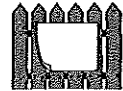


Ten Summer Safety Tips

Here are some tips to help you stay safe this summer:

1. **BACKYARD BASICS:** Always make sure an adult is present, even when having fun in your backyard. Make sure all fences and gates are secure. Have an adult remove any poisonous plants. Do not play around barbecue grills, gasoline containers, pools and spas.



2. **KNOW YOUR NEIGHBORHOOD:** Become familiar with neighborhood play areas. Do not play on any playground equipment that is rusted or broken. Stay away from dangerous surfaces, such as concrete or asphalt. Unacceptable play areas are construction sites, railroad tracks and dumpsters. Do not cross the street alone.

3. **SAFE SWIMMING:** Make sure an adult is present when playing near the water. Pay attention to the water conditions before you go into water. Take swimming lessons to learn how to swim. If your family has a backyard pool, do not dive into the pool unless an adult is present and the depth of the water is greater than six feet.



4. **SAFE CYCLING:** Purchase an approved bicycle helmet. Make sure that you wear your bike helmet just like you wear a seat belt. Make sure you know the traffic rules when it comes to riding your bike.

5. **SUN SAFETY:** Apply sunscreen of SPF 15 or greater 15 to 30 minutes before going out into the sun. Reapply frequently. Dress in light colored fabrics that cover exposed skin such as the head, arms, and legs.



6. WINDOW DANGERS: Unopened windows should be locked at all times. Make sure windows are secure by using window guards. Windows that are open only five inches can be a danger to you. Keep furniture that could be used to climb on away from windows. Keep draperies and window cords out of reach. Have an adult cut long cords and retrofit them with tassels to avoid strangling risks.

7. SAFE CAMPING: Bring first aid supplies and pack essentials like a flashlight, extra food, warm clothing, water, and a compass.

Know ahead of time the location of the nearest working telephone. Never allow anyone to hike alone and map out your hiking trail ahead of time. Bring water on your hike and wear the proper clothing.



8. PREVENT POISONING: Stay away from all plants, mushrooms, and wild berries, unless you are certain they are safe. Learn to identify poison oak and ivy and stay away from it. Keep first aid supplies handy even on short hikes.

9. SAFE SPORTS: Children ages 5 to 14 represent 40% of sports related injuries for all ages. Make sure you have the proper safety equipment when playing any sport. It is recommended that helmets and protective eyewear be worn to minimize injuries.



10. BITES AND STINGS: Apply insect repellent to your clothing and exposed skin. When camping, shake out all clothing before putting it on. Do not disturb or provoke any wild animals or snakes you encounter.