



Safety Tips to Keep Children Injury-free During "Trauma Season"

While summer is a memorable time for most children, less time in the classroom and more time going swimming, bike riding, or playing in the back yard can lead to a higher exposure to serious, yet preventable, injuries. But there are some simple steps parents can take to ensure that children enjoy their favorite summertime activities, while avoiding a visit to the emergency room.

Parents and caregivers should keep these tips in mind so safety stays a top priority this summer:

- Actively supervise your child when engaging in summertime activities, such as swimming and playing on playgrounds and backyards.
- Use the appropriate safety gear for your child's activities, such as a helmet for wheeled sports and sporting activities, a car seat or booster seat as appropriate, and a life jacket for open water swimming and boating.

- Role model proper safety behavior. Children are more likely to follow safety rules when they see their parents doing so.
- If you have a pool or a spa, it should be surrounded on all four sides by a fence at least four feet high with self-closing, self-latching gates, and it should be equipped with an anti-entrapment drain cover and safety vacuum release system. An inflatable pool needs to be surrounded by a fence, just like any other pool, and parents need to empty these pools when not in use.
- Make sure your home playground is safe. Keep 12 inches safe surfacing, such as mulch, shredded rubber or fine sand, extending at least six feet in all directions around the equipment. Remove hood and neck drawstrings from your child's clothing.
- Keep children away from the grill area while preheating and cooking, and while the grill is cooling.
- Remove potential poisons from your

- yard, including poisonous plants, pesticides and pool chemicals.
 - Walk all the way around a parked vehicle to check for children before entering a car and starting the motor. Don't let children play in driveways, streets, parking lots or unfenced yards adjacent to busy streets.
 - Apply sunscreen rated SPF 15 or higher to your child's exposed skin 15 to 30 minutes before going out, and reapply frequently.
 - Make sure your child drinks plenty of water. A child who seems tired or achy should rest in the shade or go inside for a while. Get immediate medical help any time a child's skin is hot to the touch (with or without perspiration), if a child has a seizure, or if they become disoriented in hot weather.
- Active supervision, proper protective gear, and other simple prevention steps will help your child avoid danger.

Northern NJ SAFEKIDS/Safe Communities Spring Scrapbook



Water Safety Advocate! Safe Kids - Tess Feury, Giulia Vitolo & Molly Reichard



Water Safety at Briggs School



Do I need a booster seat?
Parsippany School District



Boating Safety at Briggs School



Chris Champii working at the
Chester CPS Station



5 Truths about children who drown . . .

You think that it could never happen to your family, but each year more than 800 children drown. These incidents are not only preventable but predictable. Here are five truths about children who drown and what you can do to help keep your children safe around water.

Truth 1. Weak or no supervision

Children drown quickly and silently—in a matter of seconds. Adults who were present when a child drowns were often distracted in some way, by talking on the phone, chatting with other adults around the pool, or reading.

What you can do about it:

- ▶ Actively supervise your children around water, and have a phone nearby to call for help in an emergency.
- ▶ When there are several adults present and children are swimming, use a Water Watcher card to designate an adult as the Water Watcher to prevent gaps in supervision.
- ▶ Download the Water Watcher Card.

Truth 2. No Barriers

Curious children, especially those younger than 4 years old, can easily find and fall in to bodies of water like pools, tubs and buckets. Often they are discovered too late to save.

What you can do about it:

- ▶ Never leave a child alone when in or near a body of water—even if it's less than a few inches.
- ▶ For pool owners, make sure your pool has four-sided fencing and a self-closing, self-latching gate.
- ▶ Hot tubs should be covered and locked when not in use.

Truth 3. Weak or no CPR skills

Drowning victims who are rescued from the water need CPR immediately—before the paramedics arrive. It can prevent brain damage and be the difference between life and death.

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What you can do about it:

- ▶ Get certified.
- ▶ There are plenty of CPR classes available to meet busy schedules.
- ▶ Contact your local health department, hospital or visit their Web site to locate a local American Red Cross Chapter that offers courses year-round.

Truth 4. Weak or no swimming ability

Children from non-swimming households are eight times more likely to be at-risk of drowning. Minority children have especially low rates of swimming ability and high rates of drowning.

What you can do about it:

- ▶ Enroll your child in swimming lessons.
- ▶ If you do not know how to swim either, enroll in a parent-child learn-to-swim class.
- ▶ To find swimming lessons, contact your local parks and recreation department, an aquatics center or visit the YMCA Web site to find a YMCA near you.

Truth 5. Lack of Life Jacket Use

Nearly 5,000 boating accidents occur each year in open waters (lakes, rivers and oceans) and more than 700 people drown. Of those who drown, nine out of 10 are not wearing a life jacket. Also, alcohol use is involved in up to one in five reported boating fatalities.

What you can do about it:

- ▶ Have your child wear a life jacket every time you go boating or are on a dock.
- ▶ Avoid or moderate your alcohol consumption when boating.
- ▶ If you and your family boat frequently, consider taking a boating safety class through the U.S. Coast Guard.

Celebrating Safety This Fourth of July

Safe Kids Northern NJ recommends these precautions for adults using fireworks:

★ Light fireworks only on smooth, flat surfaces, and aim them away from spectators, buildings, dry leaves, and flammable materials.

★ Do not try to relight fireworks that malfunction.

★ Do not carry fireworks in your pocket or hold them close to your face.

*Visit www.recalls.gov to make sure the pyrotechnic devices you are using are not subject to any safety recalls.

★ Do not modify fireworks or use homemade fireworks.

★ Keep a phone handy, and know first aid for burns. Also, keep a fire extinguisher handy and know how to use it.

Fireworks, including sparklers and flares, can cause serious burns as well as blast injuries that can permanently impair vision and hearing. "Teach your children how to call 911 in an emergency. Also teach them what to do if their clothing catches on fire – 'stop, drop and roll,'" adds KJ Feury

More Scrapbook...



Bike to School Day - Netcong, NJ



Netcong walk to school

**Have you seen this billboard?
Put down that phone!**



Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

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