

Parental Summer Safety Checklist

Summertime can be a magical time for your children. Unfortunately it is statistically the most dangerous season for them. Emergency room visits and child deaths increase significantly from May through August. Summer is about having fun while staying healthy and safe. Here is a general Parental Summer Safety Checklist for you, the parent, to read over and verify that you are doing the necessary steps to keep your kids safe this summer.

Walking Safe

- I never let my child, if under age 10, cross the street alone.
- I know exactly where my child will be walking, who with, and when to expect him home.
- My child wears reflective materials and carries a small LED flashlight when it's dark, at dawn, and at dusk.

Playing Safe

- I supervise my child at playgrounds and parks. I also make sure there is a safe surface such as mulch, gravel, rubber or fine sand to play on.
- My child always wears the right, properly fitted protective gear when he plays team or backyard sports.
- I make sure my child wears proper sunscreen even when it is cloudy or overcast outside.

Wheeling Safe

- My child wears properly fitting helmets and other protective gear every he rides a bike, scooter, in-line skates, or skateboards.
- My child knows the rules of the road and obeys all traffic laws.

Riding Safe

- I make sure all my children have their own child safety seats or safety belts appropriate for their age and size, and that they sit in a back seat.
- I have studied both my vehicle owner and car seat manuals carefully.
- I have made sure that my car is mechanically safe and sound.
- I have inspected my car inside and out to make sure there are no sharp objects or safety hazards