

Summer is such a fun and busy time of year for most people. Whether you are hiking, gardening, swimming, mowing the lawn, or just enjoying the weather, you are likely outside more often during the summer months than any other time during the year. Safety is not necessarily the first thing on everyone's mind when enjoying the summer, but it is important to make sure you are taking the necessary precautions to stay safe.

EMERGENCY DEPARTMENTS TREAT ABOUT 6,400 POOL AND SPA INJURIES IN CHILDREN YOUNGER THAN 15 EVERY YEAR.



THE U.S. COAST GUARD REPORTED THAT 76% OF BOATING DEATHS IN 2017 WERE DUE TO DROWNING, AND 84% OF THE VICTIMS WERE NOT WEARING A LIFE JACKET.



INFANTS AND CHILDREN UP TO 4 YEARS OF AGE ARE AT THE GREATEST RISK FOR A HEAT RELATED ILLNESS.



## Stay Hydrated

### Signs of Dehydration

- Thirst
- Dizziness
- Cramps
- Weakness
- Stomachache

### How to Stay Hydrated

- Drink water before, during, and after any activity in the heat.
- Don't wait until you are thirsty to drink.
- Avoid sugary beverages.
- Avoid caffeinated beverages.
- Make sure to schedule breaks in cool places when outside for long periods of time.



1

## Use Sunscreen

Reapply frequently and make sure to use an SPF of at least 30.



2

## Wear Eye Protection

Sunglasses that block 99-100% of UV rays can help prevent UV damage to the eye.



3

## Wear a Helmet

Protect your head when on a bike, scooter, skateboard, or participating in any other activity that could potentially cause a head injury.



4

## Wear a Life Jacket When in the Water

Even if you are a strong swimmer!



5

## Find a Buddy

Hike, bike, swim, explore but never alone.



6

## Protect Yourself from Bugs

Use an effective insect repellent when outdoors and make sure to check yourself and children for ticks.



7

## Be Aware of Your Surroundings

Distracted walking is a serious concern. Avoid using your phone while out walking, especially when crossing streets.



8

## Stay Hydrated

Drinking water is always the best way to stay hydrated. Don't wait until you're thirsty to drink, and avoid sugary/cafeinated beverages.

#ibpwellnesstips  
Healthier Together

### Sources:

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning>

<https://www.cdc.gov/family/kids/summer/index.htm>

Please note that this tip sheet is educational and is not intended for diagnosis and/or treatment. Discuss any symptoms with your physician.

