

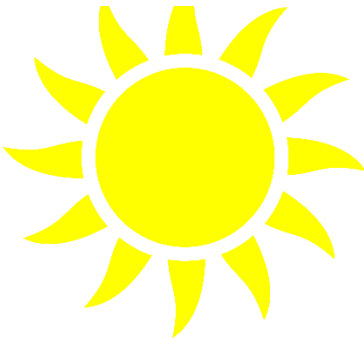
The Summer Wellness Plan

Hot Topic: Summer Safety

Summer is a time of outdoor fun, family vacations, and lots of great weather. Sometimes we need reminders to prepare for safe summer days since most activities take place in the sun. According to the CDC the sun can damage your skin in as little as 15 minutes. Follow these recommendations to protect yourself and your family.

FUN IN THE SUN!

Sun Safety



- ✓ Wear a hat with a large brim to protect face, neck, and ears from sunburn.
- ✓ Use sunscreen with an spf 15 or higher to protect your skin from dangerous uv rays. Remember to reapply throughout the day or after swimming/sweating.
- ✓ Reduce your risk of skin damage/skin cancer by seeking shade whenever available.
- ✓ Sunglasses protect your eyes and eyelids from uv rays and cataracts.
- ✓ Wear long sleeve shirts or pants/skirts whenever possible. Tightly woven fabrics are best.
- ✓ Stay hydrated with plenty of fluids like water or electrolyte drinks.

Obey all traffic laws such as stopping at red lights and following marked pavement.

You must use a proper signal when stopping or changing lanes using your hands or arms.

Ride Safe!



Have a bell installed and use it to alert others of your presence.

Use marked lanes or paths when they are available. Ride with traffic not against it.

Be aware of your surroundings! Avoid using earbuds or headphones on your bicycle.

Cyclists under the age of 18 are required to wear an approved helmet. It is recommended for all ages.

Bicycle Safety

Cycling is a popular recreational and transportation option, especially in urban areas in Canada. Unfortunately, injuries resulting from cycling are common and result in many Emergency Department visits ranging from minor to life threatening. While it may not be possible to eliminate all cycling injuries in Canada, it should be possible to mitigate their severity and frequency, by following proper bicycle safety recommendations.

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Swim & Water Safety

Swimming is a fantastic form of exercise and a major component of summer break fun. But it's important to remember that swimming also comes with risk. Each year, tragic and avoidable water-related fatalities occur across Canada. A Canadian Red Cross report examining these fatalities over 10 years revealed many common factors:

- Young children ages 1 to 4 and men ages 15 to 44 are at the greatest risk of drowning.
- Drowning is one of the leading causes of unintentional death for Canadian children ages one to four.
- Typically child drownings occur in backyard pools, toddler pools, the bathtub, or at the beach.
- Small children are also the most vulnerable group for near drownings. For every death, there are an estimated four to five additional near-drowning incidents, which require hospitalization and often result in varying degrees of brain damage.
- Other factors for adults in water-related fatalities included current and alcohol consumption.

Here are some swim safety tips to help keep everyone safe this summer while in the water.

SWIM SAFELY

- Learn how to swim and teach kids early.
- Buddy up! Never swim alone.
- Swim in safe areas and know where the lifeguard is.
- Don't swim in storms.
- Avoid drinking alcohol by open waters.
- Wear a life jacket if you can't swim, in deep water, or on a boat.
- Know your limits! Don't swim too far or hold your breath longer than you need to.
- To help someone in trouble reach them with a pole or throw a floatation device.

Sources: <http://www.mto.gov.on.ca/english/safety/pdfs/cycling-skills.pdf>
<http://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources>
<https://www.vnahg.org/content/5-sun-safety-tips-protect-your-skin-infographic>
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