



# MCIWEST-MCB CAMP PENDLETON



Special Edition

October 19-25, 2014

## Halloween Safety



Halloween is an exciting time for children and adults, but it is also a dangerous time. According to the Centers for Disease Control and Prevention, children are four times more likely to be in fatal pedestrian accidents on Halloween than on any other night of the year (USA.gov and CDC.gov, 2014).



## Drive Extra Safely on Halloween



- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
  - Take extra time to look for kids at intersections, on medians and on curbs.
  - Enter and exit driveways and alleys slowly and carefully.
  - Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
  - Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
  - Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- See more at: <http://www.safekids.org/tip/halloween-safety-tips#sthash.TO1i11xO.dpuf>



## Healthy Halloween



Curtesy of American Academy of Pediatrics, 2014

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to ration treats for the days following Halloween.

- See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx#sthash.M4ovxdtS.dpuf>

**Commanding General's Safety Hotline: (760)763-7233**



# Halloween Safety Tips



Curtesy of CDC.gov

<http://www.cdc.gov/family/halloween/>

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Swords, knives, and similar costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**  
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**N**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



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## Upcoming Training

Fall Safety Stand Down-Street Smart: Wed 29 Oct  
Next Safety Quarterly Committee: Dec 15 0900-1000  
Ground Safety for Marines Course: 1-12 December 2014  
(Please note upcoming GSM prerequisites are:  
SNCO or above and RSO crs completed through Marine Net)  
Basic Life Savor: 4 November 2014

## Picture of the Week



Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

**Click on these links for more tips.**

<http://safetycenter.navy.mil/>

<http://www.cdc.gov/family/halloween/>

[http://www.nsc.org/safety\\_home/SafetyObservances/Documents/Autumn%20Safety/Halloween%20Safety.pdf](http://www.nsc.org/safety_home/SafetyObservances/Documents/Autumn%20Safety/Halloween%20Safety.pdf)

<http://www.safekids.org/tip/halloween-safety-tips>



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