

Have a FUN & SAFE SUMMER

Put Safety First!



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

Share these injury prevention tips >>
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Wear a Helmet



**Helmets play a HUGE role
in protecting you from
*serious injuries.***

**It is important to wear a helmet
during pedal-powered sports and other
activities (*such as riding horses, ziplining,
and other outdoor adventures*).**

**Share helmet safety tips »
hiprc.org/summer-safety**

Avoid Window Falls



Window screens do not protect children from falling out of *open windows*.

Instead, they create a *false* sense of security that contributes to risk of falling.

Install window stops and window guards to avoid falls and serious injuries.

Share window safety tips >>

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Passenger Safety



Keep all passengers safe—
make *every ride* count!

Regardless of whether you are
heading out on a road trip or just running
a quick errand, make sure all passengers
are in the *right restraint system*.

Buckle up, it's the law.

Share car seat & booster seat tips »

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