

BACK-TO-SCHOOL FAMILY SAFETY

A quick checklist for safer school-day and after-school routines



Before the first day of school, review these safety steps together.



FAMILY CHECKLIST

- ☐ Make sure your child knows their home address and a parent or guardian's phone number.
- ☐ Post emergency contacts where they are easy to find.
- ☐ Test smoke alarms and review your home fire escape plan.
- ☐ Choose an outside meeting place and practice getting there.
- ☐ Talk about how to call 9-1-1 and review what information to give the dispatcher.
- ☐ Set clear rules for arriving home, checking in and preparing snacks.



WALKING & SCHOOL BUS SAFETY

- Cross at crosswalks or intersections and look left, right and left again.
- Stay alert and avoid phones or headphones near traffic.
- Wait until the bus stops completely before approaching.
- Stay at least 10 feet from the front of the bus so the driver can see you.
- Cross in front of the bus only when the driver signals it is safe.



HOME ALONE

- Lock the door and check in with a parent or trusted adult.
- Do not open the door or tell callers or visitors you are home alone.
- Know where emergency numbers are posted.
- Keep doors and windows locked while you are home alone.
- If there is smoke or fire, get outside, stay outside and call 9-1-1 from a safe place.



AFTER-SCHOOL SNACK SAFETY

- Use the microwave only when a parent or guardian says it is okay.
- Follow package directions and use microwave-safe dishes.
- Never put metal utensils, aluminum foil or containers with metallic trim in the microwave.
- Be careful when removing hot food. Steam can cause burns.
- If food or the microwave starts to smoke, keep the microwave door closed, get outside and tell an adult or call 9-1-1.