

Safety tips to keep in mind when enjoying the summer

What is on the minds of preteens and teenagers when the last day of school arrives in June? Is it the potentially long, hot and hazy days of July and August approaching? Is it days of baseball, biking, downloading music, camping with friends and family or possibly days at the beach and cottage? Whatever the two months of school time off hold for you, keep in mind some very important safety practices.

As awkward as it may seem and perhaps not the most fashionable to some, lead by example to the younger ones and wear your bicycle helmet when biking. Protective head gear is a must in the event of a spill from your bike. Be sure to closely inspect the helmet for

any cracks or abrasions and if conditions are questionable, replace it. Make sure the helmet fits properly and wear it according to the manufacturers' specs. An improper fitting helmet may not provide you the necessary protection. Even though you may

not think it's cool to wear a helmet, they have been proven to save many lives.

Many families and friends are getting back to camping and not necessarily in tents nowadays. The trend is leaning to campers and

Captain David Ford



trailers for a higher level of comfort. A "must do" activity while camping is the all important campfire. Even for the non-campers, small bonfires in the backyard chimneas are becoming more popular. But the basics remain the same of evening campfires,

marshmallow roasting, hot dogs on a stick and sitting around listening to the crackling flames. One more "must do" is to pay careful attention to the children around the fire at all times. Nothing can be more serious or painful

than a burn. Children must be supervised at all times.

Swimming in the pool or at the beach can be a great way to cool off on a hot day. It can also lead to tragedy if your attention is diverted even for seconds. Small children must be supervised when near water at all times. For the non-swimmer, floatation devices are available to keep them afloat. Whether it is a life jacket or arm bands, these devices are designed for a purpose. Again, make sure you inspect them for any flaws and ensure they fit properly. If their condition is questionable, replace them with devices specific to manufacturers' criteria. For additional safety, swim with a buddy where possible. Many lone swimmers have encountered difficulty only to be found too late.

Whatever your summer plans include, be sure to exercise good common sense and judgment— Look First, Think Twice, Choose Smart

Should you have any questions regarding fire safety please call me at 905-873-2601 ext. 2115.

David Ford is a Public Education Captain at the Halton Hills Fire Protection and Prevention Services.



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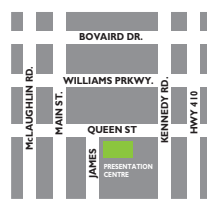


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