

The Basics

- › Call 911 in an emergency.
- › Supervise, supervise, supervise.
- › Learn basic first aid.
- › Learn/review CPR (cardiopulmonary resuscitation).
- › Keep your phone and a well-stocked first-aid kit readily available.
- › Carry epinephrine if someone has a prescription for severe allergic reactions.
- › Do not move a person who has a head, neck or back injury. Call 911.
- › Puncture wounds can cause tetanus. Seek medical attention as soon as possible even if the wound does not bleed.

Car Safety

Temperatures inside a car, even on cloudy days, or with windows cracked, can reach lethal levels in minutes.

- › NEVER leave children, a vulnerable adult or pet unattended in a vehicle.
- › Attach a “Bring the baby” reminder to your door handle or dashboard.
- › Lock your car and put the key out of reach to keep children from getting into the car on their own.

The correct and consistent use of car seats and seat belts save lives. Improper use is dangerous. Visit www.pakidstravelsafe.org for more information.

- › Never use a car seat as a sleep space for infants outside the car. Infants under one year of age should be placed flat on their backs to sleep.
- › Use the appropriate car seat for your child and install it properly. Your local police department can provide assistance.
- › Never use a used car seat. Free, new car seats are available for those who need them.
- › Wear your seatbelt and insist others do, too.
- › Never allow anyone to ride in the bed of a truck or anywhere other than securely belted in the vehicle.

Safe in the Sun

Dangers of being outside mid-day during high temperatures include heat exhaustion, heat stroke and sunburn.

- › Stay in the shade between noon and 4:00 pm.
- › Make sure everyone, especially children and vulnerable adults, drinks plenty of liquids.
- › Wear a hat, UV-blocking sunglasses and garments, and apply sunscreen to exposed skin.



Bug Bites and Stings

Insect bites and stings can cause allergic reactions and disease.

- › Keep children away from plants that attract bees or other stinging insects.
- › Cover open beverage cans and bottles to keep stinging insects from getting in.
- › Keep areas where water lingers empty so mosquitoes cannot breed.
- › Wear long pants and long sleeves and apply mosquito repellent containing DEET to exposed skin when going outdoors.
- › Be aware of nests of stinging insects around your home. They are removed with less risk after dark. Contact a local apiary group to move honeybees to safety.
- › Keep out of tall grass where ticks might live. When you get home, inspect the entire body of anyone who was outdoors for ticks. Research the proper way to remove a tick before doing so.

For more details about summer safety visit the National Safety Council’s summer safety page.

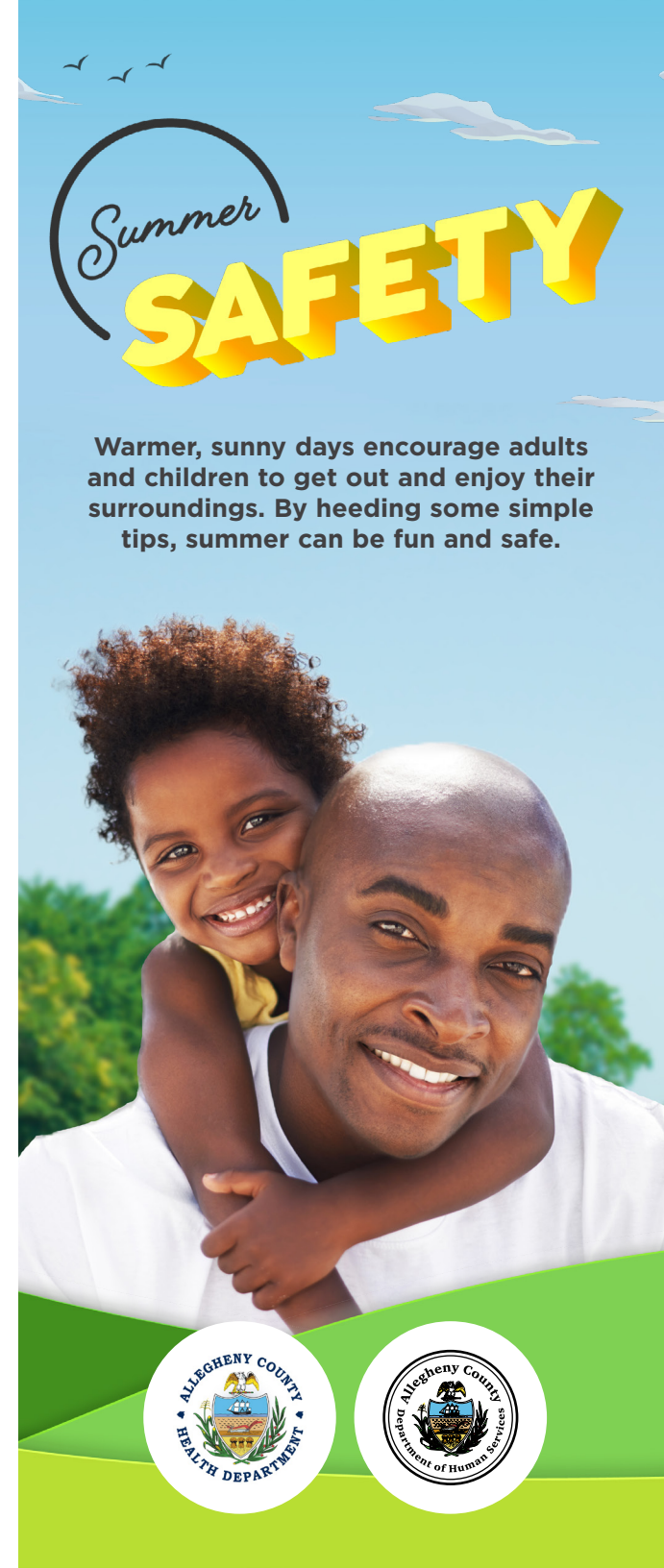
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>



Human Services Building
One Smithfield Street
Pittsburgh, PA 15222



542 Fourth Avenue
Pittsburgh, PA 15219



Warmer, sunny days encourage adults and children to get out and enjoy their surroundings. By heeding some simple tips, summer can be fun and safe.

Safety on Wheels

Riding anything on wheels such as bikes, skateboards, in-line skates, scooters, motorcycles or ATVs risks bodily trauma with life-threatening consequences.

- › Always wear a helmet when riding anything with wheels.
- › Ride with at least one other person.
- › Know the road/trail before you ride on it.
- › Wear high-viz clothing and use lights to draw attention to yourself if riding after dark.

ATVs (All Terrain Vehicles) have specific safety tips.

- › Never operate an ATV under the influence of alcohol or other mind-altering substances.
- › ALWAYS wear a DOT certified helmet, goggles, long sleeve shirt, long pants, over-the-ankle boots and gloves.
- › Don't allow more riders than the ATV is designed for.
- › Never ride an ATV on a moderate-to-steep embankment. It could tip over and crush you.
- › Ride only on designated trails and at safe speed. Never ride on paved road except to cross with caution.
- › Ride the appropriate ATV for your age.
- › Carefully supervise drivers under 16 years of age. ATVs are not toys.

Play it Safe

Falls from playground equipment, trampolines and trees account for many emergency room visits all summer long.



- › Never leave children unattended at a playground.
- › Stand within arm's reach for "Watch this!" moves.
- › Allow only one child at a time on a trampoline.
- › Surround trampolines with secured netting.

The combination of distracted drivers and preoccupied children makes street play extremely risky.

- › Supervise street play.
- › Set up warning signs or ask your municipality to post 15 mph speed limit signs if there is no other place to play.
- › Teach children to look both ways before entering or crossing the street.

Backyard water play can be safe by following a few tips.

- › When placing a water slide, make sure it is not on top of rocks or sharp objects.
- › Let a dormant hose run until the hot water it contains passes through.
- › Remind children not to drink water from the hose.

Campfires, Grills and Fireworks

Burns and other injuries can take the fun right out of a cookout or celebration.

- › Never leave a child unattended around a campfire.
- › Fires must be kept in fire circles, away from dry grass or brush.
- › Make sure fires are completely extinguished by dousing with water until the sizzling stops.
- › Always turn off the propane at the tank after each use of your grill.
- › Never allow children to launch or be near the launching of fireworks.

Water Safety

Drowning is an instantaneous, silent killer.

- › Constantly closely supervise young non-swimmers even in shallow kiddie pools.
- › Never swim alone.
- › Empty ALL containers of liquid before stepping away including buckets, sinks and kiddie pools.
- › Surround pools and spa areas with a high unclimbable fence with self-latching gate.
- › Lock and childproof rooms and areas that have sources of water.
- › Insist that children and non-swimmers wear certified life jackets when in or near water.
- › Encourage swimmers to wear life jackets when boating or fishing, or when swimming in cloudy water or unfamiliar settings.

Open Windows/Latched Doors

Trauma due to falls from unscreened or screened open windows and lacerations from breaking glass are preventable.

- › Keep furniture, and anything else that can be climbed, away from the windows you open - even if they have screens.
- › Keep the windowsills of open windows empty.
- › Replace all glass panels in storm doors with screen or plexiglass.

Chemical/Poison Safety

Accidental poisonings can be prevented. If you suspect poisoning, call the Poison Center immediately at **1-800-222-1222**.

- › Put "Mr. Yuk" stickers on all dangerous chemicals. Get a free sheet at www.upmc.com/Services/poison-center.
- › Store lawn and garden chemicals such as weed killer, pesticides and fertilizers in locked units or at a height unreachable by children.
- › Store pool chemicals away from the pool area in a secured location.
- › Teach children to eat or drink only things given to them by you at the table. Many common garden plants, wildflowers and mushrooms are poisonous.
- › Teach children to recognize and avoid poison ivy, poison oak and poison sumac.
- › If skin is burning, has a rash or redness due to exposure to potential poison, immediately contact the Poison Center for guidance before washing.