

5 More 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. Playgrounds are fun, but make sure you always take a grown-up along!

There are lots of fun things to do at the playground, but it's pretty easy to get hurt, too. Be sure you don't use playground equipment in ways that it wasn't designed for. **FOR GROWN-UPS:** Make sure playground equipment and areas are properly maintained. Open "s" hooks or protruding bolt ends can be hazardous. Swing seats should be made of soft materials such as rubber, plastic or canvas. Make sure children cannot reach any moving parts that might pinch or trap any body part. Make sure metal slides are cool.

2. When you're in a small boat or canoe, wear an approved life preserver, and stay seated!

Before you get into a boat, make sure your parent or another responsible grown-up is with you. **FOR GROWN-UPS:** Children should wear life jackets at all times when on boats or near bodies of water. Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted. Blow-up water wings, toys, rafts and air mattresses should never be used as life jackets or life preservers. Adults should wear life jackets for their own protection and to set a good example.

3. When riding your skateboard or scooter, stay away from traffic!

FOR GROWN-UPS: Children should never ride skateboards or scooters in or near traffic. If possible, plan a trip to a skateboard park, which is more likely to be monitored for safety than ramps and jumps constructed by children. There are over 80,000 skateboard and scooter-related injuries in the U.S. every year! All skateboarders and scooter-riders should wear a helmet, elbow, knee and wrist pads and other protective gear. When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.

4. When you're outside on hot days, keep cold water or low-sugar drinks around!

You may not know it, but you can become dehydrated (too little water in your body) if you stay out on hot days without drinking enough water. **FOR GROWN-UPS:** Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for 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.

5. Fireworks are fun to watch, but they're very dangerous to touch.

FOR GROWN-UPS: Fireworks can result in severe burns, scars and disfigurement that can last a lifetime. Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees F, and can burn users. Attend professional fireworks displays as a family, rather than using fireworks at home.



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>



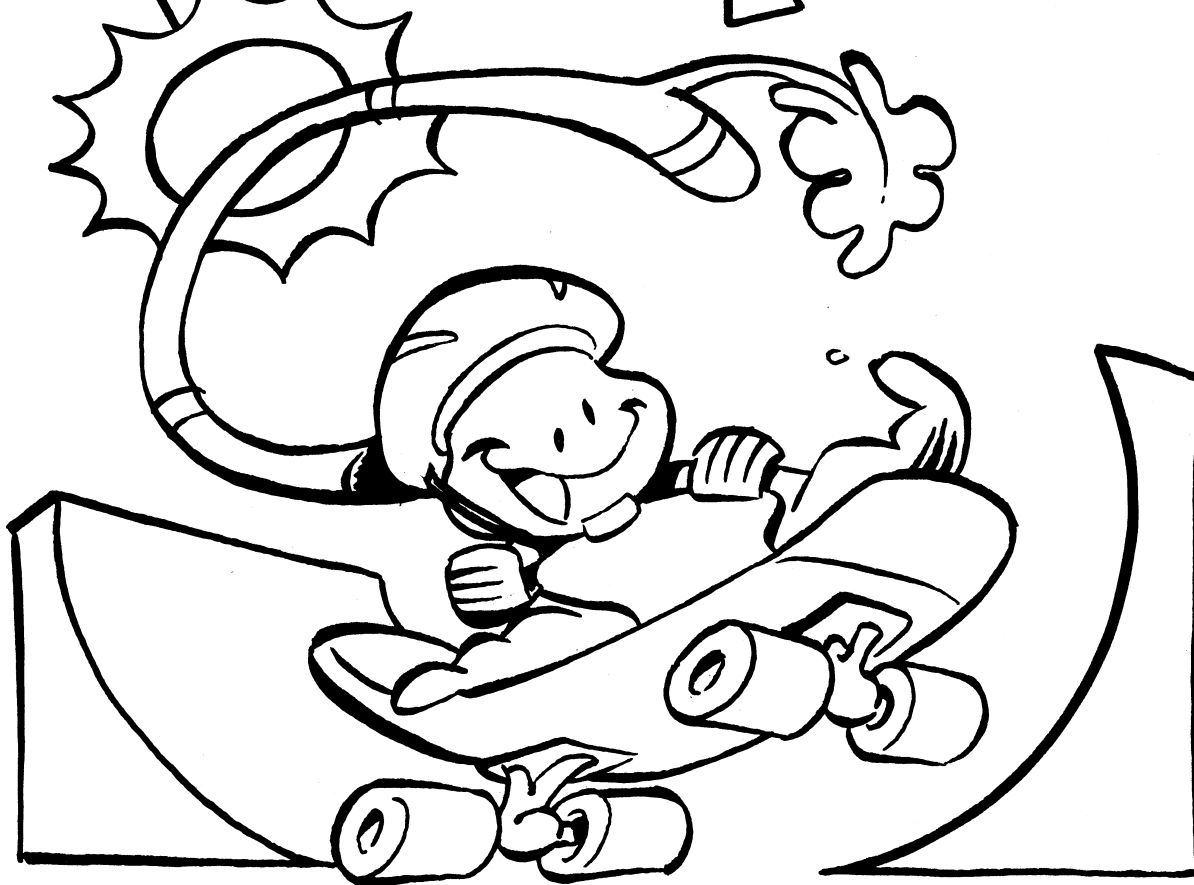
TAKE A GROWN-UP TO THE PLAYGROUND
TO SUPERVISE ALL,
AND TO CHECK FOR HOT SLIDES AND
SOFT PLACES TO FALL.

SUMMER FUN!



ON HOT, SUNNY DAYS,
DRINKING WATER IS THE RULE.
LIGHT COLORS, A HAT AND SUNGLASSES
WILL HELP YOU STAY COOL.

SUMMER FUN



SKATEBOARDS AND SCOOTERS
CAN BE QUITE A BALL.
—WEAR PADS, GLOVES AND A HELMET,
AND LEARN HOW TO FALL

SAFE SUMMER FUN



SIT DOWN IN THE BOAT
SO YOU DON'T CAPSIZE
AND WEAR A PROPERLY FITTING LIFE VEST
IN JUST THE RIGHT SIZE.