

Summer Accident Prevention Tips

By Tasha Killian

During the summertime there are lots of fun activities for families. From camping, to swimming, to playing outside, there are lots of activities where families can bond together. These activities also pose many trials for parents trying to keep their children safe. Parents can take a few precautions to avoid accidents from happening. Below are types of common accidents and ways to avoid them.

Car accidents – during the summer, traffic on the roads is usually heavier. People are travelling on vacation, and teenagers are out of school and more heavily on the roads. Make sure to avoid accidents by reducing distractions like using your phone. Always wear seatbelts. And, as always, do not ever drink and drive.

Swimming accidents – swimming can be very fun, and many people love to do it during the summertime, but pools, rivers, and lakes are a very common place for many accidents. Here are some tips to avoid these accidents.

- Do not dive into the water without knowing the depth first, and only dive in areas marked as safe for diving.
- Obey the posted safety signs around the pool and always follow the instructions of the lifeguards and pool staff.
- Walk – do not run – around the pool area.
- Be vigilant in watching children, even in the kiddie pool areas or shallow water.
- If you are playing in water that is not a pool, like a river or lake, be sure to play only in safe areas and to use flotation devices such as life jackets.

Bike accidents – During the summer, children have more opportunities to spend time outside riding bikes. Make sure children know how to obey proper street rules for bikes and that they always wear a helmet. Being aware of cars and other pedestrians can help avoid bicycle accidents.

Babysitting accidents – babysitting usually occurs more in the summer months when children are out of school. To help prevent accidents, make sure babysitters know all emergency contact numbers before leaving. Help babysitters to understand that they are responsible for children and should be observant when watching – for many teenage babysitters this means talking to them about using their phones while babysitting.

Hiking accidents – hiking is a fun pastime for many families in the summer. To prevent hiking accidents, make sure to bring enough water for everyone on the hike. It is a good idea to check out the hiking route online beforehand to see what the elevation change will be and the level of difficulty. Make sure to avoid falls by wearing proper hiking shoes, and taking the route closest to the mountain.

Wherever you go, make sure to have a first aid kit fully stocked with bandages, sunscreen, emergency contact numbers and any other items you may need for your personal situation.

Many more accidents occur in the summertime than do in other seasons because of the nice weather and children being out of school, but many of these accidents are preventable. Take these precautions and remember that continually being vigilant can help prevent much of the accidents that occur during summer events.