



SUMMER SAFETY

PROTECT CHILDREN FROM COMMON SUMMER HAZARDS

Activities most responsible for injuries: biking and swimming.



Bikes & Accessories

~70% of fatal bicycle accidents involve head injuries. The risk of head injury can be reduced as much as **85%** by wearing a properly fitted helmet.

Besides car accidents, bicycles cause the majority of children's injuries and are the leading cause for visits to emergency rooms.

Recommendations



The CPSC recommends properly-fitted helmets should be worn by children (and adults).

- When buying a helmet, look for a label that includes: **"Complies with U.S. CPSC Safety Standards for Bicycle Helmets."**

Make sure that bikes are road-worthy:

- Tires are properly inflated;
- The seat and handlebars are tight;
- The brakes are working;
- The bicycle has reflectors;
- The rider is wearing reflective clothing to increase visibility; and
- Add a tall flag to low tricycles or riding toys so vehicle drivers can see the rider.



Swimming & Water Activities

CDC:

Drowning is the **leading cause** of death for kids aged 1-4.

CPSC:

- Nearly 300 children under the age of 5 drown annually.
- 5,100 children under 15 go to emergency rooms for near-drowning injuries annually.
- Inflatable pool toys pose a risk of suffocation especially when they are collapsed.
- Deflated kiddie pools create dangerous situations for small children.



Recommendations

- Be present, alert, and watchful of children as they swim.
- Have a phone close by in case of emergency.
- Never leave a child unattended.
- Make sure children understand the safety rules.
- Review the pool area for potential hazards.
- Assign one or more adults to watch swimmers.
- Take turns to maintain attentiveness.
- Always lock your pool to prevent unattended children from entering.



Trampolines & Bounce Houses

70 in 100,000 children under 17 suffer trampolines injuries.

Recommendations

When using a trampoline at home, the Mayo Clinic advises:

- The trampoline should be set up on level ground.
- Always use a safety net and padded springs.
- Parents should supervise trampoline all activity.



5 in 100,000 children are injured from bounce houses.

Bounces houses result in 1 child being sent to the ER every 46 minutes.

Recommendations

- Bounce houses should be set up and operated by qualified individuals.
- Check weather conditions as bounce houses should not be used in windy conditions.

Playground Equipment

Playgrounds account for hundreds of thousands of injuries every year.

On public playgrounds, climbing structures account for a majority of injuries. Swings are primarily responsible for injuries for at-home play structures.

Recommendations

- Check the playground to ensure it is properly maintained.
- Ground surfaces should be well cushioned.
- Always monitor young children at play.



Parents and guardians: Be aware of hazards and protect against them. Have a safe summer!

Sources:
http://www.kidsindanger.org/docs/research/Summer_Safety_Report_Final.pdf



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