



# SUMMER SAFETY

## Water Safety

Children love to play in water. However, each year many young children drown in swimming pools, lakes, and other bodies of water. It's important to remember that water hazards also exist in and near the home.

### Some things you can do:

- Learn CPR and know how to get emergency help.
- Enroll your child in swimming lessons. **Check with organizations such as the American Academy of Pediatrics for age guidelines.**
- Never leave children around water unsupervised.
- Empty all buckets, pails, and wading pools completely after each use. Drowning can occur in less than two inches of water in a matter of seconds.
- Use a rigid, lockable cover on a hot tub, spa, or whirlpool, or fence in all four sides as you would a swimming pool.



## Car Safety

Cars can be deadly for children left or trapped inside on a summer day. Even with the windows cracked, a car's inside temperature can reach 130 degrees in just fifteen minutes. Remember these tips from the National Safe Kids Campaign.

- ✓ Never leave your child alone in the car.
- ✓ Always lock your car when not using it.
- ✓ Keep the keys out of children's reach.
- ✓ Keep the trunk locked.
- ✓ Make sure your car is fitted with a trunk-release mechanism. Cars can be retrofitted by your auto dealership.
- ✓ If your child accidentally locks himself in and you can't get him out, *call the police immediately.*