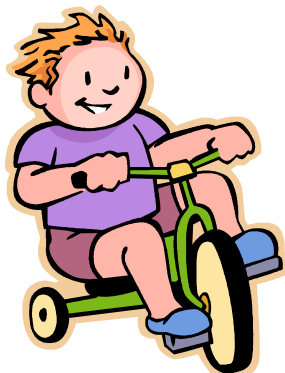


Summer Safety Tips

Taken from the American Academy of Pediatrics. For more information visit www.aap.org

Fun in the Sun

- The first and best line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave
- Stay in the shade whenever possible and avoid sun exposure during the peak intensity hours - between 10 am and 4 pm
- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult
- Reapply sunscreen every two hours or after swimming or sweating
- Apply sunscreen at least 30 minutes before going outside and use sunscreen even on cloudy days
- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels
- Before prolonged physical activity, a child should be well-hydrated. During the activity, periodic drinking should be enforced - example: each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs and 9 oz for an adolescent weighing 132 lbs - even if the child does not feel thirsty



Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child
- Avoid areas where insects nest or congregate, such as stagnant pools of water or uncovered food and gardens where flowers bloom
- Avoid dressing your child in clothing with bright colors or flowery prints
- To remove a visible stinger from the skin, gently scrape it off horizontally with a credit card or your fingernail
- Repellents appropriate for use on children should contain no more than 10% DEET because the chemical, which is absorbed through the skin, can cause harm. The concentration of DEET varies significantly from product to product so read the label of any product before you purchase it

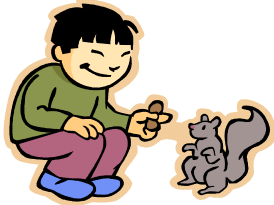


Bicycle, Skateboard & Scooter Safety

- Do not push your child to ride a 2-wheeled bike until he or she is ready (about age 5 or 6). Consider the child's coordination and desire to learn to ride. Stick with coaster brakes until your child is older and more experienced. Take your child with you when you shop for the bike so that he/she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new bike
- Buy a bike that is the right size and not one your child has to "grow into". Oversized bikes are especially dangerous
- Children should never ride skateboards or scooters in or near traffic. All skateboarders and scooter-riders should wear a helmet and other protective clothing such as elbow and knee pads

Summer Safety Tips...Continued...

Lawnmower Safety



- Try to use a mower with a control that stops the mower from moving forward if the handle is let go
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection
- Do not pull the mower backward or mow in reverse unless absolutely necessary and carefully look for children behind you when you mow in reverse
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads or other areas
- Do not allow children to ride as passengers on ride-on mowers

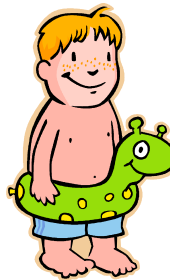
Heat Stress in Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10-14 days to accomplish acclimatization to the heat
- Before prolonged physical activity, a child should be well-hydrated. During the activity, periodic drinking should be enforced - example: each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs and 9 oz for an adolescent weighing 132 lbs - even if the child does not feel thirsty



- Clothing should be light-colored, lightweight and limited to one layer of absorbent material to facilitate evaporation. Sweat-saturated garments should be replaced by dry garments

Pool Safety



- Never leave children alone in or near the pool, even for a moment
- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under or through the fence. Make sure pool gates open out from the pool and self-close and self-latch at a height children can't reach
- Keep rescue equipment (a shepherd's hook, a long pole with a hook on the end or a life preserver) and a portable telephone near the pool
- Avoid inflatable swimming aids such as "floaties". They are not a substitute for approved life vests and can give children a false sense of security
- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under four should not be seen as a way to decrease the risk of drowning
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision".

Additional Resources

Kids in Danger - Protect your children from dangerous products that have been recalled by visiting, www.kidsindanger.org

Seasonal Safety Tips from A to Z. Visit www.nsc.org