

4 Winter Safety Tips

Outdoor Safety

- ◆ Layer clothing to keep kids warm and dry.
- ◆ Instruct children to come inside when they get wet, cold, or every half hour.
- ◆ Don't take an infant outside when it is below 40°F as they lose body temperature quickly.
- ◆ Always use sunscreen even on cloudy days.
- ◆ Children should stay hydrated while skiing, snowboarding and sledding.



Indoor Safety

- ◆ Check smoke and carbon monoxide detectors.
- ◆ Have a home escape plan in case of emergency.

In the case of a power outage:

- ◆ Keep flashlights handy with fresh batteries.
- ◆ Never use generators, BBQ's, or propane heaters indoors.

Snow Day Safety

Skiing, Snowboarding and Sledding

- ◆ Enroll your children in ski or snowboarding lessons with a qualified instructor.
- ◆ Use only helmets that are specifically designed for skiing or snowboarding and are properly fitted to the child.
- ◆ Sled in safe areas and not behind vehicles.
- ◆ Always supervise children while sledding, young children should sled with an adult.
- ◆ Never go down head first, sit facing forward.



Car Seat Safety

- ◆ Don't bundle children in thick jackets or clothing, it will make the harnesses too loose and may not protect children in a crash.
- ◆ Use jackets and blankets over the harness straps to keep children riding snug.



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