

# 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.