

*Slow down and think about
avoiding hidden dangers*

ADVICE FROM

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FROM SPRINGDALE-MASON PEDIATRICS

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SUMMER

safety tips From

YOUR PEDIATRICIAN

Most accidents that land families in the emergency room each summer are preventable, say doctors at Cincinnati Children's and the American Academy of Pediatrics.

- 1** Fireworks look fun, but even sparklers can reach temperatures exceeding 1000 degrees F. Enjoy fireworks by attending a show run by professionals.
- 2** Playgrounds are great, but beware of hidden dangers: Hot slides may burn legs, and open S hooks or protruding bolts suggest poor maintenance.
- 3** Bike riding is a wonderful family activity. Don't forget a bike helmet for every member of the family, to prevent head and face injuries. Be sure the helmet fits correctly and has a label indicating that it meets safety standards.
- 4** Vacations and amusement parks are mainstays of summer fun. Review what your children should do if they become separated from you. Be sure your kids know your cell phone number.
- 5** All-terrain vehicles (ATVs) look fun, but children younger than 16 should not be allowed to drive or ride on them. 30 percent of all ATV-related deaths and hospital visits involve children.
- 6** Inflatable pools are a popular way to cool off in your own backyard. But beware: These pools are especially dangerous to kids younger than 5. Never leave children unattended by a pool, no matter the size, not even for a minute. Drownings can occur in only a few inches of water.
- 7** Backyard trampolines seem like a great way to get kids active outdoors, but they are simply too dangerous. In the United States each year, there are nearly 100,000 trampoline injuries.
- 8** Lawn-mower accidents frequently lead to summer injuries. The safest bet is to keep children out of the yard while you are operating a lawn mower. Never let a child be a passenger on a ride-on mower. Children need to be at least 12 before they are old enough to operate a mower themselves.
- 9** Life jackets are key if your family plans to boat, canoe, jet ski or simply play near lakes and rivers this summer. Make sure your child wears a comfortable life jacket that fits snugly. Encourage your child to keep a life jacket on by wearing one yourself.
- 10** Scooters and skateboards are fun as kids get older, but make sure they are never ridden near moving traffic. Most accidents are because of falls, so ensure your child or teen always rides with a helmet and protective gear to minimize the chance of injury.

