

Summer Safety

Summer time is here and with it come accompanying dangers for your children. There are steps you as a parent can take to protect your child and make this an enjoyable summer.

General Health Tips

NEVER leave a child in a hot car. Even a few minutes can be deadly. Having the windows open is not an answer. Take your child with you when you leave the car. If you see a child in a car in the heat call 911. You may save a life.

Always use sunscreen and reapply often. When the child will be in the water or perspiring a lot use a water proof type sunscreen. A child can burn before you see it start.

Wear good quality sun glasses and hats to further protect from the sun.

Keep children hydrated. Do not wait until the child is thirsty, keep them from becoming thirsty. Symptoms of dehydrated can include crankiness, headache, aches in joints and weariness. High fever, lethargy, reluctance to drink, unable to pee or cry, dry mouth and sunken eyes are signs of severe dehydration. Do not give your child soft drinks or juices as these can dehydrate. Use water or child appropriate hydrating drinks.

Keep outdoor containers closed, locked and off limits. This can include car trunks, storage closets, cupboards, old

appliances, old cars, firewood storage bins, garbage bins, and the garage. Consider getting your car's trunk equipped with an internal truck release and teach your child how to escape using one.

Take a child safety and CPR class in your community.

Bike Safety

Always have your children wear a helmet when biking, riding a scooter or skateboard. Make sure the chin strap forms a "V" under the ear. The helmet should be snug when the child opens his mouth as if to yawn. The helmet should be level at the top, not too far forward or too far back.

Helmets should be replaced if the child has a bad fall or crash. The helmet may be damaged and you can not see the damage.

Make sure the bike is the appropriate size for your child's height and weight.

Make sure children ride with a friend and always on safe bike paths or roads with low traffic.

Teach your child the rules of the road.



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**Have
A
Happy
And
Safe
Summer**



Summer Safety Continued

Playground Safety

Playgrounds:

1. There are no federal laws regulating playgrounds, only suggestions. There are some guidelines you as a parent can use to protect your child.
2. There should be no more than two swings between uprights. Swings should be 24 inches apart. The seats should not be made of wood or metal.
3. The playground surface should be of a loose fill material such as hardwood chips, mulch, sand, pea gravel, shredded tires, rubber tiles or unitary synthetic surface. The depth should be nine inches or more.
4. Most playground injuries are caused by falls. The fall zone which is the area around and under equipment where children might fall should extend a minimum of six feet in all directions from the perimeter of equipment. If an adjacent piece of equipment is taller that piece of equipment should be at least nine feet away. The area around swings should be clear including trees and fences that equals twice the height of the swing.
5. Any openings on equipment such as railings should be less than three inches or more than nine inches.
6. Look for tripping hazards such as tree roots, rocks or concrete. Also check for loss bolts, sharp points or edges.
7. Check metal surfaces in hot weather to make sure they are not hot enough to cause a burn. Also check wooden equipment like swings for splinters.
8. Children should never wear clothing with drawstrings. They could be a strangulation hazard. Avoid necklaces, scarves, and other choking hazards. Have children remove bike helmets before playing as the chin strap or the helmet itself could become caught and hang the child.
9. Children should wear flat soled, closed toed shoes.
- 10.
11. Children should always have adult supervision.

Home playgrounds:

1. Keep your child in view as they play outside.
2. Keep sandboxes covered so that a cat does not use it as a litter box which could expose your child to parasites and germs.
3. Use a six foot buffer between pieces of equipment and have a soft surface under equipment.
4. Buy pieces of equipment that are the right size for your child. Do not buy pieces for the child to grow into. If you have older children watch younger children around the equipment.
5. Follow instillation instructions carefully. Anchor swing sets firmly.
6. Plastic climbing equipment should be placed outdoors on sand, mulch or other soft surface. Do not place on wood or concrete, even carpet is not soft enough.



Summer Safety Continued

Water Safety

Swimming

1. Swim lessons are a necessity.
2. Have children drink a lot of water when they are swimming or boating.
3. Install fencing with a locked gate around pools separating the pool from the house.
4. Have a ladder up the side of the pool.
5. Always leave a safety ring in the pool in case someone would fall into the pool.
6. Consider a rigid pool cover and safety alarm.
7. There is no substitution for parental presence.
8. Have a phone in the pool area.
9. Never let children swim without a parent or responsible adult present.
10. Empty baby pools or inflatable pools when not in use and a parent is not present.
11. Do not allow infants and children in spas or hot tubs, they can become overheated and/or drown.
12. Keep pool deck free of clutter, do not let children run on pool deck.
13. Test water depth before diving.

Boating:

1. All passengers should wear a life vest.
2. Make sure someone on land knows where you are and when you expect to return.
3. Be alert to weather changes.
4. Use sunscreen and keep hydrated.
5. Wear sun glasses.
6. Wear dock shoes, water slippers, or tennis shoes to protect feet.
7. Kill the engine when the boat is not moving.
8. Bring long shirts and pants, jackets, blankets, extra food and water, extra life vests, throwable personal flotation device, flashlight, batteries, matches, map, first aid kits, fire extinguisher, sunscreen, compass, signaling device, and cell phone and keep them in a water proof container.
9. Watch for signs of hypothermia, one of the biggest water killers. Babies are especially vulnerable to cold water.
10. Do not drink alcohol or ingest drugs while around water.
11. Don't speed or drive a boat recklessly. Have two people on the boat, one to drive and one to watch the skier.
12. Teach your children water safety and be a good example.



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Caring for parents and children

[http://
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dwiprogram.html](http://www.co.eddy.nm.us/dwiprogram.html)

Drowning

1. Infants are most likely to drown in bathtubs, toddlers in swimming pools and older children in fresh water such as lakes and rivers.
2. Do not trust baby bath seats or rings.
3. Toddlers can not lift themselves out of toilets, buckets, containers or wading pools. Do not leave you child alone near water even to answer the phone or door.
4. Empty all containers and wading pools and store them out of reach.
5. Consider installing toilet safety latches.
6. **Children can drown in a few inches of water.**

Sports Safety

1. Let children play and have fun, do not put emphasis on winning.
2. Let children develop competitive spirits themselves.
3. Children should be corrected when they play too rough.
4. Children should be grouped by size, skill and maturity level, especially when playing contact sports, not by age.
5. Check playing fields frequently for unsafe conditions.
6. Insist on safety gear and make sure children wear it.
7. Keep children hydrated.
8. Make sure children warm up muscles before starting play.
9. Do not let children overexert.

Fireworks

1. Never let children play with or ignite fireworks.
2. Read and follow all safety instructions.
3. Only use fireworks on level surfaces away from debris, dry leaves, the house and flammable material.
4. Never relight a firework that did not function properly.
5. Keep water close to put out fires and fireworks that did not operate properly.