

Spring Safety Checklist

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Wooded Areas

1. Brief your child on what to do if lost in the woods after dark. Let them know that their best survival bet, if lost, is to stay in one place and wait to be found.
2. Equip your child with a small penlight attached to a key chain or clipped to inside of jacket or coat. Tell 'em it's not a toy and should only be used for emergencies.
3. Attach a small whistle to zipper of coat. A whistle is an ideal signaling device if a child is lost or hurt.

Dark and Dusk

1. All evening play clothes (especially jackets, coats, and wind breakers) should have reflective cloth strips. So too should bikes, helmets, and back packs.
2. Evening strolls should include a flashlight -- especially if all or most of the walking is along the side of roads and streets without sidewalks.
3. Bike riding should be specifically prohibited unless the bike has been equipped with reflectors, head lamps, and other night-riding safety features.

Water Areas

1. Stay away from rivers and streams during spring floods. Swiftly moving water, even a few inches deep, can easily knock children off their feet and quickly carry them beyond the reach of safety.
2. Banks of rivers and streams are very unstable and prone to collapse during periods of high water. Stay away.
3. Do not trust spring ice on ponds and lakes. Warm days and cold nights result in weak and mushy ice. Stay off the ice.

Bottom line? Let your kids know that safety rules aren't designed to ruin anyone's fun. Tell 'em to play, hard, play fast, and play smart. Enjoy!

Resources taken from www.familyeducation.com