

Doernbecher Children's Safety Center

Spring and Summer Safety Tips



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 undercurrents and changing waves



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

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?

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)



ThinkFirst
Oregon

Injury Free coalition
for Kids®

POISON
Help
1-800-222-1222