



TOP TEN OUTDOOR TIPS

1. Kids must only use ATV machines made small-scale for their size. A full-face helmet must be worn, and kids should only ride during the day, on approved trails.
2. Fishing with family is a favorite activity for many. But even when standing on shore, kids should wear a properly fitting PFD at all times.
3. Stay safe by only flying kites during clear sunny days, and never climbing to retrieve a kite stuck in a tree or power line.
4. Check play equipment, such as swings, for sharp edges or protruding hardware. Avoid any V-shaped bars, which can trap a child by the foot or neck, and ensure all S-hooks on the equipment are completely closed.
5. Check that there is enough room to jump off between fences/buildings and swings, slides or other play equipment.
6. All play areas should be fenced with no access to roads or bodies of water. Check for danger areas where a child could become trapped or injured.
7. Add reflective strips to a child's hat, jacket, backpack or shoes if they will be playing outdoors after dark.
8. Be aware of the signs of a severe reaction from an insect sting or environmental allergen: if a child is experiencing tightness in the throat or chest, swelling of lips, tongue or face, dizziness, or nausea, they require immediate medical attention.
9. Paleness, dizziness, nausea, vomiting, fainting, and a moderately increased temperature are symptoms of heat exhaustion, a condition requiring careful monitoring. However, if your child is no longer sweating and has warm flushed skin, they may have heat stroke, a medical emergency. Contact EMS immediately.
10. Sunscreen isn't just for the beach. On average, kids get 3-times the sun exposure that adults do. Remember to protect them – even on cloudy days – with a high-UV lotion and a hat.