



Summertime, Summertime, Sum, Sum, Summertime

Summertime is fun time, especially for those lucky ones who have the summer off. Here are some tips to keep summer fun and SAFE.



Water Safety Tips

- Never leave a child alone near water.
- Always use approved personal flotation devices.
- Older children and adults risk drowning when they overestimate their swimming ability or underestimate the water depth or speed.
- Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
- Never consume alcohol while operating a boat (designate a driver when boating, similar to driving an automobile).



Bike Helmet Tips

- Wear a helmet. Head injuries cause about 85% of all bicycling fatalities.
- When wearing a helmet, use the chin strap (how many times do you see kids wearing a helmet with the chin strap blowing in the wind?)

When fitting a helmet, it should fit securely and should be worn low and near the eyebrows, not back on the forehead.

A properly designed helmet has four characteristics:

1. A stiff outer shell designed to distribute impact forces and protect against sharp objects.
2. An energy-absorbing liner at least one-half inch thick.
3. A chin strap and fastener to keep the helmet in place.
4. It should be lightweight, cool in hot weather and fit comfortably.

- **Did you know? Bike helmets are similar to motorcycle helmets in that they are good for only one bad crash. Skateboard helmets are different. To tell the difference look inside the helmet, skateboard helmets have a sticker inside that says ASTM -1492.**



