



Grandparents Corner

June 2015

Summer Safety Tips

Although summer should be a time of fun, outdoor activity and exploration, unfortunately, there is also an increased risk for injury. Summer is often referred to as “trauma season” by health care professionals working in emergency departments.

The majority of unintentional injury deaths from May through August involve drowning, biking, falls, motor vehicle occupant activities, and pedestrian incidents.

Follow these simple tips with your family to protect them from the top summertime risks.

- Actively supervise your child - when engaging in summertime activities such as swimming and playing on playground equipment or in backyards.
- Use the right safety gear for your child’s activities, such as a:
 1. Helmet for wheeled sports and sporting activities.
 2. Car seat, booster seat or seat belt as appropriate when traveling.
 3. Life jacket for open water swimming and boating.
- Role model proper safety behavior - children are more likely to follow safety rules when they see their parents doing so.
- Make sure your home playground is safe - keep 12 inches of safe surfacing, such as mulch, shredded rubber, or fine sand, extending at least six feet in all directions around the equipment. Remove hood and neck drawstrings from your child’s clothing.
- Check for children around vehicles. Walk all the way around a parked vehicle to check for children before entering a car and starting the motor. Don’t let children play in driveways, streets, parking lots or unfenced yards adjacent to busy streets.

Additional tips to keep your child safe all summer long:

- Keep children away from the grill area while pre-heating and cooking.
- Remove potential poisons from your yard, including poisonous plants, pesticides and pool chemicals.
- Apply sunscreen rated SPF 15 or higher to your child’s exposed skin 15 to 30 minutes before going out, and re-apply frequently.
- Make sure your child drinks plenty of water. A child who seems tired or achy should rest in the shade and go inside for a while. Seek immediate medical help any time a child’s skin is hot to the touch (with or without perspiration), if a child has a seizure, or if they become disoriented in hot weather.

Source: Ohio Department of Health - www.healthyohio.gov

An elderly person or a person with disabilities may face some special challenges if an emergency strikes. Caregivers can help them learn about the challenges that they may face and help them prepare ahead of time. Then, they will be better able to cope with the disaster and recover from it more quickly. Read the issue and answer True or False to the questions below.

1. Whenever possible, staying at home in your own environment and with your own emergency supplies is the best choice. T F
2. If the lights go out, it is best to light candles. T F
3. To stay warm, use the kitchen stove to heat the home. T F
4. People with compromised immune systems, such as those who are on chemotherapy, and living in flooded areas should be extremely cautious and consume only commercial bottled water. T F
5. It is important to establish a personal support network, made up of individuals who will check on the person in your care in an emergency and give assistance if needed. T F
6. A one day supply of water and food for each person is adequate. T F
7. No disaster is more frequent or deadly than fire for a person with a mobility disability. T F
8. Be sure furniture is arranged so it does not obstruct a quick exit. T F
9. Be sure that the evacuation plan fits the needs of the person in your care. T F
10. After a natural disaster event, there may still be many dangers. T F

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