

KEEPING CHILDREN SAFE DURING SUMMER

ER Visits Peak in the Summer Months

Drownings Are the Leading Cause of Injury Death for Children Ages 1-4

Summer is near which means children will be enjoying outdoor activities such as swimming, camping and skating. Although it is considered a nostalgic time of year filled with fun, summer is also referred to as trauma season by the medical community. In fact, emergency room visits increase by 20% in June, July and August.

This guide is being provided to educate parents on the importance of summer safety, common injuries, prevention and what to do when injuries occur.

01 | Common Injuries & Accidents

Injuries can range from minor scrapes and bruises to life-threatening emergencies. Some of the most frequently reported cases in hospital emergency departments include drownings, bicycle and skateboarding accidents, falls and sunburns.

02 | Prevention

To avoid injuries and accidents, preparation is key. Take the time to follow these steps to ensure your child's safety:

- **Swimming Safety** – enroll your child in swimming lessons and never leave a child unsupervised at a swimming pool.
- **Safety Gear** – make sure your child is wearing properly fitted gear and riding in a safe, traffic-free area.
- **Playground Safety** – Many falls occur on playgrounds. Check that the play area is covered in mulch of shredded tire material to reduce the risk of injury.
- **Sun Exposure** – Be diligent with sunscreen and sunglasses and limit exposure, especially during peak hours (11 am – 3 pm).

03 | In Case of Emergency

In the event of a serious injury or emergency situation, remember the following tips and call 911:

- Remain calm
- Keep your child immobilized
- If appropriate and you are trained, start CPR
- If there is bleeding, apply continuous pressure to the site with a clean cloth
- Follow all instructions provided by the 911 operator

When our children think summer, they think fun. Being proactive about safety is the best way to make certain that they have an enjoyable, injury-free summer vacation.

To learn more about keeping kids safe during summer months, please visit:

<http://www.cdc.Features/KidsSafety/>

Did You Know?

Injury is the #1 Killer of Children in the U.S.

References

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Summer-Safety-Tips.aspx>

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