

HEALTH PROMOTING SCHOOLS

Summer Safety

HEALTH NOTE FACTS:

Keep these tips in mind when enjoying Summer Activities:

Stay cool: Keep cool and hydrated in the heat. Sun is strongest between 11:00 a.m. and 4:00 p.m. Keep hydrated by drinking plenty of water, take extra breaks, find shaded areas, cool down in air-conditioned buildings (shopping mall, grocery store, or public library), take a cool water bath/shower, and wear loose and light-coloured clothing with a wide brimmed hat.

Car Safety: Never leave people or pets inside a parked vehicle. The temperature inside a car can rise dramatically in the Summer. For instance, when the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be more than 50°C/122°F, which is extremely dangerous for anyone left in a parked vehicle.

Helmet Safety: Ensure properly fitted helmets are used when cycling and skateboarding. A helmet could save your life. Remain visible when riding your bike and follow road safety guidelines. Choose safe places to ride your bike like bike lanes, parks, bike trails, and quiet streets.

Thunderstorms: When you hear that roar, go inside! Stay inside for at least 30 minutes after the last roar. Remember, lightning always comes with thunderstorms. If you see the skies darkening, seek shelter as soon as possible. If no solid buildings are in sight, you can take shelter in a hardtop vehicle. Know the weather forecast and the possibilities of storms developing when your outside enjoying summer activities.

Avoid the bugs: Mosquitoes are most active at dawn and dusk. Ticks are often found along trail edges, wooded areas or tall grass. Cover-up with long pants and long sleeved shirts. Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily. Use an approved insect repellent. Remember to check family members, pets and clothing for crawling insects (ticks) after outdoor activities.

Water Safety: Always supervised your children in and around water. Never leave a child unattended in water, not even for a second. Drowning is the leading cause of death in children ages 1-4, it can happen very quickly even in just a few centimeters of water. Remember to lock access to all water areas when adults are not present. Learn about water safety together. Choose safe places to swim like a supervised beach or swimming pool.

RESOURCE LINKS:



[Hot topic: Summer safety](#)



[Extreme heat events:
How to protect yourself](#)



[Bike Safety Information from the
Canadian Red Cross](#)



[Swimming safety - Canada.ca](#)

Additional Tips:

Practice sun safety:

- **Cover up.** Did you know that light-coloured long sleeve shirts and pants can protect you better than sunscreen? Cover up as much of your skin as you can with clothing labelled with a UPF (UV protection factor).
- **Seek Shade.** Did you know if your shadow is shorter than you that the sun rays are at their strongest. Seek shade when outdoors like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. If you're on the go bring an umbrella with you.
- **Check UV Index forecast.** Try to reduce your time in the sun when the UV index is 3 (moderate) or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy. Remember sun rays are strongest between 11 a.m. and 3 p.m.
- **Use sunscreen.** Choose sunscreen with an SPF of 30 or higher and labelled "broad spectrum" and "water resistant". Get your children used to wearing sunscreen lotion early on. Pay close attention to the areas that are most exposed, like their face, lips, ears, neck, shoulders, back, knees, and the tops of their feet.
- **Wear a hat.** Wide-brimmed hats that covers your head, face, ears and neck will help protect you from the sun.
- **Wear sunglasses.** Choose sunglasses with UVA and UVB protection. Remember sunglasses don't have to cost a lot to work well, the label may have UV 400 or 100% UV protection.

Additional Resources:

[Insect repellents: How to protect your child from insect bites | Caring for kids](#)

[Water safety | Caring for kids](#)

[Sun safety - Canada.ca](#)

[Enjoy the sun safely | Canadian Cancer Society](#)

[Be prepared for summer weather - Canada.ca](#)