

PSA In Good Health: Summertime Calls for Added Safety!

Summer can be a fun season, but safety should always be a priority for you, your friends, and your family. When preparing for your favorite summer activities, don't forget to follow these summer safety tips.

Understand SPF and use sun protection

Extra-high SPF numbers aren't nearly as important as careful, effective application on all exposed skin. Today's spray-based sunscreen is usually more child and teenage friendly, since it's a lot easier to apply than oily lotions. You should also cover up with ultraviolet protection (UPF) clothing.

Protect against mosquitos and other threats

Mosquitos carry some of summer's worst diseases (Lyme, Zika, etc.). If you are going to be spending time near open, standing water, protect yourself from mosquitos by covering your arms and legs and using effective repellents like Deet. While bright colored clothing is a good idea in the forest, in other environments it may attract stinging insects.

Remember helmets and kneepads

From skateboards and scooters to any other type of summer sport, equip yourself and your children with helmets for extra protection, but don't stop there. Kneepads protect your valuable knees from scrapes or worse injuries.

Practice proper safety near water

An unfortunate number of summer deaths are caused by drowning. If you or your family are enjoying pool activities or water sports, always go in pairs. Make sure that kids are under constant adult supervision as well as equipped with the proper flotation devices. Adult water-related deaths are frequently caused by drinking on watercraft or before swimming. If your summer fun involves a few beers, then enjoy your water activities first: drink when you are done and back on land.

When it heats up, plan hydration carefully

If you are heading into hot temperatures, make sure you drink plenty of water (other drinks like iced tea and sodas may contain caffeine which will dehydrate you further). If it is particularly hot, make sure you frequently stop in the shade and take a drink of water to keep from sweating out too much.

When exploring, coordinate times, directions, and group-ups

Exploring festivals, new towns, hiking paths, and even other countries are very popular summer activities. Make sure no one is alone, have everyone's phone number for contact, and arrange for specific times and places to meet up.

Be more careful in the car

Summer is a more dangerous time to be on the road! The combination of drivers new to the area, drivers who may be acting more careless, and more bikers can lead to disaster. So, remember to check your car, practice good maintenance, and follow local traffic laws.

Use licensing and safety courses

From dirt-biking and off-roading to jet-skiing, a lot of today's summer activities involve advanced equipment. Don't jump into this equipment without the proper training! Make sure everyone takes the right classes, obtains any important licenses, and follows the right rules. It takes a little bit of preparation, but it vastly increases safety and avoids any hefty fines you may incur if no one knows the rules.

Stay away from activities that are simply too dangerous

It is too dangerous to let kids go unsupervised or without the proper equipment, no matter how much they may want to do something. Just because something is popular or trending doesn't mean it should be allowed or encouraged.

Protect food and wash your hands

Keep food sealed and covered until it is ready to eat, and try to keep it out of the sun if possible. When grilling, make sure meats are properly refrigerated before use and thoroughly cooked. When dealing with any kind of food, wash your hands first to prevent contamination.

These summer home safety tips are simple, but easy to overlook during summer activities. PSA wishes you and your family a very happy, healthy summer!