

## SUMMER SAFETY TIPS

Now that most children are out of school and on break, summer brings endless hours of fun and summertime activities. While your children enjoy their time off, remember that summer is also the time of year that they are most likely to be injured. Emergency room doctors know summer as “trauma season.” Nearly 3 million children ages 14 and under will be rushed to the emergency room this summer for injuries resulting from drownings, bike and ATV accidents to dehydration and sunburn.

Enjoy your summer activities with safety in mind.

1. Make sure children always wear a safety helmet when riding a bike, scooter, rollerblading, or riding any motorized vehicle.
2. According to the U.S. Consumer Produce Safety Commission, young people constitute about 40 percent of all deaths and estimated injuries in ATV accidents. The Commission recommends that young people under the age of 16 should never operate an adult-sized ATV (over 90cc engine). They also recommend taking a certified training course, always wear a helmet, not carry passengers and not ride on paved roads or use alcohol.
3. Never leave children unattended in or near water. Use approved life vests on boats, docks and around deep or swift water.
4. Supervise children whenever they use play equipment such as making sure children stay clear of the front and back of swings or while on a trampoline. Because of the high number of injuries, the American Academy of Pediatrics prompts parents to “never purchase a trampoline or allow children to use home trampolines.” In 2001 there were over six deaths and 91,000 hospital emergency room treated injuries associated with trampolines.
5. Avoid sun during the peak intensity hours – between 10 a.m. and 4 p.m. Wear sunscreen, stay in the shade whenever possible and use a sunscreen with an SPF of 15 or greater. Reapply sunscreen every two hours, or after swimming or sweating.
6. Know the plants in your yard and teach your children not to pick or eat anything without first checking with an adult.
7. Each year, 75 people are killed and about 20,000 are injured in or near riding lawnmowers and garden tractors. One out of every five deaths involves a child. Before mowing, walk around the area and remove any objects in the lawn. Nails, glass, stones and wire are the most hazardous objects thrown by mowers and are capable of seriously injuring bystanders.
8. Keep children from playing near barbecues and bonfires and always have water present when fire is involved. Only adults should use lighter fluid.
9. Minimize the risk of bee and insects stings by having children wear shoes and light colored clothing.
10. West Nile Virus has NOT been detected in Utah but experts are concerned that it may become an issue this year. Reduce your risk of WNV by taking precautions to prevent mosquito bites. Repellants that contain DEET are

recommended. Read labels and do not use it on children under the age of two.

**BE SAFE THIS SUMMER AND HAVE FUN!**