

# Summer Safety Checklist

By John F. Smith

- ☐ Sun Safety
  - ☐ Limit your child's sun exposure between the hours of 10 am and 4 pm.
  - ☐ Get some sun-protective clothing.
  - ☐ Your child's summer wardrobe should include a hat, sunglasses with ultraviolet ray protection.
  - ☐ Replace any sweat-saturated items with dry clothing.
  - ☐ Apply sunscreen with a sun protection factor (SPF) of at least 15.
  - ☐ Apply sunscreen on both sunny and cloudy days.
  - ☐ Apply sunscreen every two hours, or after swimming or sweating.
- ☐ Heat Safety
  - ☐ Reduce the intensity of activities 15 minutes or longer in length.
  - ☐ Make sure children are well-hydrated.
  - ☐ Limit outdoor physical activity in a place with a warmer climate.
  - ☐ Allow the child's body to acclimate to the change in temperature.
- ☐ Pool Safety
  - ☐ Never leave a child unsupervised in or near a pool or spa.
  - ☐ Teach children 4 and older to swim.
  - ☐ Avoid inflatable swimming aids such as "floaties".
  - ☐ If possible, install a 4ft tall or higher fence around all sides of the pool.
  - ☐ Do not use a pool or spa if there are broken or missing drain covers.
  - ☐ Do not dive in less than nine feet of water.
  - ☐ Feet-first entry.
  - ☐ Be aware of sandbars.
- ☐ Protect Against Bugs
  - ☐ Use insect repellents to guard against ticks.
  - ☐ Wear long sleeve shirts and long pants when going outside.
  - ☐ Never leave stagnant pools of water around the house.
  - ☐ Avoid using scented soaps or perfumes on your child.