

SUMMER SAFETY TIPS - PART II

Fireworks, boats, open water swimming, ATV's

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP). *Reprinted with permission.*

FIREWORKS SAFETY

Source: <http://www.aap.org/healthtopics/safety.cfm>

- 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 Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.
- The AAP recommends prohibiting public sale of all fireworks, including those by mail or the Internet.

BOATING SAFETY

Source: <http://www.aap.org/family/tippslip.htm>

- 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 not be used as life jackets or life preservers.
- Adults should wear life jackets for their own protection, and to set a good example.
- Adolescents and adults should be warned of the dangers of boating when under the influence of alcohol, drugs, and even some prescription medications.

OPEN WATER SWIMMING

- Never swim alone. Even good swimmers need buddies!
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water – use “touch supervision,” keeping no more than an arm’s length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.

ALL-TERRAIN VEHICLES (ATV'S)

Source: <http://aappolicy.aapublications.org/cgi/content/full/pediatrics;105/6/1352>

- Children who are not licensed to drive a car should not be allowed to operate off-road vehicles.
- Because their nervous systems and judgment have not fully developed, off-road vehicles are particularly dangerous for children younger than 16 years.
- Don't ride double. Passengers are frequently injured when riding ATV's.
- All riders should wear helmets, eye protection and protective reflective clothing. Appropriate helmets are those designed for motorcycle (not bicycle) use, and should include safety visors/face shields for eye protection.
- ATVs lack the common safety equipment found on all cars and trucks that are designed for street use. Parents should never permit nighttime riding or street use of off-road vehicles.
- Flags, reflectors and lights should be used to make vehicles more visible.
- Drivers of recreational vehicles should not drive while under the influence of alcohol, drugs or even some prescription medicines. Parents should set an example for their children in this regard.
- Young drivers should be discouraged from on-road riding of any 2-wheeled motorized cycle, even when they are able to be licensed to do so, because they are inherently more dangerous than passenger cars.