



## HALLOWEEN SAFETY

It's that time of year when children enjoy dressing up in their favorite costumes and ringing doorbells in search of their favorite treats! Everyone wants to have a safe and happy Halloween. Following important safety tips and using common sense can help make the most of your Halloween fun.

Below are some safety suggestions for children and adults to follow to have an enjoyable holiday <sup>(1, 2, 3)</sup>:

### **Trick-or-Treaters:**

- Carry a flashlight
- Walk-do not run
- Stay on the sidewalks
- Obey all traffic signals
- Stay in familiar neighborhoods
- Do not cut across yards or driveways
- Go to homes with a porch light on

### **Parents:**

- Costumes and shoes should be properly fitted
- Avoid masks and hats that impair vision
- Costume props (knives and swords) should be flexible and blunt
- Supervise young children
- Costumes should be flame resistant and reflective
- All treats should be inspected by an adult

### **Homeowners:**

- Remove all obstacles from lawns, steps and porches to avoid falls
- Keep animals restrained
- Use glow sticks instead of candles to avoid fire hazards
- Keep jack-o'-lanterns away from landings and doorsteps where costumes could brush against flames
- Keep porch lights on to increase visibility
- Clear walkways for children to enter
- Give out fun alternatives to candy (pencils, stickers, erasers, etc.)

It is never too early to teach your child about safety. Remember to <sup>(2)</sup>:

- Review the rules of stop, look, and listen before crossing the street
- Review the rules of stop, drop, and roll in case a costume catches fire

For more information on Halloween safety, please visit the following web-links:

### **Halloween Safety Information:**

- [A Safe and Spooktacular Halloween](#)
- [Trick-or-Treat Safety Quiz](#)
- [Halloween Safety Game](#)

### **References:**

1. [National Traffic Safety Institute](#)
2. [American Red Cross](#)
3. [U.S. Consumer Product Safety Commission](#)

Author: Karen Hulsmeyer, R.N.

HUMANA MILITARY  
HEALTHCARE SERVICES

