

*The summer season brings about a whole new time for outdoor family fun ...however, it also raises a whole new set of dangers that we must consciously protect our children and ourselves from!*

*Whether it be the sun, outdoor cooking and campfires, fireworks, lightning, or travel...there are countless summertime hazards that we must be aware of. This issue of Safety Lines will not only talk about these dangers, but will also teach you how to protect your family!*

## SUNBURN

Infants and very young children are at extreme risk for sunburn for many reasons:

- They have very thin skin
- They cannot move themselves out of the sun into the shade
- They cannot explain pain
- Their tiny bodies have not yet developed the pigment that provides adults some protection

The following is recommended for children of various age ranges, regarding sun exposure:

- *Under six months:* No sunscreen, no sun
- *Under one year:* Keep out of direct sunlight
- *Under two years:* Use PABA-free sunscreen with an SPF of at least 30
- *All children:* Avoid long sun exposure, even with sunscreen. Always wear a hat.

If your child does become sunburned, apply cool compresses and make sure to have them drink extra fluids.

Seek medical attention for:

- Severe pain
- Fever over 101° F
- Sunburned infants under the age of one year

Never use petroleum jelly or ointments, butter, harsh soap, over-the-counter benzocaine creams or sprays, or home remedies on sunburns.

## CAMPING & CAMPFIRES

Camping can be a fun and inexpensive way to enjoy summer family time. By following a few simple tips, you can keep your family safe in the great outdoors!



- When building a campfire, always try to use a designated fire pit.
- Clear the ground around the site; about ten feet is a good rule of thumb.
- Build your fire downwind. Almost ANY campfire can be dangerous in a stiff breeze. Poorly managed campfires are a frequent source of forest fires!
- To avoid dangerous flare-ups, NEVER use flammable liquids such as gasoline to ignite or strengthen a campfire.
- Never leave a campfire unattended, and always keep a fire extinguisher or water nearby.
- When you are finished with the fire, douse the flames and coals completely with water.
- If you are camping in a tent, never use candles, lanterns, or other sources of open flame inside of the tent.
- Before going to sleep, check once again to make sure any open campfire has been completely extinguished.



## **OUTDOOR COOKING**

When cooking outdoors, whether it be on a charcoal or propane grill, a fire pit, or a campfire, there is one simple rule that should always be followed: ***Keep children away from any cooking fire.*** Establish a "kid-free zone" of at least ten feet around the area.

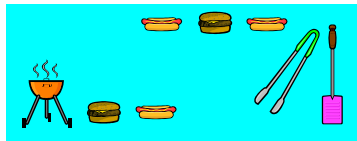


### *Charcoal grill safety tips:*

- Keep lighter fluid, matches, and lighters out of the reach of children.
- Never add starter fluid to hot or warm coals.
- Never use gasoline to start, enhance, or revive a fire.
- Always keep a fire extinguisher or water supply nearby.
- Extinguish coals with water.
- Make sure coals are completely cooled before disposing of them.

### *Propane grill safety tips:*

- Check fuel connections for wear and tear, cracks, or leaks.
- Follow the manufacturer's instructions when lighting and during use.
- Leave fuel valve shut (when not in use).
- Keep a fire extinguisher nearby.



## **TRAVEL**

When staying in a hotel or motel during summer vacation, take the following precautions to keep your family safe:

- Pack a flashlight and portable smoke alarm.
- Identify all exits and escape routes.
- Count the number of doors from your room to the exit(s).

In case of a fire:

- Get low and go!
- Feel the door with the back of your hand, and don't open it if it is hot to the touch!
- Take your door key with you.
- Stay low and use stairs to escape.
- If trapped, block smoke from doors and vents with wet towels and signal for help.



## **LIGHTNING**

With the summer heat and humidity in full force, not a day goes by where a thunderstorm is not a possibility. During storms that include lightning, avoid the following:

- Open spaces, power lines, tall trees, metal fences, close contact with others, and water.

If you are caught outside during a storm, seek:

- A vehicle (stay inside with the windows closed).
- A ditch, trench, or low ground (except during heavy rain).
- Groups of shrubs or trees that are the same height.

Squat, kneel, or sit....don't lie flat!

Cover your ears with your hands.



When you are inside during a storm, take the following safety precautions:

- Stand clear from windows, doors, and electrical appliances.
- Avoid contact with piping, including sinks, bath/shower area, and faucets.
- Avoid using the telephone, except in an emergency.

## **OUTDOOR FUN & GAMES: "ICE BLOCKS"**

Build giant ice blocks and balls for your toddler to play with outside on a hot summer day!

### **Materials**

- Clean milk cartons, water, food coloring (optional) and small plastic toys (optional)

### **Directions**

1. Make an ice block by freezing water in a milk carton.
2. If you like, add a few drops of food coloring to the water before freezing, or drop in a few small plastic toys.
3. Your child will enjoy playing with the block in the bath or outside in the pool.
4. If you've frozen small plastic toys inside the block, watch your child's surprise as the ice melts and the toys appear.

As a variation, fill balloons with water, tie tightly, and freeze to make ice balls.