

## Safety Tips

### Safety Tips from Fort Knox Fire and Emergency Services

As you and your children explore and enjoy new toys, bicycles, and recreational products observe these safety tips to avoid injuries:

- Make sure toys are within the appropriate age range for a child. Choking is the most common cause of toy-related injury to children. Recommendations are primarily due to small parts, which pose a choking hazard to children. If an object can fit through a standard 1½-inch toilet paper tube or a store-bought small parts tester, don't let your young child play with it.
- Instruct older children to keep their toys away from younger siblings in locked closets or in other areas unavailable to younger children.
- Discard all packing materials and plastic bags, which pose a suffocation hazard.

One of the best things parents and caregivers can do is learn CPR and first aid. The American Red Cross and the American Heart Association are two local organizations that provide CPR training.

### **Do I have to wear a bike helmet while cycling on Fort Knox?**

Fort Knox Installation maintains an ordinance requiring that all citizens wear a helmet. We strongly recommend everyone wear a properly fitting and approved helmet. Studies show that when falls or accidents occur, helmets can prevent 85% of bicycle-related head injuries.

### **Are helmets interchangeable for different activities?**

Different activities require a different type of helmet to help protect individuals from the different types of head injuries common to that particular sport. When purchasing a helmet, make sure it meets the safety standards specific to the particular sport or activity.

A loose helmet cannot protect the head as well as one that is properly fit. The Bicycle Helmet Safety Institute suggests buying a brand and size that fits well prior to adjustments, and then using the adjustable straps and/or sizing pads to ensure a snug fit. Select a helmet that fits you or your child now, not a helmet to grow into.

Children and adults should wear the appropriate helmet when participating in the following sports or recreational activity where head injuries are a risk:

- ATV riding
- Baseball
- Bicycling
- Football
- Horse-back riding
- Inline skating
- Rock climbing
- Skateboarding