

PREVENTING SUMMERTIME INJURIES

Enjoying an Injury-Free Summer

Summer is upon us which means children are enjoying outdoor activities such as swimming, camping, skating and more. Although it is considered a nostalgic time of year filled with fun, summer is also referred to as trauma season by the medical community. In fact, emergency room visits increase by 20% in June, July and August. This guide is being provided to educate your patients on the importance of summer safety, common injuries, prevention and what to do if an accident occurs.

01 | Common Injuries & Emergencies

Accidents can range from minor cuts and bruises to life-threatening emergencies. Some of the most common situations presented in hospital emergency departments include drownings, bicycle and skateboarding accidents, falls and sunburns.

02 | Prevention

To avoid the injuries listed above, preparation is key. Take the time to follow these steps to ensure your child's safety:

- Enroll your child in swimming lessons and never leave your child unsupervised at a swimming pool.
- Make sure your child is wearing proper safety gear and riding in a safe, traffic-free area.
- Many falls occur on playgrounds – check that the play area is covered in mulch or shredded tire material to reduce the risk of injury.
- Be diligent with sunscreen and sunglasses and limit sun exposure, especially during peak hours (11 am – 3 pm).

03 | In Case of Emergency

In the event of a serious injury or emergency situation, remember the following tips and call 911:

- Remain calm
- Keep your child immobilized
- If it is needed and you know how, start CPR
- If there is bleeding, apply continuous pressure to the site with a clean cloth
- Follow all instructions provided by the 911 operator

04 | Keeping Summer Safe for Kids

When our kids think summer, they think fun. Being proactive about safety is the best way to ensure that they have an enjoyable, injury-free summer vacation.

For more information on keeping kids safe during the summer, please visit:

<http://www.cdc.gov/Features/KidsSafety/>

*Did You Know?
Drownings are the leading
cause of injury death for
children ages 1 to 4.*

References

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Summer-Safety-Tips.aspx>
[http://health.gmnews.com/news/2012-06-01/Health/Summer is the most common time for pediatric emerg.html](http://health.gmnews.com/news/2012-06-01/Health/Summer%20is%20the%20most%20common%20time%20for%20pediatric%20emerg.html)
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