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## Vacations Continue

I'm hoping your summer vacations have been enjoyable and free of any tragedies. Nothing can turn your world more upside down than a friend or child experiencing a serious or fatal injury. Vacations are then only remembered for the tragedies that were left behind.

Vacations have all too often been destroyed by what has most often been termed as accidental. Traffic injuries, drownings, fires, scald burns, chokings, poisonings and falls are not random "accidents" - they are predictable and preventable. Yes it's true, a few bumps and bruises are an unavoidable part of a healthy childhood. But most serious injuries are not inevitable.

Unfortunately, vacations often come with a lot of excitement for upcoming travel, life at the cottage, beaches and boating. People tend to take

**THE FIRE PIT**  
 with Captain David Ford



on a whole new personality about this special time. With the mind wandering on thoughts of filling the coolers, packing clothes, grocery shopping, bathing suits, gasoline for the boat, supplies for the cottage, concentration becomes blurred. Injuries occur and vacations are over before even getting started. We need to sit back, take a deep breath and relax. Let's try to bypass the hustle and bustle that has been dictating our lifestyle for the past few months.

### WHAT CAN WE DO ABOUT IT?

Let's incorporate and learn a bit more of the Risk Watch Program. And while the Program is mainly directed to our children, taught by adults,

it is a learning experience to us all. By educating children to recognize risk and by teaching them the skills to make educated choices about the risk in their lives, we can reduce both the occurrence and the consequences of unintentional injury and thus help children lead fuller and more productive lives. Risk Watch is designed to help children and families create safer homes and communities. In Canada, unintentional injury is the leading cause of disability and death among school aged children.

### LOOK FIRST, THINK TWICE, CHOOSE SMART

To help make your vacation a bit safer and less painful, follow these safety tips:

1. Be sure to wear an Approved and proper fitting bicycle helmet when bicycling.
2. Wear an Approved and proper fitting life jacket when boating or swimming.
3. Buckle up when riding in a vehicle.
4. Look left, look right and look left again before crossing the street.
5. Watch the little ones around the campfire. Burns are painful and serious.
6. Use only battery operated lanterns in tents and campers. Do not use candles.

Please enjoy a safe, injury free vacation.

David Ford, Captain Public Education (905) 873-2601 ext. 2115

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