


# Summer Safety



## Sun Safety

- Try to limit your child's exposure to the sun when the rays are the strongest (10am - 4 pm)
- Use **at least** 15 SPF (sun protection factor) sunscreen on your children . 
- Apply sunscreen 30 minutes before your children go out in the sun.
- Reapply sunscreen every two hours and each time after your child swims.
- Have your children wear sunglasses that block both UVA & UVB rays
- Deet lowers reduces the effectiveness of sunscreen so pick a higher SPF and reapply more often when wearing a bug spray containing Deet
- Sensitive skin? Pick a sunscreen that uses titanium dioxide or zinc oxide
- Under 6 months – dress babies in light weight long sleeve pants and shirts, as well as a hat with a wide brim – parents can apply a small amount of sunscreen (pick one for sensitive skin) to face and hands if needed



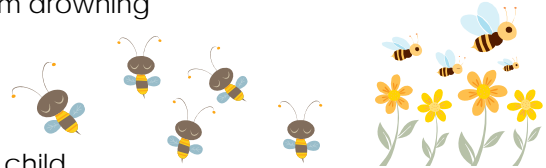
## Swim Safety



- Even if your children can swim, never leave them alone while swimming
- Pool fencing should be at least four feet high and surrounding all four sides of the pool (this should not include the house)
- Pool gates should open away from the pool and be self closing and locking – above children's reach
- Small children can drown in as little as one inch of water, and have drowned in wading pools, bathtubs, buckets, toilets, and hot tubs.
- Keep children in your direct line of sight while supervising them., children under the age of 4 should be within arms reach at all times
- Have appropriate safety equipment (Shepherd's hook & life jacket) and cell phone available at all times
- Avoid using floaties – they are not made to protect a child that can not swim from drowning and give a false sense of security
- It is recommended that children should be 4 or older before they are ready for swim lessons that protect from drowning



## Bug Safety



- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest and avoid being out of the house at dusk when insects are worse
- To remove a visible stinger from skin, gently scrape it off perpendicular to the skin with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks and mosquitoes
- The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET.
- Deet is absorbed into the skin, so wash thoroughly once inside- apply to cloths if at possible (rather than skin) and avoid eyes, mouth, open cuts and hands (especially in young children that may put their hands in their mouth)



## Life Jackets



- Pick a US Coast Guard approved life jacket – look for one that allows the child to float in the water and keep the child's face out of the water
- Life jackets have weight limits – make sure to get a life jacket that is the correct size for your child

## Bike/Helmet Safety

- Get a bike that is the right size for your child. Your child's feet must be able to touch the ground
- Do not push your child into riding a 2-wheeler, wait until h/she is ready, usually age 5 or 6
- Make sure your child can operate the brakes.
- Get a helmet for your child that is fitted correctly- look for one that is CPSC rated



- Helmets should sit on top of the head with the straps buckled, and should not be able to rock forward, backward, or side to side. The strap should be securely tightened under the chin

- Have your child wear her bicycle helmet when ever s/he is on the bike. Head injuries can happen in driveways and on sidewalks - not just on major streets or long rides.
- Encourage the parents of your child's friends to have their children wear a helmet. Children are more likely to wear a helmet if their peers do.
- Wear your helmet when biking to model safe behavior.
- Have your child also wear a helmet, Knee, wrist and elbow pads when on roller blades, scooter or skate board
- All children 16 years of age or under are **required** by Massachusetts law to wear a helmet while rollerblading, skateboarding using a scooter or riding a bike
- Teach your child the rules of the road:
  - BE AWARE OF TRAFFIC
  - Ride with traffic, not against it.
  - Use appropriate hand signals.



- Right hand turn – hold your right arm straight out to your side
- Left hand turn – hold your right arm straight out to the side, bend your elbow with your hand pointing up
- Stop at stop signs and stoplights.



## Car Safety

- Never leave a child alone in a car, even if they are sleeping in their car seat and you need a break. Even with a window cracked, a closed car can overheat in a couple of minutes.
  - Make sure all children get out of the car when you arrive at your destination.
  - Keep your car - including the trunk - locked at all times, even in the garage or driveway so a child can't sneak in and become trapped.
  - Teach children not to play in or around parked cars, even at home.
  - Check the temperature of the car seat surface and safety belt buckles before buckling your child in.
  - If your child is missing, check nearby vehicles or pools first. Both are quick, deadly, silent risks to children and parents often do not think to check the vehicle until it is too late.
- Recommendations by the American Academy of Pediatrics



## Lawn Mower Safety

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins.
- Turn the lawn mower off if a child is near you
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the mower, or leaving the mower unattended
- Do not allow children to ride as passengers on ride on mowers

## Window Safety



- If possible open windows from the top rather than the bottom; if you can not open a window from the top install window guards – a screen can not support a child's weight, but a window guard can
- Remove all furniture (beds, chairs, tables) from below a window so a small child does not have access to the open window