

Family Safety Tips Guide

Staying safe is important, whether at home, outdoors, or during an emergency. This guide gives simple safety tips that you and your family can follow every day to help avoid accidents and be ready for unexpected situations.

1. Home Safety Tips

Your home should be a safe place, but accidents can happen. Follow these tips to keep everyone safe.

Fire Safety

- Install smoke alarms in every bedroom and on every floor of your home.
- Test smoke alarms monthly and change the batteries at least once a year.
- Create a fire escape plan with two exits from every room. Practice it with your family.
- Keep a fire extinguisher in the kitchen, and make sure everyone knows how to use it.
- Never leave cooking unattended. Keep a lid nearby to cover small grease fires.

Electrical Safety

- Don't overload outlets. Plug only one high-wattage appliance (like a microwave or TV) into each outlet.
- Unplug devices when they're not in use, especially space heaters or chargers.
- Check cords for damage and replace any that are frayed or broken.
- Keep water away from electronics to avoid the risk of electric shock.

Fall Prevention

- Keep floors clear of clutter like toys or shoes that can cause tripping.
- Use handrails when going up and down stairs.
- Install nightlights in hallways and bathrooms to prevent falls in the dark.
- Secure rugs to the floor with tape or non-slip backing.

2. Outdoor Safety Tips

Whether you're playing, hiking, or just enjoying time outdoors, make sure you stay safe with these tips.

Sun Safety

- Wear sunscreen with at least SPF 30, even on cloudy days.
- Stay in the shade when the sun is strongest (10 AM to 4 PM).
- Wear sunglasses and a hat to protect your eyes and face from the sun.
- Drink water regularly to stay hydrated, especially when it's hot.



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Hiking & Camping Safety

- Tell someone where you're going and when you'll be back before hiking or camping.
- Carry a map, compass, or GPS. Don't rely on your phone, as you may not have service.
- Bring enough water and snacks to last longer than you plan to be outside.
- Stay on marked trails to avoid getting lost.
- Carry a basic first aid kit for cuts, scrapes, or blisters.

Bike Safety

- Always wear a helmet that fits properly.
- Check your bike before you ride—make sure the tires are inflated, brakes work, and chains are tight.
- Use hand signals when turning to let cars and other cyclists know where you're going.
- Ride in the same direction as traffic, and follow all traffic signs and signals.

3. Emergency Safety Tips

Emergencies can happen at any time, so it's important to know what to do when things go wrong.

Natural Disasters

- Have an emergency kit with food, water, first aid supplies, and flashlights.
- Create an emergency plan with your family, including where to meet if you're separated.
- Know evacuation routes in case you need to leave your home quickly.
- Stay informed by listening to the news or emergency alerts on your phone or radio.

Power Outages

- Keep flashlights and batteries in an easy-to-find place.
- Unplug electronics to avoid damage when power returns.
- Keep the fridge and freezer closed to keep food cold longer.

Flood Safety

- Move to higher ground if you are in an area at risk of flooding.
- Avoid walking or driving through floodwater, as it can be deeper or faster than it looks.
- Listen to weather reports for updates, and evacuate if advised to.



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4. Personal Safety Tips

Be aware of your surroundings and take simple steps to keep yourself safe wherever you are.

Stranger Safety

- Never go anywhere with someone you don't know, even if they seem friendly.
- Stay in groups when walking or playing outside, especially in new or unfamiliar places.
- Know who to contact if you feel unsafe, like a parent, teacher, or trusted adult.

Online Safety

- Never share personal information like your full name, address, or phone number with strangers online.
- Don't share passwords with anyone except a parent or guardian.
- Be careful who you talk to online—people may not be who they say they are.
- Tell an adult if someone online says or does anything that makes you uncomfortable.

Street Safety

- Look both ways before crossing the street, even at crosswalks.
- Use sidewalks whenever possible, and if there isn't one, walk facing traffic.
- Cross at traffic lights or marked crosswalks—never jaywalk.
- Stay alert and don't use your phone or headphones when crossing streets.

5. First Aid Safety Tips

If someone gets hurt, knowing basic first aid can help you assist them until medical help arrives.

For Small Cuts and Scrapes:

- Clean the wound with cool water and soap.
- Apply a bandage after putting on some antibiotic ointment.

For Burns:

- Run the burn under cool water for 10 minutes to reduce pain.
- Don't use ice, and cover the burn with a clean, dry cloth.

For Choking:

- Encourage them to cough if they can still breathe.
- Perform back blows or the Heimlich maneuver if they can't breathe.



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6. Final Tips: Stay Ready, Stay Safe

- Know where emergency exits are in any building you're in, like schools or stores.
- Talk to your family regularly about emergency plans and safety tips.
- Keep a list of emergency contacts in your phone and a written copy in your home.
- Practice emergency drills at home, like what to do during a fire, storm, or earthquake.

By following these safety tips, you and your family can stay prepared for unexpected situations and make sure that everyone stays safe.

