

5 HALLOWEEN SAFETY TIPS



MAKE SURE COSTUMES ARE BOTH CREATIVE AND SAFE

Select bright costumes. Decorate costumes and trick-or-treat bags with reflective tape for greater visibility. Make sure that shoes fit well and costumes are short enough to prevent tripping and entanglement. Since masks can sometimes obstruct a child's vision, try non-toxic face paint or makeup. If a sword, cane, or stick is part of a child's costume, make sure it is not sharp or too long. If a child falls, he or she may be hurt by these type of accessories.



KEEP YOUR FAMILY SAFE WHILE CARVING PUMPKINS

Young children should leave the carving to adults. They can help clean the pumpkin out, and draw patterns and a face with markers. Parents should do the actual cutting/carving. Never use a regular kitchen knife to carve a pumpkin. Instead, purchase a pumpkin carving kit, which is designed to cut through pumpkin rinds and is easier to control.



GIVE CHILDREN A HAPPY AND HEALTHY HALLOWEEN

Consider healthier trick-or-treat options such as fruit, coloring books, pens, pencils, or toys. Ensure children eat a healthy meal before attending parties or going trick-or-treating. Parents should control how much and often children eat candy.



DON'T LET FOOD ALLERGIES RUIN THE FUN

Parents should examine candy closely to avoid a potentially life-threatening reaction. Always read the ingredient label on treats. Many popular Halloween candies contain some of the most common allergens, such as nuts, milk, eggs, soy, or wheat. Teach children to politely turn down home-baked goods at Halloween parties.



WALK AND DRIVE EXTRA SAFELY ON HALLOWEEN

Walk on sidewalks or paths. Walk facing traffic as far to the left as possible when there are no sidewalks or paths. Teach children to never run into the street or cross between parked cars. Drive slowly. Expect heavy pedestrian traffic and turn your headlights on earlier in the day.

SOURCES:

American Academy of Pediatrics Halloween Safety Tips
Safe Kids Worldwide Halloween Safety