



# Living Safely™

## Ten Great Tips for a Safer Halloween

The fun night of Halloween is upon us once again and the staff of Living Safely want to make it a safe, happy and healthy occasion. Here are ten great tips for a safe Halloween.

### Before Halloween

**Tip #1:** Inspect costumes (including home-made ones) to reduce tripping or dragging hazards. Remove anything you think could snag or otherwise cause problems for kids.

**Tip #2:** Make sure costumes have reflective tape and ensure masks or disguises do not obstruct kids' vision. Consider adding tape or flashing LED lights to make small children more visible to motorists.

**Tip #3:** Feed the kids before Trick or Treating. It will help them not to snack on potentially dangerous, unchecked food. Remind all kids to resist snacking on the way.

**Tip #4:** Ask other parents whose kids may be Trick or Treating with yours about food allergies, especially serious, potentially life-threatening allergies such as peanut or egg. Do you know how to operate an EpiPen or Twinject device?

### During Halloween

**Tip #5:** Always take a charged mobile phone with you, in case of emergencies.

**Tip # 6:** Remind kids to never step inside a house or apartment this weekend for Trick or Treating, even to get yummy treats.

**Tip #7:** It's safer to go up one side of a street then the opposite rather than running across darkened roads when Trick or Treating. Make sure kids remember their safety rules.

**Tip #8:** Remember to check all treats this weekend for rewrapping (indicating tampering) or insertions such as needles. You can cut soft candies in half with a knife to ensure nothing has been added.

**Tip #9:** Have your kids travel in a group while Trick or Treating, preferably with an adult or two in tow. Don't forget flashlights and watch out for decorative obstructions or tripping hazards on front yards. These obstacles include fake gravestones, pumpkins and even everyday garden hoses or bird feeders.

**Tip #10:** Remind kids to not run across streets in their enthusiasm to get more stuff. Darting out from between parked cars is extremely dangerous.

### About Living Safely™

We help people around the world lead safer, healthier and happier lives.

We accomplish these goals by providing knowledgeable health advice, late-breaking medical news, useful health tips, pre-emergency information, preventative safety products as well as research and services including corporate seminars and public lectures dealing with safe travel, safe living and general health. This guide is one in a series of these initiatives.

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