

Let's be well

Summer safety tips



While everyone should be mindful year-round of safety risks at work, home and on the road, the outdoor activities in the summer have their own hazards. Since June is National Safety Month here are tips to help keep you and your family safe while enjoying all the fun in the sun!

Beware the mosquitos

In addition to being downright annoying, mosquitos can also carry West Nile virus. Keep them at bay by:

- Using insect repellent with DEET and wearing long-sleeve shirts and pants
- Keeping doors closed and window screens in place; do your best to stay cool inside, too — mosquitos love warm, damp places
- Cleaning birdbaths and flowerpot saucers weekly (mosquitoes lay eggs in standing water)

No tears on the playground

Watch out for these public playground hazards and take care that the swing set at home doesn't present the same dangers as well.

- **Landing surfaces that are too hard:** There should be wood chips, mulch, sand, pea gravel, shredded tires or rubber mats — and at least 12 inches deep
- **Not enough room:** Ensure at least a six foot perimeter around the set (anywhere a child might fall or be hit by a moving swing)

- **Protrusions and sharp edges:** Bolts, hooks or rungs can cause cuts or catch clothing
- **Enticing openings:** anything between 3 ½ and 9 inches could trap a child's head

All eyes on pool and water safety

Before you let the kids jump in the pool or lake, make sure they know the rules:

- Never swim alone — always have a buddy
- Don't push or jump on others
- Don't dive in unfamiliar areas — you don't know how deep it is

Parents, take these precautions

Whether you're at a backyard pool, the community park or on the lake, preparation and attention can ensure the unthinkable never happens:

- Get training in CPR
- Consider swimming lessons for your children
- Always keep your eyes on your child, even if there is a lifeguard
- Never leave your child alone

For more information visit:

nsc.org