

# OUTDOOR SAFETY

## Water Safety (Swimming, Diving and Boating)

Drowning is the third leading cause of accidental death of children age 14 and under. Each year nearly 1,200 children drown, and another 5,000 are hospitalized due to near drownings. Most drownings occur when a child falls into a pool or is left alone in the tub. To help prevent drownings, the American College of Emergency Physicians recommends:

### DO:

- Swim with a buddy, never alone.
- Know how to swim, teach young children.
- Survey the area for depth and clarity of water.
- If you can't swim or you are in a boat, always wear a lifevest.
- Know CPR.
- When in a boat, know distress signals, safety equipment and tell someone where, you're going.
- Fence all home pools.

### DON'T:

- Dive or jump into bodies of water, always wade in first to avoid hitting your head.
- Drink alcohol when engaging in sports.
- Wander into restricted or unsupervised areas.
- Leave children unsupervised.

When going out on the water, always know the distress signals and how to call for help.



## Land Safety (Biking, In-Line Skating, and Exercising)

Every year people are involved in traffic accidents while biking, in-line skating, running, and speed walking. Ninety percent of bicycle injuries for children ages 14 and under are the result of car collisions. Four out of five deaths result from head injuries. It is estimated that 83,000 in-line skating injuries will be treated in emergency departments this year. To ensure safety while participating in these types of sports, people must learn the 'rules of the road' and wear proper protection and equipment.

### DO:

- Drink enough water and fluids to replenish minerals.
- Always wear a helmet and other necessary protective gear when biking or in-line skating.
- Remember the 'rules of the road' and watch out for others.
- Make sure all equipment (bikes, pads, shoes) fits properly.
- Teach children how to behave in traffic and supervise them until they are confident.
- Wear sunscreen
- Walk bikes across busy intersections, ride on the right and use proper hand signals.

### DON'T:

- Drink alcohol when engaging sports.
- Wander off into unfamiliar areas.
- Leave children unsupervised.
- Go out at night. If you do, wear reflective clothing.
- Wear anything that restricts hearing or obstructs vision.
- Exercise on streets with heavy traffic, rough terrain, or no shoulder area.

If you're camping or hiking outdoors bring a first aid kit, wear insect repellent, check for ticks, chiggers etc., and be cautious when exploring. Always make sure someone knows where you plan to hike or camp.

