Sunburn Prevention

- Remember sunburns can occur on cloudy days
- Children should wear caps with brims and sunglasses
- Apply sunscreen (SPF 15 or higher) every 2 hours
- Babies under 6 months of age sunburn more easily and need extra protection:
  - Keep out of the sun and shaded
  - Cover body with tight knit clothing
  - Wear brimmed cap
  - If it is absolutely necessary to have babies under 6 months in the sun, use sunscreen every 2 hours

Water Safety Recommendations

Active supervision can help prevent drownings!

- Learn to swim
- Learn CPR
- Adult supervision at all times
- Do not use air-filled “swimming aids” such as water wings as a substitute for approved life vests

In the pool:
- Install a 4 foot fence completely around pool
- Remove all toys from the pool after use
- Never dive in water less than 9 feet deep

In the rivers, lakes and ocean:
- Wear Coast Guard approved life jackets
- Remember “feet first” when entering the water
- Beware of undertow currents and changing waves

Playground Safety Tips

Follow the SAFE Model

S
Supervise your children
Survey playground for hazards.

A
Age-appropriate playground equipment
Use playgrounds that are designed for your child’s age.

F
Fall to Safe Surfaces
Check for shock absorbing surfacing.

E
Equipment Maintenance
Is it anchored, with no protruding bolts or open spaces that could entrap a child?

Window Safety Checklist:

- Do not rely on standard window screens to keep your child safe
- Place cribs, beds and other furniture away from the window
- Use child safety window guards, safety screens, locks or window wedges to prevent falls

Poison Prevention:

Active supervision and proper storage can prevent these spring and summer poison hazards:

- Pesticides
- Plants and Mushrooms
- Solvents Used in Spring Cleaning
- Hydrocarbons: (gasoline, kerosene, and charcoal lighter fluid)

Think First
Oregon
Injury Free Coalition for Kids®
1-800-222-1222