



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

Spring break



HAPPY ☀️ SAFE ☀️ FUN!

bit.ly/sb-safety



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- **ALWAYS wear a seatbelt:** Every trip, every time!
- **ALWAYS avoid distractions:** Put down your cell phone.
- **ALWAYS drive the speed limit.**
- **STAY SOBER:** *DO NOT* drive impaired.

Motor Vehicle
SAFETY

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- **SMALL TODDLERS & CHILDREN:** *Should always be accompanied by a parent or older responsible person.*
- **MIDDLE SCHOOL-AGE CHILDREN (& OLDER):**
 - *Make sure children know the path they are walking.*
 - *When possible, walk on sidewalks & use crosswalks.*
 - *DON'T be a distracted walker!*

Pedestrian
SAFETY

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- **ALWAYS WEAR A HELMET:** *When riding a scooter, skateboard, bicycle, or any other wheeled sport!*
- **PARENTS:** *Be the example – always wear a helmet. Not sure how to pick the right helmet? Visit us at hiprc.org for helpful tips!*

Helmet
SAFETY

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- **AVOID GETTING HYPOTHERMIA:** *Wait for bodies of open water to warm-up before jumping in!*
- **SIGN-UP:** *For aquatic programs & swim lessons.*
- **SUPERVISE CLOSELY:** *Avoid all distractions when in or near open water, pools, or bathtubs.*
- **PUT LIFE JACKET ON:** *Before boarding a boat or vessel.*

Drowning
PREVENTION

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