



# SUMMER SAFETY

## Quick Tips to Stay Safe on All Your Adventures

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Summertime is full of adventures outdoors. But with adventure comes risk, and summer safety may not be top of mind when you're having fun. We've included our top safety tips for summer to help you keep you and your family safe, happy, and healthy no matter where your adventures take you.

### Pool Safety

- Children should wear a life vest or flotation device.
- Always be attentive watching children.
- Install pool safety equipment, such as:
  - Pool alarm
  - Fencing
  - Drain covers
  - Life hook
  - Safety pool cover
- Do not drink alcohol around the pool.
- Deflate and put away kiddie pools when not in use.
- Talk to your children about pool and water safety.
- Learn CPR and first aid.



- Take swim lessons.
- Check the pool or water first if your child is missing.

### Open Water and Beach Safety

- Have life vests for every person.
- Shuffle your feet when walking out into the ocean or open water.
- Check for lifeguards on duty.
- Look for flags alerting local conditions.
- Pay attention to changes in weather and head indoors whenever you hear thunder or see lightning.
- Avoid rip currents and never try to fight the current.

## Car Safety

- Never leave a child or pet in the car, even for a short while.
- Perform routine summer car maintenance.
- Have a chat with your teens about safe driving practices.
- Drive responsibly, have a designated driver, or use a rideshare.
- Get enough sleep and stop for rest when feeling tired on the road.
- Watch out for bicycles and motorcycles.

## Outdoor Safety Tips for Summer

- Wear sunscreen.
  - Reapply every 80 minutes.
- Stay hydrated.
- Cool off in the shade or inside often.
- Wear a helmet when riding a bicycle or motorcycle.
- Use insect repellent to ward off mosquitoes, ticks, and other disease-transmitting bugs.
- Practice firework safety.
  - Use only where legal.
  - Stay away from your home, trees, and people.
  - Do not use in drought or wildfire conditions.
- Never leave a grill unattended.
- Do not grill indoors or enclosed areas.
- Do not leave pets outdoors without shade or water.
- Share your summer plans with others.
  - Whether it's a concert, road trip, picnic, or camping trip, let others know where you are for your safety.

