



Injury prevention

Summer is coming and so is the fun...as well as possible injuries. Protect yourself and your family by following the tips listed below:

1. Stay safe in the sun. When you are enjoying the great outdoors take your sunscreen. Stay out of direct sunlight and avoid the heat of the day between 10 a.m. and 4 p.m. Recommended to use a SPF of 30 or greater for children over 6 months for all exposed areas. Babies under 6 months should stay out of the direct sunlight. Wearing long sleeves and pants along with wide brimmed hats and UV blocking sunglasses will reduce the risk of sunburns as well for children and adults. 30 minutes is enough for some people to get a bad sunburn so be careful.
2. Many of us enjoy spending lots of time swimming either in a pool or lake. It is one of the leading causes of accidental death for children. Make sure your children are well supervised with a responsible adult. Have children in appropriate life jackets even if you are with them. Do not leave children unattended for even a short time around any water. If you have a pool, make sure there is a fence with a gate. Keep the gate closed at all times and locked when no one is around so others can't get in when you are not home.
3. Wearing helmets with biking or skateboarding is a must. Concussions are a common summer injury and the best way to avoid this is by wearing a helmet with higher risk activities. Accidents happen close to home and a concussion can even happen in your driveway so don't take chances and wear helmets even if skateboarding or riding your bike in your front yard.
4. Heat exhaustion and heat stroke can occur especially when not hydrated well enough. Keep water and sports drinks with you especially if you are planning to be outside for an extended period of time or are involved in strenuous activity or sports.
5. Trips to the playground are common during the summer months. Avoid injuries by watching out for faulty equipment or exposed sharp areas such as exposed nails/bolts, sharp edges, or unexpected moving parts.
6. Avoid sprains and strains by allowing for appropriate breaks, not lifting excessive amounts of weight, and not trying to do too much too fast. Have appropriate help available when trying to complete a task and make sure the area you are working in is free from objects you could trip on.