

Kid's Summer Safety

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Topics:

- Sun Protection
- Fire Safety
- Water Safety
- Bites and Stings
- Heat Protection
- Food Safety
- Lawn Mowers
- Bicycle Helmets

Sun Protection:

- 60 to 80 percent of sun exposure happens before 18 years of age.
- Avoid the sun from 10 am to 4 pm.
- Should wear sunglasses. Must block 99 to 100 percent of UV rays or there is a risk for cataracts.
- Sunscreen- Check expiration date.
 - Apply 30 minutes before being in the sun.
 - Use enough (1 oz.)
 - Reapply often (2 hours)
 - Waterproof = Spoof.
 - SPF 15 is adequate.
 - Remember lips.
 - Do not use a combination of products.
 - Aloe vera gel/ ibuprofen.
 - UVA and UVB protection.
 - ≥ Six months of age.

Fire Protection:

- No private fireworks. **1/3 of eye injuries end in permanent blindness.**
- Use caution around grills, smokers, etc.
- No open fire pits.
- First aid: cool water and soy sauce.

Water Safety:

- Pool safety: Drowning is the 2nd leading cause of unintentional death/ injury in children.
- The highest rate of drowning is in children < 5 years of age and 15-24 years of age.
- TOUCH supervision ≤ 5 years.

- Keep a cell phone by the pool.
- Designate specific responsible adult.
- Install dead bolts, alarms, and fences.
- Boat Safety: Use life jackets. Required by law for children \leq 13 years old.
- CPR: YMCA and Red Cross www.redcrossdallas.org

Bites/ Stings:

- Prevention is the key- \geq 2 months of age.
- DEET: Use 10 to 15 percent if 1 to 2 hours of exposure.
Use 24 to 30 percent if all day exposure.
Safe- Not on hands, ears, or mouth.
Do not reapply like sunscreen.
Spray on hand/ cloth- brush child.
Not on wounds.
Not under clothing.
Wash off when returning indoors.
- Picaridin: 5 to 10 percent solution. CDC approved.
- Soybean Oil: 2 percent.

Heat Protection:

- Acclimatize to outdoors.
- Increase water intake.
- Never leave child in a car.
- Check playground equipment.

Food Safety:

- Wash all fresh produce.
- Keep food cold and covered.
- Label water bottles.

Lawn Mowers:

- 68,000 injuries per year.
- Never have child outside when mowing.
- Never allow on riding mower.

Bicycle helmets:

- Always wear- PARENTS TOO!
- Infants are much safer in trailer.
- Never put infant in back pack.
- Rear bike seat- \geq 12 months, but NOT recommended.