

Biking, swimming, camping, off-roading, playing outdoors, and taking car trips are all popular this time of year. Here's some expert advice on how to make your summer fun and safe. For more tips, visit healthhighlights.ihc.com.



Janet Brooks, Child Advocacy Manager with Primary Children's Medical Center

Car Safety Buckling Up for Life

Hundreds of children ride unrestrained each day. Of the children 14 and under who have been killed in auto crashes, 50 percent were not wearing their seatbelts. According to Janet Brooks, Child Advocacy Manager with Primary Children's Medical Center, "Child safety seats, when installed and used correctly, can prevent injuries and save lives."

Some tips on choosing a car seat are outlined below:

- Infants 20 pounds or less and less than 1 year old should always ride in rear-facing car seats.
- Toddlers 20 to 40 pounds and at least 1 year old should ride in forward-facing car seats with the harness straps adjusted at or above shoulder level.
- Children who are 40 to 80 pounds and under 5'7" tall should use a booster seat placed in the backseat of the vehicle, using the lap and shoulder belt.
- Children 13 years and under should always ride in the backseat.

Always use a car seat that fits your child, fits your vehicle's seat belt system, and meets all federal safety standards. To learn more, please contact:

- The car seat safety hotline at Primary Children's Medical Center at (801) 588-CARS
- The National Safe Kids campaign at www.safekids.org
- The National Highway Traffic Safety Administration at www.nhtsa.dot.gov



Leslie Schaffer, Interim Executive Director with the Greater Salt Lake City American Red Cross

Pools and Lakes Staying Cool and Safe

Cooling off in a pool or lake can be refreshing, but before you jump in with both feet, there are some safety issues you should consider.

Leslie Schaffer, Interim Executive Director with the Greater Salt Lake City American Red Cross, says, "Even if a child knows how to swim, there is no way you can guarantee their safety." Nothing substitutes for close and constant supervision, but the water safety tips outlined to the right will help your family have a safe summer.

It's also important for you to know how to recognize if someone is drowning and to learn CPR. In most cases, a quick response gives you the best chance for survival.

Lake Safety

- Always wear a life jacket and make sure your child's life jacket fits properly
- Remember inflatable water wings, toys, rafts, and air mattresses do not take the place of life jackets

Pool Safety

- Install a four-foot or higher fence around all four sides of the pool
- Make sure pool gates latch at a height above children's reach
- Keep a shepherd's hook, a life preserver, and a phone near the pool

For school-aged children, nothing's better than summer. It's the time when playgrounds and backyard jungle gyms see the most use. According to Edward Junkins, M.D., ER Physician at Primary Children's Medical Center, it's also the time that emergency rooms see more youngsters with injuries - especially arm, wrist, and elbow fractures. Many of those injuries can be avoided by taking extra precautions in the backyard or at the playground. Some safety guidelines are outlined below:

- Supervise your children
- Use wood chips or mulch for a soft area under equipment
- Make sure equipment is age appropriate for your children
- Evaluate and maintain equipment each summer

Edward Junkins, M.D., ER Physician at Primary Children's Medical Center

Playgrounds Playing It Safe

- Clear play area of obstacles like patio furniture
- Follow manufacturer's guidelines when installing equipment

"The best thing parents can do is closely supervise their children," says Dr. Junkins. An adult presence goes a long way in preventing children from even trying unsafe activities.

These simple tips can help your kids enjoy a fun, safe summer at the playground or in your own backyard.



Tom Garrison, M.D., Chief of Emergency Medicine at McKay-Dee Hospital Center

Bikes, Rollerblades, and Scooters Roll On

Long summer days are perfect for enjoying activities outside. When bicycling, rollerblading, skateboarding, or riding scooters this summer remember these simple safety tips to help keep you and your children out of harm's way:

- Always wear a helmet and other protective gear
- Maintain and repair your equipment
- Make sure equipment fits properly
- Wear bright colors when riding
- Keep to the right on roads and sidewalks
- Ride with traffic and obey traffic laws

Tom Garrison, M.D., Chief of Emergency Medicine at McKay-Dee Hospital Center recommends that children never rollerblade, skateboard, or ride scooters in the street. Using areas like skateboard parks and recreation areas set aside for these activities is a fun and safe alternative. "Head trauma is the number one concern because it can cause serious and disabling injuries," says Dr. Garrison. "Even if you're only going out for five minutes, please wear a helmet."



Keith Hooker, M.D., ER Physician at Utah Valley Regional Medical Center

Camping and Hiking A Safe Home Away From Home

Before heading out into the wild, there are some safety tips you should consider to keep your family safe in the great outdoors. Dr. Keith Hooker, M.D., ER Physician at Utah Valley Regional Medical Center recommends that you "give a schedule to someone as to where you'll be going and when you'll be back." More outdoor tips are outlined at the right:

- If lightning strikes near you, move to low ground, get off any body of water, and stay away from trees and tall objects.
- To avoid getting lost, use a Global Positioning System (GPS) or compass. Keep a cell phone handy if you get lost, but be aware of its battery life.
- Taking a first aid class before you go camping or hiking, and traveling in threes can help in the event of an injury.
- Rivers and streams might seem refreshing, but drinking from them could put you at risk for infections like cryptosporidium or giardia.
- It's rare to encounter dangerous animals when camping. Noisemakers like a bell or whistle can scare animals away. In the event of a snakebite, get to the hospital right away.

Before you kick your summer riding into high gear, remember to safety-proof yourself and your vehicle. Eric Stucki from the Utah Natural Resources, Division of Parks and Recreation stresses that "helmets really can save lives." It's also the law for anyone under 18 and strongly encouraged for all riders.

Other safety equipment includes long pants and sleeves, over the ankle boots, gloves, and shatter resistant eyewear (not sunglasses). Additional Off-Highway Vehicle (OHV) laws and safety tips are outlined below:

- Youth 8-15 years old must possess an education certificate before riding
- Ride only in designated OHV areas and trails. NOT ON PAVEMENT
- Never drive an OHV under the influence of alcohol or drugs
- Adult supervision is always best
- Unless your OHV is designated for carrying passengers - don't
- Ride in single file on the right side of the road
- Ride with your lights on at all times
- Be alert to oncoming traffic, especially on curves, hills, and dips
- Always ride at safe speeds for the condition
- Go riding as a group on separate machines, never alone



Eric Stucki, Utah Natural Resources, Division of Parks and Recreation

Off-Highway Vehicle Safety Ride Smart

