

5 Ways to Have a Safe, Fun-Filled Summer!

Here are some important Summer Safety Tips from Rustle the Leaf and the U.S. Consumer Product Safety Commission:

- 1. When you're near a campfire or barbecue grill, always stay a safe distance away!** Summer grilling and marshmallow roasting are fun, but you always need to stay away from the fire or hot grill. Never go near a fire or grill unless you are supervised by a parent or grown-up. **FOR GROWN-UPS:** When using a gas grill, check air tubes for any blockage from insects, spiders, or food grease. Check hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in hoses or tubing. If you detect a leak, turn off the gas at the tank and don't attempt to light the grill until the leak is fixed.
- 2. When you're near the water, make sure there's a grown-up (or, better yet) a life guard always watching you and your "buddy!"** Never go swimming alone—even if you're only playing in a wading pool! Make sure your parent or another responsible grown-up is with you. **FOR GROWN-UPS:** Never leave a child unsupervised near a pool. Do not consider young children "drown proof" because they've had swimming lessons. Do not use flotation devices as a substitute for supervision.:
- 3. When riding your bike, ALWAYS wear a helmet and light-colored clothing. Reflectors on your clothes and bike help drivers see you, too!** **FOR GROWN-UPS:** Children need to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride your bike, put on your helmet. When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- 4. Before you go outdoors, make sure you have sunscreen on!** Even on cloudy days there are powerful sun rays shining down on your skin. Sunscreen protects you from sunburn and even skin diseases! **FOR GROWN-UPS:** Use sunscreen with at least an SPF of 15 and apply 20 minutes prior to sun exposure. When possible, dress children in light-colored fabrics that covered exposed areas. Make sure that children drink plenty of water. Try to avoid midday sun, when the sun's rays are the most intense. Encourage children to wear a hat and sunglasses..
- 5. If you're going into the woods or tall grassy areas, wear sunscreen with a kid-safe insect repellent.** Bug bites are no fun! When your in "buggy" places, ask a parent or grown-up to help you stay protected. **FOR GROWN-UPS:** There are several safe, effective insect repellants for children that do not contain DEET. Check your natural products retailer to find one that works for you.



ONLINE RESOURCES

http://www.keepkidshealthy.com/in_the_news/summer_fun_warnings.html

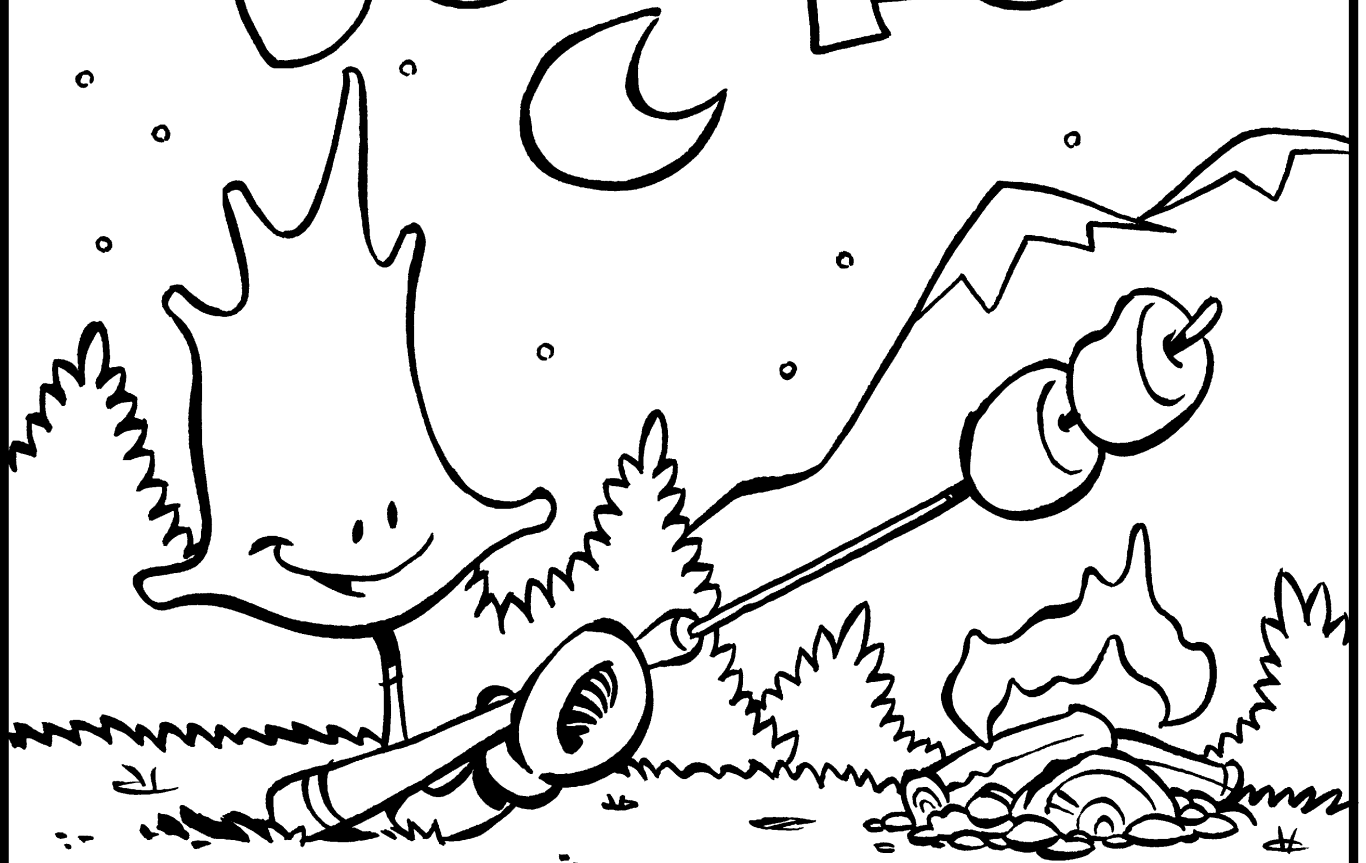
<http://www.aap.org/advocacy/releases/summertips.htm>

<http://www.nfpa.org/itemDetail.asp?categoryID=300&itemID=19033&URL=Research%20%20Reports/Fact%20sheets/Seasonal%20safety/Summer%20safety&cookie%5Ftest=1>

http://www.missingkids.com/en_US/publications/NC82.pdf

<http://www.safekids.org/tips/tips.html>

SUMMER FUN



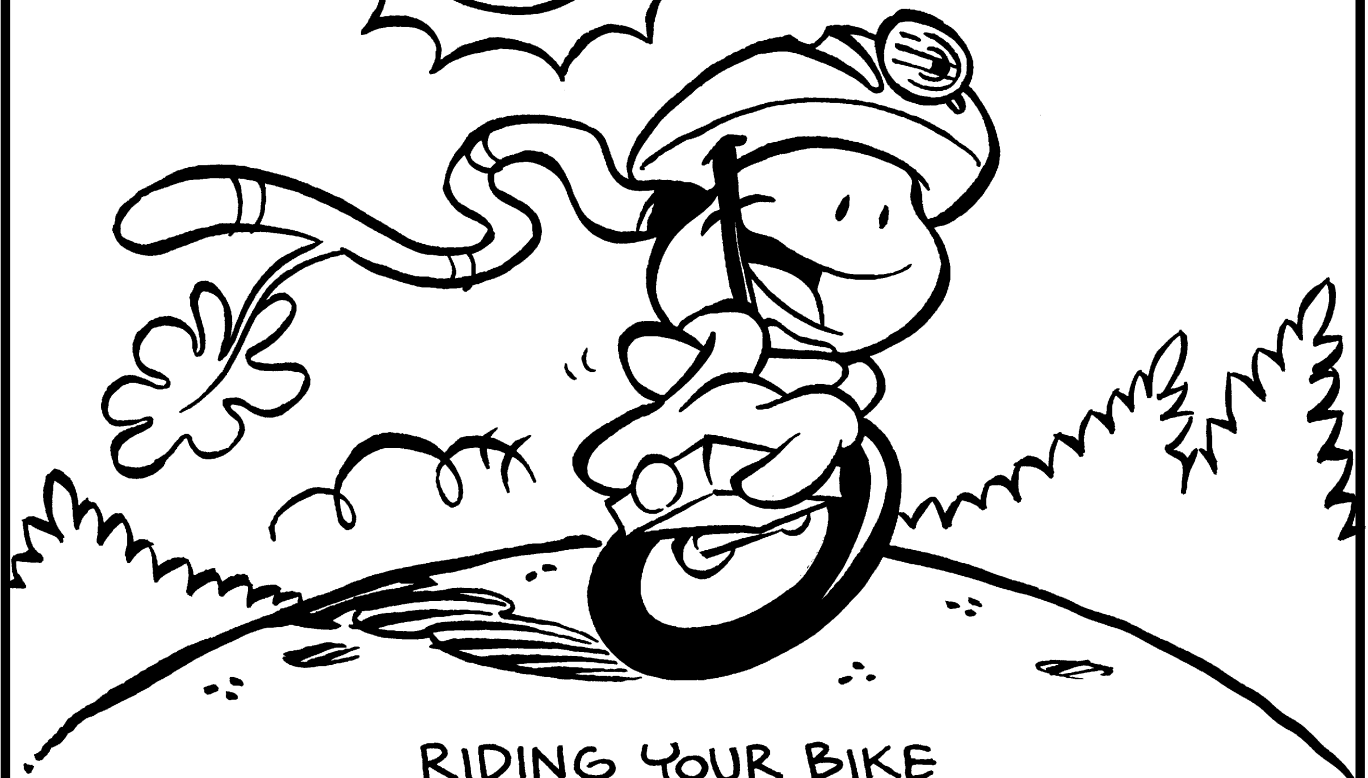
CAMPFIRES ARE FUN,
BUT NOT PLACES TO PLAY.
ALWAYS STAND OR SIT
A SAFE DISTANCE AWAY.

SUMMER FUN



PLAYING IN THE WATER IS A LOT OF FUN.
WHEN THERE ARE GROWN-UPS OR LIFEGUARDS
TO WATCH OVER EVERYONE!

SUMMER FUN



RIDING YOUR BIKE
TO PLAY IN THE PARK?
WEAR LIGHT COLORS AND A HELMET.
(AND REFLECTORS AFTER DARK).

SUMMER FUN



PLAYING OUTDOORS ON A SUNNY DAY?
BUG REPELLENT WITH SUNSCREEN
KEEPS BITES AND BURNS AWAY!