Top 10 Summer Safety Tips to Help Kids Have Fun and Stay Injury-Free

1. *Supervise children around water.* When at pool parties or out at the lake make sure that there is a designated adult watching the children playing in the water. At home make sure you are present when are children are playing with water or are in the bathtub. Children can drown in as little as an inch of water so make sure you know when they are playing or around water.

2. *Educate your children about swimming safety.* Every child is different, so enroll children in swimming lessons when you feel they are ready. Whether swimming in a backyard pool or in a lake, teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time.

3. *Wear life jackets.* Everyone should wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water, or when participating in water sports.

4. *Learn CPR.* Learning infant and child CPR will give you tremendous peace of mind if something does happen– and the more peace of mind you have as a parent, the better.

5. *Use appropriate car seats and buckle up every ride.* Make sure children are riding in the appropriate car seat or booster seat and that everyone else in the car is wearing seat belts.

6. *Never leave your child alone in a car, not even for a minute.* It can be tempting to leave a child alone in a car for a few minutes, but it can cause serious injury or even death in a matter of minutes. Reduce the number of deaths from heatstroke by remembering to ACT – avoid heatstroke, create reminders, and take action if you see a child left alone.

7. *Set up your grill with safety in mind.* Use long-handled grilling tools and position your grill well away from siding, deck railings, and overhanging branches, while keeping a safe distance from play areas and foot traffic. Periodically remove grease or fat buildup in trays below the grill so it cannot be ignited by heat.

8. *Drink water during sports.* Have your kids bring a water bottle to practice and games and drink plenty of water before, during, and after play. This is especially important in summer months to avoid dehydration.

9. *Wear a helmet for biking and other wheeled sports.* Helmets are the single most effective safety device to reduce head injury and death from bike crashes. Kids should wear a helmet when riding a scooter, skating, skateboarding, or biking.

10. *Wear a helmet and other appropriate safety gear while riding Off Highway Vehicles (OHV).* With so many trails and fun areas to explore, ATVs and other OHVs can be a lot of fun to ride during the summer. Making sure to wear a helmet and other safety gear (like gloves, boots, pants and long sleeved shirt) is important to make sure you stay safe on the trails.