



# Be a Superhero of Summer Safety

Summer is a time of playground fun, swimming, boating, camping and other outdoor activities. Unfortunately, these activities can lead to a higher risk of injuries.

**Did you know?** Summer, known as *trauma season* among public health and medical professionals, is a time when serious injuries and unintentional deaths increase dramatically among children.\*

Fortunately, many of these injuries can be prevented with a few simple precautions. Shriners Hospitals for Children® wants all kids to enjoy a safe, injury-free summer. Follow some simple tips to become Superheroes of Summer Safety.

## Make a Safe Splash

- Teach children to never swim alone or go near water without an adult present.
- Remind kids to always jump in feet first to check the depth before diving into any body of water.
- Tell children to never dive in the shallow end of a pool or into above-ground pools.

## Fun on the Water

- Always have your children wear a Coast Guard approved, properly-fitted life jacket near the water or when participating in water sports.
- Educate yourself. Complete a boating safety course to avoid accidents on the water.
- Always check water conditions and forecasts before going out on the water.

## Playground 101

- Take your children to playgrounds with shock-absorbing surfaces.
- Teach kids to go down the slide feet first, one child at a time.
- Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off.

## Mowing Matters

- Teach children to never play on or around a lawn mower, even when it is not in use.
- Children under 6 years of age should be kept inside the home while mowing.
- Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn mower.

## Fire Safety Simplified

- Teach kids to never play with matches, gasoline, lighter fluid or lighters.
- Do not leave children unattended near grills, campfires, fire pits or bonfires.
- Always have a bucket of water or fire extinguisher nearby whenever there is a burning fire.
- Leave fireworks to the professionals.

For additional safety tips, flyers and activity pages for children, visit [shrinershospitalsforchildren.org/safesummer](http://shrinershospitalsforchildren.org/safesummer).

Should an injury occur, the physicians and staff at Shriners Hospitals can help. To find out more about the treatments available, visit [shrinershospitalsforchildren.org](http://shrinershospitalsforchildren.org). To make an appointment, please call 800-237-5055.



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\*Safe Kids U.S. Summer Ranking Report, May 2007