

Tips To Keep Kids Safe On Snow Days

Children love spending snow days playing outside and building snowmen with family and friends. But, while the snow is pretty to look at, it can also present hidden dangers and cause harm to children.

Keep kids safe on snow days by following these safety tips:

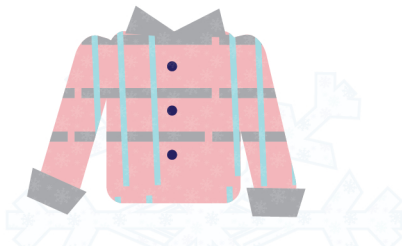
Clothing Safety:



Babies and toddlers **CANNOT REGULATE** their body temperature; always dress young children in an extra layer of clothing.



CHOOSE loose and well-insulated clothing.



AVOID COTTON. As children sweat, cotton sticks to the skin, which can make clothing damp and cold.



MAKE SURE to always cover a child's head, neck, feet, and hands.



MAKE SURE children wear coats, hats, boots, and mittens that are both wind and water-proof.



STASH an extra pair of mittens in your child's jacket in case the first pair gets too wet.



AVOID dressing young children in scarves and clothing with drawstrings, as this can cause accidental strangulation.



APPLY sunscreen with at least SPF 30. Snow reflects 80% of UV rays, which can cause burns, even on cloudy days.



DRESS CHILDREN IN BRIGHT OUTERWEAR or apply reflective tape to their clothing so they can be spotted easily, especially in low visibility conditions.



MAKE SURE boots have grippers or treads on the bottom to avoid slips and falls.