

# Summer Safety Checklist



Summer is a time of having fun but it's also the most dangerous time of the year when it comes to accidents and injury.

Accidents are the #1 cause of injury & death in children. Review the checklist & learn what you can do to protect the children in your life.

Injury Area	Safety Goal	Check
Child Passenger Safety	<ul style="list-style-type: none"> <li>My children, under the age of 13, ride in the back seat according to WA state law.</li> <li>I read my car seat &amp; vehicle owner's manual &amp; know how to put my car seat safely.</li> <li>My car seat fits snugly into my vehicle &amp; my child is fastened snugly in to the seat.</li> <li>I know when my child is ready for a seat belt.</li> </ul>	
Wheeled Sports Safety	<ul style="list-style-type: none"> <li>My child wears a helmet every time they ride a bike, scooter, skateboard or skates.</li> <li>My child's helmet is in good working order &amp; fits properly.</li> <li>My child knows the rules of the road and practices them.</li> </ul>	
Pedestrian Safety	<ul style="list-style-type: none"> <li>I teach my child to cross streets at corners &amp; designated areas such as crosswalks.</li> <li>I teach my child to look left, right &amp; left again before crossing.</li> <li>I make sure a child under the age of 10 never crosses the street without an adult.</li> </ul>	
Home Water Safety	<ul style="list-style-type: none"> <li>I always keep my eye on children in my care when they are playing in or near water. I know it takes less than a minute to drown and supervision is required.</li> <li>I never allow my child to swim alone.</li> <li>I have taught my child to swim.</li> <li>I empty containers of water &amp;/or have a fence or alarm around my pool.</li> <li>I remove my ladder on my above ground pool.</li> </ul>	
Open Water Safety	<ul style="list-style-type: none"> <li>I always keep my eye on my children when they are playing in or near water.</li> <li>I never allow my child to swim alone.</li> <li>I have taught my child to swim.</li> <li>I always make sure my child wears a life jacket, especially when riding in boats &amp; on floatation devices (raft, inner tubes).</li> <li>I know "water wings" are not safety devices.</li> </ul>	
Home/Falls Safety	<ul style="list-style-type: none"> <li>I have smoke alarms installed on every level of my home &amp; in every sleeping area.</li> <li>My family has a Home Fire Escape Plan &amp; practices it regularly.</li> <li>I have a carbon monoxide detector installed in my home.</li> <li>I check the batteries at least once per year &amp; test the alarm each month. I keep my child away from hot liquids, matches, fireworks, hot BBQ's, &amp; fire.</li> </ul>	
Sports & Outdoor Safety	<ul style="list-style-type: none"> <li>I do not let my child play on stairs, balconies, or other elevated surfaces.</li> <li>I install window locks/guards to prevent my child from opening the window more than 5 inches &amp; falling out. I move furniture away from windows.</li> <li>I lay appropriate ground covering under playground equipment &amp; observe safety rules with trampolines and other play structures.</li> </ul>	
Parent Pledge	I will practice the above safety tips & be a good role model for the children in my care.	

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