

## Summer Safety for Kids

Childhood memories are flavored with fun summertime activities including trips to the beach, walks to the ice cream shop and rides around the neighborhood. But while you and your kids enjoy the seemingly carefree elements of summer, emergency room doctors know it as “trauma season.” This summer children ages 14 and under will be rushed to emergency rooms nearly 3 million times for serious injuries resulting from motor vehicle crashes, drowning, bike crashes, pedestrian incidents, falls and other hazards. More than 2,500 of these children will die.

Tragedies peak during the summer months (May to August) because children are supervised less, have more free time and engage in more outdoor activities. Don't take a vacation from safety. Close supervision, proper protective gear, and other simple prevention steps will help your child avoid danger.

### Protecting Your Family

- Your kids love summer! They don't have to go to school, they can stay up late and best of all – they have all day to play. Follow the safety tips below to make sure their summer memories are safe ones.

### Ride Safe!

- Make sure your kids are secured in the appropriate child safety seat or safety belt for their age and size.
- Kids should always be secured in the back seat.
- Study both your vehicle owner's manual and child safety seat instructions carefully.

### Swim Safe!

- Always supervise young children near water, including pools, spas, toilets, bathtubs and buckets.
- Insist your children wear personal flotation devices when out on boats, near open bodies of water or participating in water sports.

### Wheel Safe!

- Make sure your kids wear properly fitting helmets and other protective gear every time they ride their bikes, scooters, in-line skates or skateboards.
- Teach your children the rules of the road and practice obeying traffic laws with them.

### Walk Safe!

- Never let your child under age 10 cross the street alone. Teach children to obey traffic rules.
- Make sure your kids wear retro reflective materials, and don't let them walk alone at night. If they must walk at dawn or at dusk, make sure they carry a flashlight.

### Play Safe!

- Always supervise your children at playgrounds or in the backyard.
- Make sure they play on a safe surface, such as mulch, rubber or fine sand.
- Make sure your kids wear the right, properly fitted protective gear when they practice and play team sports!

This summer, be on guard to protect your children, as well as other children you know. Kids will be kids – but with your help, they can be Safe Kids!



Check out our course list online for a variety of safety trainings provided across the state at

[www.ndsc.org](http://www.ndsc.org)

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