

**QUICK SUMMER SAFETY GUIDE**  
**10 Common Summertime Safety Hazards- and How to Prevent Them**  
[www.aftertheinjury.org](http://www.aftertheinjury.org)

Motor vehicle crashes

- Prepare your teen drivers and passengers of teen drivers for how to do to avoid crashes. More information: [www.chop.edu/youngdrivers](http://www.chop.edu/youngdrivers).
- Buckle up – everyone, every trip, every time.
- For children under 4’9” tall: use the right child restraint system, appropriate for age and size. Guidelines, videos and more information: [www.chop.edu/carseat](http://www.chop.edu/carseat).
- For children under age 13: sit in the rear seat.
- To make sure car seats are installed correctly, car seat inspection locations can be found by visiting [www.seatcheck.org](http://www.seatcheck.org).

Sources: SafeKids Worldwide, AAP, NHTSA, CHOP

Drowning

- Never leave children alone near the pool.
  - Youngest children: Never more than an arm’s length away.
  - Older children: Constant, adult vigilant surveillance – share the task and keep a portable phone poolside.
- Place 4-sided barriers around the family pool and make sure that other pools in the neighborhood have fencing before allowing your child to swim in them.
- No diving in pools.
- Get swim lessons when old enough.
- More information: [http://www.aap.org/publiced/BR\\_WaterSafety.htm](http://www.aap.org/publiced/BR_WaterSafety.htm),  
<http://www.aap.org/family/tippool.htm>.

Source: AAP

Bicycle crashes

- Always use helmets when riding bicycles. Using helmets prevents up to 88% of cyclists brain injuries.
  - Set a rule that helmets must be used on every ride and make sure it is followed for every bicycle ride.
  - Helmets should be positioned correctly and should fit snugly with the straps properly buckled.
  - Parents should always model safe behaviors and wear a helmet when riding.
- Set limits on where children can ride based on safety.

- Children develop judgment at different times. You know your child best. If you're not confident that he or she is ready for busier roads, specify where and when your child is allowed to ride.
- Teach children safe riding skills and behaviors.
  - Come to a complete stop before entering driveways, paths or sidewalks, and then look left, right and left again for bikes, cars or pedestrians.
- More information: <http://www.aap.org/family/bicycle.htm>.

*Sources: SafeKids Worldwide, AAP, Bicycle Helmet Safety Institute*

### Pedestrian Accidents

- Street-crossing
  - Children under age 10: Need supervision when crossing streets.
  - Children 10 and over and when ready: Teach and monitor street-crossing skills.
    - Look both ways for danger before and while crossing the street at the corner.
    - Walk, do not run, into the street.
- Play
  - Never play in the road.
  - Play stops at the end of the side walk or yard.
  - Teach children to ask adults to get balls that go in the street.
- More information: [http://www.safekids.org/tips/tips\\_ped.htm](http://www.safekids.org/tips/tips_ped.htm).

*Source: SafeKids Worldwide*

### Skateboard, Scooter, In-Line Skating and Heelys

- Always use safety gear – set rules and monitor use.
  - Helmet
  - Wrist guards
  - Elbow and knee pads
- Where to ride
  - Never in traffic
  - Use skate parks
  - Use designated paths
- More Information: <http://www.aap.org/advocacy/archives/marskate.htm>.

*Source: AAP*

### Window and Playground Falls

- Window falls
  - Install window guards
  - Keep young children from playing near windows, open or closed.
  - Remove furniture near windows that children can climb on.

- Do not rely on insect screens to keep children from falling out of windows.
- More information: [http://www.safekids.org/tips/tips\\_falls.html](http://www.safekids.org/tips/tips_falls.html).
- Playground falls and injuries
  - Check for safe surfaces (not concrete) under equipment- even in backyards.
  - Check your local playground for safety hazards with this checklist. <http://www.cpsc.gov/CPSCPUB/PUBS/327.html>.

Sources: SafeKids Worldwide, AAP, CPSC

### Dog bites

- Family dog
  - Infants: Never leave a baby or child alone with a dog.
  - Older children: Teach them to be careful around pets.
    - Avoid eye, face, and mouth contact.
    - Do not bother sleeping or eating dog or one caring for puppies.
- Other dogs
  - Teach children NOT to approach unfamiliar dogs.
  - Ask permission from owner before petting dogs.
- What to do when threatened or attacked by a dog.
  - If you are knocked down, curl into a ball and protect your face with your hands.
- If a dog bites your child, clean small wounds with soap and water and seek medical attention for larger wounds. Contact the dog's veterinarian to check vaccination records.
- More information: <http://www.aap.org/advocacy/releases/dogbiteprevention.pdf>.

Source: AAP

### Lawnmower Injuries

- Choice of mower:

- Use a mower with a control that stops the mower from moving forward if the handle is let go.
- Safety:
  - Wear sturdy shoes (not sandals or sneakers) are worn while mowing.
  - Wear eye protection.
  - Look for children behind you when you mow in reverse.
  - Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Children younger than 16 years should not be allowed to use ride-on mowers (even as passengers).
- Children younger than 12 years should not use walk-behind mowers.
- More information: <http://www.aap.org/family/tiplawn.htm>.

Source: AAP

### Fireworks Safety

- Only attend community fireworks displays run by professionals rather than using fireworks at home.
- Do not purchase (or allow your children to purchase) fireworks for home use.
- More information: <http://www.aap.org/healthtopics/safety.cfm>

Source: AAP

### All-Terrain Vehicles

- Where and when to drive:
  - Only drive ATVs off-road. They do not have the safety equipment found on all cars and trucks.
  - Do not drive ATVs at night.
- Safety for all riders
  - Helmets designed for motorcycle (not bicycle) use with safety visors/face shields for eye protection.
  - Eye protection
  - Protective reflective clothing.
  - Don't ride double. Passengers are frequently injured when riding ATV's.
  - Use flags, reflectors and lights should be used to make vehicles more visible.
- Drivers
  - No driving by children who are not licensed to drive a vehicle.
  - No impaired driving.
- <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/6/1352>

Source: AAP

**More Information Available from AAP's 2008 Summer Safety Tip Sheet for Parents:**

**Part 1:** <http://www.aap.org/advocacy/releases/summertips.cfm>

**Part 2:** <http://www.aap.org/advocacy/releases/summertips-p2.cfm>