

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.