



# The RIGHT FIT can make a big difference.

## Life Jackets



- Use U.S. Coast Guard-approved life jackets.
- Choose a life jacket that is the right size for your child according to their weight:
  - Infant jackets (8 to 30 lbs.)
  - Child jackets (30 to 50 lbs.)
  - Youth jackets (50 to 90 lbs.)

**Why?**

*A U.S. Coast Guard-approved life jacket means that it has met standards of proper buoyancy and construction.*

## Bike Helmets



- Wear a properly fitted bike helmet for every ride:
  - Your child should be able to see the helmet when they look up.
  - The straps should make a “V” under their ears.
  - The chin strap should feel snug when they open their mouth wide.

**Why?**

*Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent.*

## Booster Seats



- A booster seat provides a step between a car seat with a harness and a seat belt.
- The seat belt must lie flat across your child's chest, across the bony part of their shoulder, and lie low on the hips or upper thighs.
- The shoulder belt should not be placed under the child's arm or behind their back.

**Why?**

*Children seated in a booster seat are 45 percent less likely to be injured in a crash than children using a seat belt alone.*

## Baby Sleep Environments



- Place babies on their backs for sleep in their own sleep space with no other people.
- Use a crib, bassinet or portable play yard with a firm, flat mattress and a fitted sheet for naps and at night.
- Keep blankets, pillows, toys, bumpers and other soft items out of the sleeping space.

**Why?**

*Unintentional suffocation is the leading cause of injury-related death among children under 1 year old.*



SPRING INTO SUMMER SAFETY!

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KIDS**  
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