

# SUMMER SAFETY

It is important to have knowledge about different injuries and what steps to take if one should occur. This month's topic covers burns, sprains/strains, and ticks.

## Water Safety

### Boating

- Always wear a proper fitting life jacket.
- Be familiar with boating state laws.
- Ensure equipment is working.
- Exercise good judgment.

### Swimming

- Do not go in the water unless you know how to swim.
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed.
- The younger the child, the greater the risk
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free.



## Environmental Safety

### Ticks

- Use tweezers to pull the tick out by the head.
- Clean the area
- Watch for symptoms of Lyme disease (redness, fatigue, stiffness, fever)



### Poison Oak/Ivy Signs:

- Red rash
- Possible bumps or patches
- Swelling
- Itching

### Actions:

- Immediately rinse skin
- Apply wet compress or lotion
- In severe cases, seek medical attention

## Health Safety

### Sprain/Strain

- Rest – As soon as the injury occurs.
- Ice – Reduces pain and swelling.
- Compression –Decreases swelling.
- Elevation – Decreases blood flow.

### Burns

- Minor:
- Cool the burn under cold water
  - Cover burn with a sterile bandage
- Severe:
- Get immediate medical attention
  - Check for responsiveness
  - Treat for shock by having the person lie on their back with elevated legs and maintain normal body temperature.

## Transportation Safety

### Bicycling

- Inspect your bike prior to riding.
- Make certain others can see you.
- Wear a helmet, always.
- Follow the rules of the road.

### Skateboarding

- Inspect your skateboard prior to riding.
- Protective equipment should be worn when skateboarding.
- Learn to fall by relaxing, rolling, and landing on fleshy parts.

### Pedestrians

- Head up, phone down.
- If there is no sidewalk available, walk facing traffic.

