

## WINTER SAFETY TIPS FOR YOU AND YOUR FAMILY

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Here are some important winter safety tips to help you and your family stay safe.

### Winter Safety Tips at Home

1. Check to make sure your home has a [carbon monoxide](#) detector on every level, especially near sleeping areas. Keep them at least 15 feet away from fuel-burning appliances.
2. Keep your baby's crib free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all you need for your baby to [sleep well](#). If you're worried about keeping your baby warm on those cold winter nights, try using a sleepsack (wearable blanket).
3. Create and practice a [home fire escape plan](#) with two ways out of your house in case of a fire. Make it a fun activity for the whole family.



### Safety Tips for In the Car

1. If you need to warm a vehicle, remove it from the garage immediately after starting it to avoid the risk of [carbon monoxide poisoning](#). Don't leave a car, SUV or motorcycle engine running inside a garage.
2. Take a few seconds to do a quick walk-around before you start the car, especially if you park outside. Check to make sure your tailpipe is not blocked with snow, which can also cause problems with CO.
3. Wearing bulky clothes or winter coats can prevent a snug fit of the harness. You might think your child is securely snug in the [car seat](#) when in fact the harness is not tight because there is so much air in the jacket. Adjust the harness while your child's coat is off, then put the coat on and rebuckle. The harness may be tight, but it will fit properly. Check out "[Winter Driving with the Little Ones](#)" for more tips.

## Tips to Keep Safe While Playing In the Snow

1. Wear warm clothing, and have your kids come indoors periodically to prevent hypothermia or frostbite.
2. Make sure your kids use the proper gear, like helmets, when they are skiing, snowboarding or playing ice hockey.
3. Even though it's cold outside, it's important to use sunscreen and [stay hydrated](#). Compared to adults, children are at increased risk of dehydration.
4. Read our blog about [staying safe during winter fun](#).