

SUMMER SAFETY



School is out and summer is here! With summer comes endless hours of fun in the sun. Did you know that summer is called the “trauma season?” Between the months of May and August there will be nearly 3 million more emergency room visits for summer time injuries than at any other time of year. Here are some safety tips from Frederick County Fire and Rescue that will help keep you and your child’s summer a safe one.

- Never leave children unattended in or near the water. Use U.S. coast Guard approved life vests, also known as personal flotation devices (PFDs), on boats, docks, and around deep or swift water.
- Swim only within designated safe areas of rivers, lakes, and oceans.
- Never dive into a river, lake, or ocean.
- Make sure children always wear a helmet when riding a bicycle or scooter, rollerblading or skateboarding.
- Protect children from excessive exposure to sun – especially from 10 a.m. to 4 p.m. Use a sunscreen with a Sun Protection Factor (SPF) of 15 or greater.
- Supervise children whenever they use play equipment such as making sure children stay clear of the front and back of swings while in use.
- Keep children away from areas where any lawn mowers are being used. Never allow children to ride on mowers.
- Minimize the risk of bee and insect stings by having children wear shoes and light-colored clothing. Use insect repellent sparingly on older children and never on infants.
- Know the plants in your yard and teach your child not to pick or eat anything without first checking with an adult. Call poison control at 800-222-1222 if you suspect a poisoning has occurred and to receive a list of poisonous plants.
- Keep children from playing near barbecues and bonfires and always have water present when fire is involved. Only adults should use lighter fluid.
- Strap children in a properly fitting seat belt, car seat or booster seat when traveling by car or plane.



HAVE A GREAT SUMMER!