

Hidden Dangers!

In just 10 minutes, a car's temperature can increase by **19 degrees**.

A body temperature of 106° or 107° can result in severe brain damage or death of a child.

Nationwide, an average of 37 children die each year from being left alone in hot cars by caring parents or adults who become distracted and FORGET...

If you're capable of forgetting your cell phone or your house keys, you are potentially capable of leaving your child in the car on the way to work, school or home.

- Place something in the back seat that you will need at work, school or home (your laptop; your lunch).
- Make it a habit to **always check the backseat** before you leave your car!
- **Never leave your child alone in a car** & call 911 if **any child** is locked in a car.

Practice Driveway Safety

Before you get in your car, **walk around** it to make sure children are not under or behind it. **Identify and**

use safe play areas for children away from parked or moving vehicles & teach kids to play in these areas, not near cars!



Consider making your driveway a "**toy-free zone**" to help minimize the risk of injuries.

IS A CHILD'S LIFE REALLY WORTH THE RISK?

Information provided in part by:

www.healthychildren.org

www.safekids.org

www.uscgboating.org

www.WaterproofFl.com

Developed by:
PREVENTION UNIT
Office of Family and Community Services



MYFLFAMILIES.COM

For additional information and copies of this free Summer Safety brochure, please visit:
<http://www.myflfamilies.com/service-programs/child-welfare>

Summer Safety Tips



HYDRATION & SUNSCREEN

keep the **FUN** in the **SUN!**

How much water should a child drink while playing outside?

Kids perspire less & produce more body heat than adults, which makes them more prone to dehydration. That risk increases on a hot or humid day, especially when kids are playing hard!

A young child who weighs around 90 pounds should drink about 10 gulps of water every 20 minutes when playing sports, and older kids or teens weighing around 130 pounds, should drink about 20 gulps of water during that same time frame.

(1 gulp = 1/2 oz. of fluid)

ABOUT USING SUNSCREEN!

- Use a sunscreen of **SPF 15 or greater** daily that protects against UVA & UVB rays, even on cloudy days!
- Apply sunscreen **every 2 hours**, and again after swimming or sweating!
- Try to **limit sun exposure** between the peak intensity hours of **10am-4pm.**



WATER SAFETY IS EVERYONE'S RESPONSIBILITY

Drowning is a silent catastrophe...one that can

happen in the few minutes you take to answer the phone, or run inside for a towel, or throw in a load of laundry. Please don't ever assume that it can't or won't happen to your child...

Something that may seem unimportant to you may get your child's attention, so **ALWAYS** try and look at things through your child's eyes and take precautions.

Keep toys and other play items away from the pool or any other water area!

POOLS & OPEN WATER

KEEP YOUR EYES ON THE KIDS! Never leave a child unsupervised in or around water (including pools, spas, bathtubs, buckets, beaches or ponds), not even for a second!

- **Teach children the difference between pools and open water:** Open water has uneven depths, currents, undertows and changing weather.
- **Teach** kids to swim **ONLY** in areas designated for swimming, and only with buddies, **NEVER ALONE!**
- **Teach** kids never to dive into oceans, lakes or rivers, because one never knows how deep the water is, or what might be under the surface.
- **Teach** children how to tread water, how to float, and to stay by the shore.
- **ALWAYS KEEP** rescue equipment (for example, a safety ring), near the pool for emergencies.

Find out more at: WaterproofFL.com

Florida leads the nation in drowning deaths of children ages 1-4

BOAT SAFETY, TOO!

Although "water wings" and "noodles" are fun toys for kids, they should never be used in place of a **U.S. Coast Guard approved Personal Flotation Device (PFD)** while around open bodies of water, participating in water sports, or while on boats.

- **Children should keep hands and feet inside the boat at all times.**
- **Have a working carbon monoxide alarm on motorboats to alert you to buildup of toxic engine fumes.**



Make sure life jackets fit snugly. Have kids make a "touchdown" signal by raising both arms straight up; if the jacket hits a child's chin or ears, it may be too big or the straps may be too loose and may need adjustment.

Visit www.uscgboating.org for information on **FREE annual vessel safety checks (VSC).**