

From our Parish Nurse
Lorraine Dudley

Tips for an injury-free summer

Avoiding a trip to the Emergency Department starts with keeping an eye on your children.



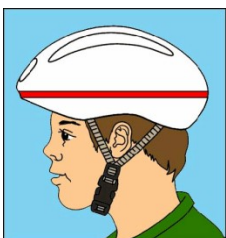
Heat injury is a serious problem. As temperatures climb, never leave kids along in the car, even for a short period of time. Also, when participating in outdoor activities, apply sunscreen, drink plenty of fluids and wear loose-fitting lightweight clothing.

Trampoline safety: Use safety nets and pads; Place the trampoline on level ground; Limit trampoline activity; Don't allow unsupervised jumping.



Avoid fireworks. The high heat and explosives used in fireworks can lead to serious burns and blindness. Children should be closely supervised while using any kind of firework, even sparklers and other fireworks thought to be relatively safe.

Avoid cliff jumping or diving. It's a dangerous activity and is often mixed with alcohol, making it even more risky. Cliff divers may not see debris beneath the water, which can pose a serious hazard.



Motorcyclists and motocross riders should wear full protective gear, including their helmets. Bicyclists should always wear a helmet. Serious injuries can occur in an accident, but survival chances increase exponentially when you wear a helmet.