

Summer Safety Tips

SUN SAFETY

- Apply sunscreen. Reapply every two hours, or after swimming.
- Dress your child in wide-brimmed hats, sunglasses and cotton clothing to cover his/her skin and reduce exposure to the sun's damaging rays.
- Move into shade when possible.
- Avoid direct sun at the hottest parts of the day, 11 a.m.-3 p.m.
- Drink a lot of water, even if you are not thirsty, and avoid sugary drinks like soda.

SWIMMING/DIVING

- Swim in designated swimming areas.
- Watch children at all times when they are swimming.
- Always swim with a buddy. **NEVER ALONE!**
- Inexperienced swimmers should wear an approved life vest or personal flotation device, and wear one anyway if in unfamiliar or deep water.
- Secure home pools with barriers (gates, ladder locks, etc.)
- Do not dive if unsure of depth or depth less than 8 feet.
- Take children on bathroom breaks every 60 minutes and check diapers.

BICYCLE RIDING

- Wear a helmet **CORRECTLY!** Snug, fitted, and level. Helmet should cover forehead and sit on the head. Fasten tight enough that two fingers fit between the chin and strap.
- Replace helmet after 3-5 years, or if cracked.
- Look both ways for traffic.
- Wear bright colored clothing or a flashing light, especially at night.

BUG REPELLENTS

- If ticks or mosquitoes are common in the area apply repellent with DEET, but use the lowest concentration possible.
- Cover exposed skin.

FIREWORKS

- Children must always be supervised around fireworks, even if not in use.
- Children should not actually light fireworks.
- Sparklers and fireworks can reach high temperatures and cause severe burns.
- Only use in wide open areas that are not full of dry leaves or grass.
- Be aware of "dud" fireworks, ricocheting fireworks and slow burning wicks.
- Maintain a safe distance away from ignition point.

CAMP FIRES & FIRE PITS

- Responsible, non-intoxicated adults should start and supervise.
- Only light in camp fire designated areas/sites.
- Ensure no overhanging branches, close shrubs or bushes, and keep the distance at least 10 feet away from home.
- Use site provided fire pit, otherwise make one with stones and rocks or dig a hole to contain the ash and hot embers.
- Keep children away from camp fires and fire pits.

BBQ SAFETY

- Responsible adults should operate and supervise.
- Do not leave unattended.
- Keep children away from cooking area.
- Inspect grill surfaces, cleaning instruments and food for particles of cleaning instruments. **WIRE BRISTLE BRUSHES ARE DANGEROUS AND CAN CAUSE AIRWAY AND INTESTINAL TRACT DAMAGE IF SWALLOWED OR ASPIRATED!** Use alternative cleaning methods when able. Report any suspected injury and seek medical care promptly.
- Do not place inside the home. Keep 10 feet away from house, shrubs or bushes.

