

SAFETY TIPS **MOVE IT** MOVEMENT™



1.



Clean The Wound

If you do get a cut or scrape while out playing, be sure to have an adult clean it with soap and water, then cover it with a Nexcare bandage to protect the wound from germs.

2.



Dehydration

Play in the shade when you can and drink water often, even if you're not thirsty.

3.



Crossing The Street

Look both ways (twice!) before crossing the street and stay in a group with friends while crossing.

4.



Skateboarding Without Pads

Protect yourself in falls and wear knee pads, wrist guards and of course a helmet!

5.



Don't Play With Open Cuts

Keep a Nexcare bandage on your wounds at all times and don't touch it or play with it – it can get infected with germs!

6.



Bee Sting

Are you too sweet? Juice boxes, open soda cans, even something as small as a strawberry jam stain on a T-shirt can make you attractive to bees.

7.



Bicycling Without Helmet

You should always wear a helmet to protect your head and brain – you'll need them in school!

8.



Running on Wet Surface

Banana peels aren't the only thing that can make you fall. Running on wet surfaces can be very slippery, so slow down and walk if you see wet pavement!

9.



Swimming Alone

Never swim alone! Make sure an adult is around at all times.

10.



Sunburn

Wear sunscreen especially made for kids, preferably waterproof, and reapply every two hours.