



Summer Safety Guide

At Caldwell Medical Center, we want to help your family have a safe and carefree summer. Here are a few warm weather safety tips for a healthy season.

Sun and Heat Safety

Too much sun can cause temporary pain as well as long term health problems, such as premature aging of the skin and an increased risk of skin cancer. To avoid sunburn:

- Avoid sun exposure during peak sun hours (10:00 a.m. to 6:00 p.m.)
- Cover your arms and legs with protective clothing
- Wear a broad-brimmed hat and sunglasses with UV protection
- Apply sunscreen (SPF 15+) to exposed areas at least 30 minutes before going outside
- Drink comfortably and take plenty of breaks in the shade
- Never leave children in unattended cars, even with the windows cracked

Water Safety

Drowning is among the leading causes of accidental death in children, so consider the following:

- An adult should always be within arm's length when children are in or near the water
- Consider formal swimming lessons for children, but not before age 4
- Choose child-size life vests for small children, rather than water wings or swim rings

Bike Safety

Here are several important safety tips to share with your children:

- Always wear a properly fitting helmet, which reduces head injuries by 85%
- Be careful at intersections and the end of the driveway, where 70% of accidents occur
- Ride single file on the right side of the road with the flow of traffic
- Ride a bike that fits the rider, and is neither too big or too small

Fireworks Safety

Because half of all accidents happen to children under age 15, here are some important safety tips:

- Provide adult supervision at all times
- Carefully follow all instructions
- Only use fireworks outdoors
- Wear eye protection at all times
- Have a garden hose or source of water nearby
- Keep spectators at a safe distance
- Avoid sparklers, especially for children under age 5
- Do not "re-light" a firecracker that fails, but drown it with water instead

Information Sources: pbs.com, nhtsa.gov, safekids.org, fireworkssafety.org,

