

# 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)



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**POISON**  
**Help**  
1-800-222-1222