car (or on and off the motorcycle) on the side closest to the kerb, and away from traffic.
- Leave the driver to concentrate on driving – that means not talking too much, playing rough or listening to loud music.

## Preventing Drowning

About every three minutes, a child somewhere in the world dies from drowning. Many children drown as they do their DAILY ACTIVITIES: playing, washing and working.

### What you can do

Ask your parents to teach you how to swim!

ALWAYS:

- Make sure there is an adult watching you when you are swimming or playing in the water, and stay where you can be seen.
- Go in feet first if you don't know what the water is like or how deep it is.
- Wear a life jacket when you are on a boat.

NEVER:

- Never swim alone.
- Never swim in unfamiliar water without an adult checking it out first.
- Never push or jump on others when swimming or playing in the water.

In case of trouble:

- Shout for help if you get into trouble in the water.
- If you see someone else in trouble, shout for help and get the nearest adult.

## Preventing Burns

You can be BURNED by hot objects, hot liquids, steam, fire, fireworks, chemicals, electricity and the sun. Boiling water can burn all the way through your skin less than 1 second after it has spilled on you!

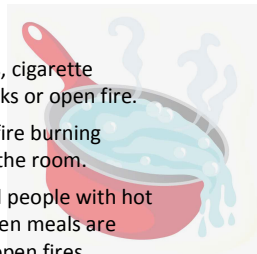
### What you can do

#### ALWAYS:

- Check the water temperature in a bath or shower before you get in.
- Talk to your parents about how you would escape from a fire in your house.
- Ask your parents to install smoke detectors in the house.
- If someone is burned, cool the skin with water, not creams or oils.

#### NEVER:

- Never play with matches, cigarette lighters, candles, fireworks or open fire.
- Never leave a candle or fire burning when there's nobody in the room.
- Never play rough around people with hot drinks, in the kitchen when meals are being prepared or near open fires.



## Preventing Poisoning

A poison is something that can cause sickness or death if swallowed, breathed in, spilled on the skin or splashed in the eyes. Many things we see and use every day can be POISONOUS, even if they don't look dangerous.

Poisons can be SOLID, LIQUID, SPRAY or INVISIBLE.

### What you can do

Ask your parents for the phone number of a poison centre nearby and keep it by your own home telephone.

#### ALWAYS:

- Ask an adult if you're not sure what something is.
- Tell an adult if you've found something that you think might be poisonous.

#### NEVER:

- Never play with, touch, smell or taste things you know are poisonous.
- Never put something in your mouth if you don't know what it is.
- Never take medicine unless an adult gives it to you.
- Never leave younger children alone with things that you know are poisonous.

## Preventing Falls

Most of the time, falling doesn't hurt or cause serious injuries. But some falls can cause BROKEN BONES, HEAD INJURIES or DEATHS. Babies and small children can be hurt falling even short distances, such as from a chair, bed or changing table.

### What you can do

#### ALWAYS:

- Play safely – pushing and shoving can cause a fall.
- Take turns on playground equipment.
- Keep stairs and floors clear of toys and objects that you could trip over.
- Hold on to the handrail when going up or down stairs and escalators.
- Tie your shoelaces so that you don't trip over them.

#### NEVER:

- Never play with windows or hang over balconies, fire escapes or roof edges.
- Never play in dangerous places like building sites or abandoned houses.

## Help In An Emergency!

It is good to know what to do if someone else gets hurt. A cool head makes SAFER CHOICES, so it is important to try to stay calm and NOT PANIC in an emergency.

### Yes, you can help!

- Know whom to call – keep a list of emergency phone numbers by your telephone at home.
- Have a first aid kit at home and make sure it is well-stocked.
- Shout for help in an emergency.
- If no one comes, go and find an adult close by, or use the telephone to call for help.
- When adult help arrives, follow their instructions.
- Learn more about what you can do to help in an emergency – get first aid training in your school, local hospital or local Red Crescent Society.
- Make sure that you do not get hurt helping someone else. For example, never go back into a burning building, crawl under a collapsed building or jump into the water to save someone else, and never run into the street after someone.

**Remember: Better safe than sorry!**