On the playground, leave necklaces and clothing with drawstrings at home to reduce strangulation hazards.

While biking, skateboarding or riding a scooter to school, use your head, and wear a helmet!

Be a helmet head while playing football, baseball or hockey.

Heads up! When walking don’t text or talk on the phone. Distracted walking is dangerous!

Lighten the load! Make sure a backpack is not too heavy.

Think Safety First