Finding safe indoor play activities for children of all ages can be a challenge during the cold winter months. When planning play time for kids at home, remember to take into consideration risk of injuries such as those related to choking hazards and furniture tip-overs.

**Indoor play area checklist:**

- Be prepared for injuries.
  - Have a basic home first-aid kit.
  - Consider learning CPR.
- Check games and puzzles for possible choking hazards.
- Teach children to practice safe and appropriate behavior while at play.
- Cover electrical outlets and keep electrical cords out of children’s reach.
- Check furniture for possible hazards.
  - Look for sharp edges or corners at eye level.
  - Ensure hinges, screws, and bolts on furniture and equipment are securely fastened.
- Make sure inclines and doorways are clear of obstructions.
- Keep floors dry and floor coverings secure.
- Remove adult scissors, knives and other sharp objects from play area.
- Keep harmful materials such as matches, power tools, detergents, solvents, cleaning supplies and equipment locked away and inaccessible to children.
- Check toys and play equipment for broken parts and pieces.
- Have a clear view of play areas at all times.

If you’re looking for fun indoor activities away from home, consider taking your children to any of the following:

- Arcades
- Skating rinks
- Gyms
- Indoor sports facilities

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[ukhealthcare.uky.edu/safekids](http://ukhealthcare.uky.edu/safekids)
National Burn Awareness Week is Feb. 2-8

Did you know that scalds are the No. 1 cause of burn injuries to small children? Follow these simple safety tips to prevent scald burns:

- Set your water heater thermometer to 120 degrees Fahrenheit or less.
- Consider installing anti-scald or tempering devices to stop or interrupt the flow of water when the temperature reaches a predetermined level.
- When preparing bath water, run cold water first, then add hot water. Turn off hot water first. Check water temperature with your open hand and wrist before placing child in tub.
- Establish a kid-free zone around all cooking areas in and out of the house.
- Keep hot foods and liquids away from the edge of counters and tables.
- Use the back burners of the stove and turn pot handles away from the edge.
- Don’t carry or hold a child while cooking.

Quick tips for outdoor play in winter:

- Dress children appropriately for the temperature.
- Limit their time spent outdoors.
- Require frequent breaks inside to warm up.
- Keep kids dry.
- Be familiar with outdoor play areas.
- Frozen ponds can be dangerous, and it can be difficult to determine how thick the ice is.
- Wooded areas can be more dangerous in the wintertime.

This Valentine’s Day, show your children you love them by following these simple safety tips:

- Always buckle up your children for every car ride.
- Put away and lock up hazardous items.
- Keep small objects away from young children.
- Install and maintain smoke and carbon monoxide detectors.
- Provide a safe sleeping environment for your little ones.
- Hold your child’s hand while crossing the street.
- Learn CPR.
- Make sure you and your children always wear a helmet while riding a bike.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayettecounty.com.

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