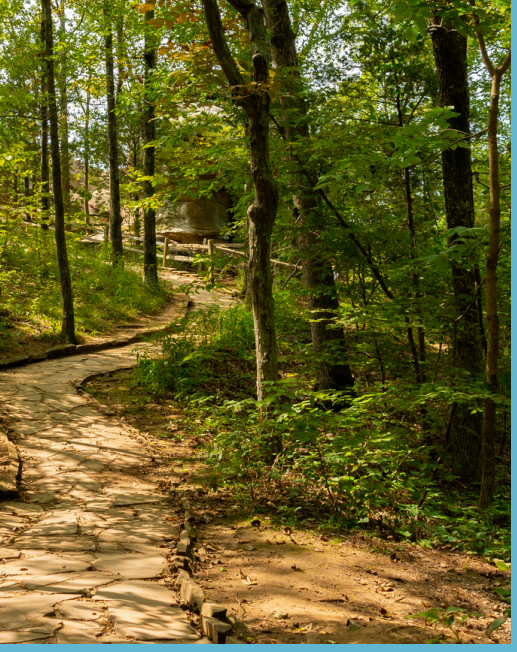






SUMMER & WATER SAFETY TIPS

There is no better feeling than summer weather after a cold winter. As the temperature outside warms up, make sure outdoor activities are planned with safety in mind. Whether it's a trip to the beach, a dip in the pool, a picnic in a park, or a hike in the sun, these seemingly normal, everyday summer activities should be planned with care.

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SUMMER & WATER SAFETY TIPS

Summer Safety Tips:

It is important to protect yourself from the sun and take precautions while doing activities on hot weather days.

- Use sunscreen to protect your skin from sunburn and skin cancer.
  - Don’t forget to reapply sunscreen throughout the day.
  - Don’t forget to apply sunscreen to the “easy to forget” areas of your body like the tops of your feet, your ears, or the back of your neck.
- Protect yourself from the sun by wearing sunglasses, a hat, and UV light-blocking clothing.
- Try to avoid being outside when the sun is at its peak, between 10 a.m. and 4 p.m.
- Make sure you stay hydrated.
  - Avoid consuming alcoholic and/or caffeinated beverages on hot days as these beverages do not provide necessary hydration for your body.







SUMMER & WATER SAFETY TIPS

Summer Safety Tips Continued:

- Be aware of car safety for children and pets.
  - Always take a moment to check the back seat for a child before you lock and leave a car. Make this a habit that you do each time you leave a car!
- Children should never be left alone in a vehicle.
- The primary way a child dies from heatstroke is due to a parent or caregiver “forgetting” the child in a vehicle. Often, this occurs when there is a change in routine, making every parent or caregiver potentially susceptible to this tragic mistake.
- Vehicle heat strokes typically occur in one of these three scenarios:
  - Children being forgotten by a parent/caregiver.
  - Children become trapped inside a vehicle after gaining access to an unlocked car.
  - A parent/caregiver knowingly leaves a child unattended in a vehicle.
- Remember that even in temperatures as low as 60°F, the inside of a car can still overheat rapidly. A child’s body temperature can increase 3 to 5 times quicker than an adult’s temperature. Children are more sensitive than adults are to heat!
- The same safety tips apply to pets. Do not leave your pet unattended in a vehicle. Leaving a window cracked open for them does not make the vehicle safer for pets to be in unsupervised.









SUMMER & WATER SAFETY TIPS

Water Safety Tips:

Every year news reports remind us just how dangerous areas of water can be. This danger is present for a person of any age, but is especially dangerous for children. Unfortunately, there are countless reports of unsupervised children drowning.

Water injuries or casualties can happen in the comfort of your home or a public body of water. The Consumer Products Safety Commission (CPSC) reports that the leading cause of death among children between the ages of 1 and 4 years old is drowning. Drowning is possible in water that is only a few inches deep.

Please read the tips below to help make your water activities as safe as possible.

- Children should ALWAYS be supervised around water.
  - Never leave children alone in or near water!
- Designate an adult Water Watcher to supervise children around the water.
- Don’t get distracted! Do not be on your phone, reading a book, or sleeping. Pay attention to anyone in or around the water.
- Children who cannot swim should have a personal flotation device on at all times in or near water.
- Do not run on pool decks.
- Never dive into shallow water or water of unknown depth.
- Never swim alone. Use the buddy system.
- Alcohol and swimming don’t mix.
- Avoid swimming in fast-moving waters like rivers.
- Don’t swim at night without proper lighting.
- Learn how to swim and teach children how to swim.