



# Summer safety reminders

Summer is here! Summertime is always a fun time for children and families. The days become longer and hotter. Families begin planning enjoyable activities that involve being out in the sun for long periods of time and traveling for vacations. With this in mind, it is a good time to have some summer safety reminders in place to keep all those exciting activities from becoming summer nightmares. Take note of these simple, preventive tips and cautions for having a safe and enjoyable summer.

## PREVENTIVE TIPS

### *Fluids*

- It is important to increase your fluid intake during hot weather to prevent health risks.
- When exercising in heat, a person should drink two to four 16 ounce servings of fluids each hour.
- Avoid too many liquids containing large amounts of sugar, such as pop, Kool-Aid and alcoholic drinks, as these can increase the loss of body fluids.

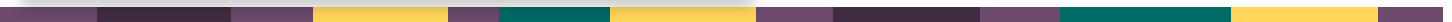
- Avoid drinking very cold drinks as this can lead to stomach cramps.

### *Appropriate clothing and sunscreen*

- Limit your outdoor activities to morning and evening hours.
- Rest often in shady areas so your body's thermostat has a chance to recover.
- Wear lightweight, light colored and loose fitting clothing.
- Wear a hat and sunglasses, and apply sunscreen frequently.

### *Stay cool inside*

- Remaining inside with air conditioning during extreme heat is the best preventative to heat-related concerns.
- Electric fans will not provide comfort or prevent heat-related illnesses when temperatures are in the upper 90s. Go to an air conditioned location when possible.
- Taking a cool shower or bath may provide some comfort.





## CAUTIONS

### **Monitor those at high risk**

- Infants and children up to age four are sensitive to the effects of high temperatures.
- Infants and children rely on others to regulate their environment and to provide adequate liquids.
- People age 65 or older may take medications that make them more susceptible to overheating.
- People age 65 and older may not compensate for heat stress efficiently and are less likely to sense and respond to the change in temperature.



- People overweight and with illnesses such as heart disease and high blood pressure, may be more effected by extreme heat.

### **Never leave a child alone in a vehicle**

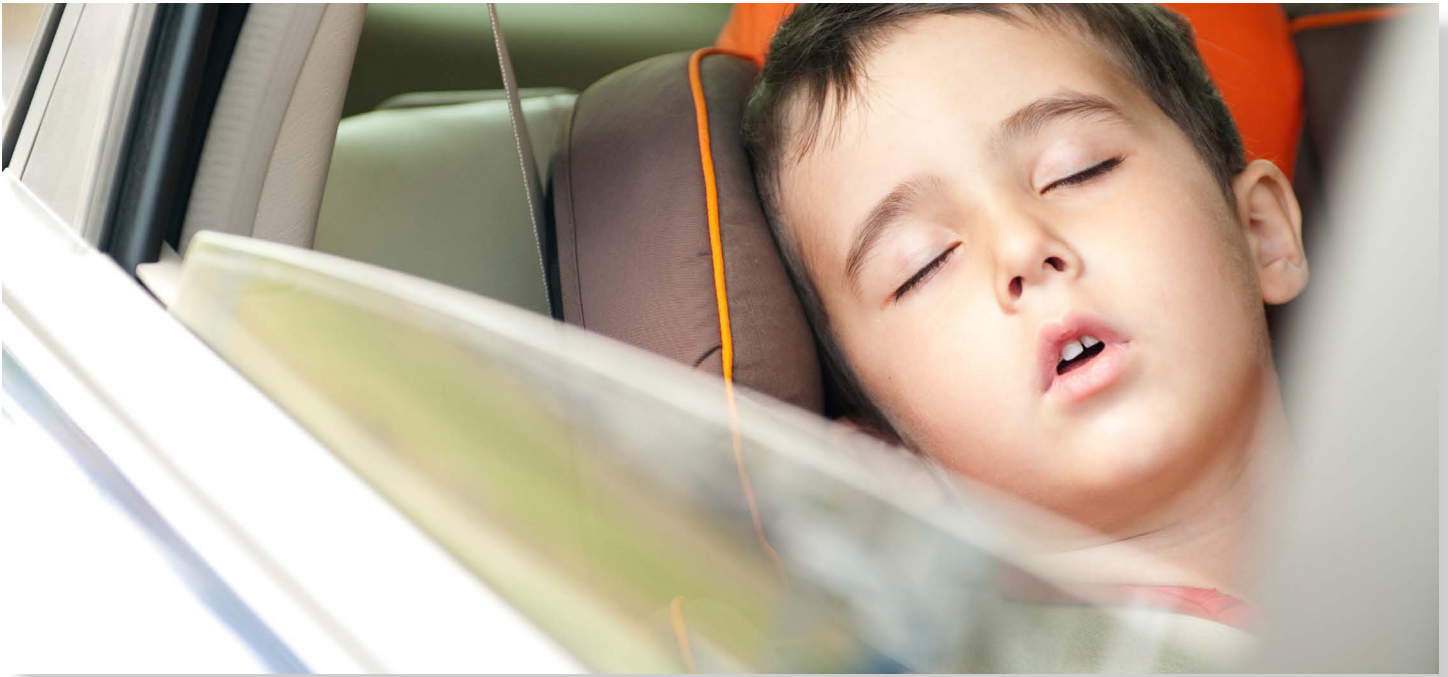
- On average, 38 children die each year in hot cars from heat related deaths. (KidsAndCars.org)
- Heatstroke is the leading cause of non-crash related fatalities for children 14 and younger. (The National Highway Traffic Safety Administration, NHTSA)
- High body temperatures can cause permanent injury or even death. (NHTSA)
- In 10 minutes, a car can heat up 20 degrees. Rolling down a window does little to keep it cool. (NHTSA)
- Heatstroke can occur in temperatures as low as 57 degrees. (NHTSA)
- When leaving the vehicle, check to make sure everyone is out. Do not overlook any children who may have fallen asleep or may be hiding in the car.

- KidsAndCars.org has provided the following safety tips for caregivers in regards to children and cars:

- Never leave children alone in or around cars, even for a minute.
- Put something you will need, such as cell phone or hand bag, on the floor board in the back seat.
- Get in the habit of always opening the back door of your vehicle every time you reach your destination.



- Keep a large stuffed animal in the child's car seat when it is not occupied. When the child is placed in the care seat, place the stuffed animal in the front passenger seat as a visual reminder.
- Make arrangements with your child's day care center or provider that you will always call if your child will not be there as scheduled.
- Keep vehicles locked at all times, even in the garage or driveway.
- When a child is missing, check vehicles and car trunks immediately.



***Don't be afraid to act***

- States have “Good Samaritan” laws to protect people from lawsuits for getting involved with helping people in an emergency.
- If you see a child alone in a car, make sure the child is okay and responsive. If not, call 911 immediately.
- If child appears okay, attempt to locate the parents or have the facility’s security or management page the car owner.
- If someone is with you, one person should actively search for the parent while the other waits at the car.
- If the child appears unresponsive and appears in great stress, attempt to get into the car to assist the child, even if it means breaking a window.
- If the child is in distress due to heat, get the child out of the car as quickly as possible. Cool the child rapidly by spraying the child with cool water.





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## QUESTIONNAIRE

Please use a separate answer sheet for each parent completing this training.

Print name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ License #: \_\_\_\_\_

Please read the enclosed article and answer the following questions for a half-hour training credit. If more than one person wishes to receive credit, he or she must use a separate piece of paper and have his or her own signature and legal name on that page.

To receive credit, please mail your answers in a timely manner to:

**TFI Family Services, Inc., Attn: Gayle Schwarzrock**  
**217 SE 4th St., Topeka, KS 66603**

1. It is important to increase your fluid intake during hot weather to \_\_\_\_\_ health risks.
2. Try to limit outdoor activities to \_\_\_\_\_ and \_\_\_\_\_ hours.
3. In 10 minutes, a car can heat up \_\_\_\_\_ degrees.
4. States have “\_\_\_\_\_” laws to protect people from lawsuits for getting involved with helping people during an emergency.

