

BE SAFE THIS Summer

Carefree summer days are upon us. Be sure to take the proper precautions to avoid the dangers the season can present.

MIND THE HEAT

Apply sunscreen with an SPF of 15 or more 20 minutes before all outdoor activities such as swimming, skateboarding, biking or even walking. Reapply often, as perspiration will reduce the effectiveness. Keep children under the age of one out of the sun.

Too much sun and heat exposure can lead to serious heat-related illnesses. Heat-related illnesses include heat stress, heat stroke and heat exhaustion. Symptoms can range from painful muscle spasms to fainting, seizures, unconsciousness and even death.

LIFEJACKETS

According to a 2013 industry survey, approximately 44 per cent of Canadians participate in recreational boating each year. Although there is some indication that more boaters are following Transport Canada regulations and equipping their boats with lifejackets, unfortunately, almost half of boaters in a 2012 survey indicated they don't wear their lifejackets consistently.

If you enjoy boating, one of the most important things you can do to prevent drowning is to have a lifejacket and wear it every time you're in a boat. Weak swimmers should always wear a lifejacket or PFD. You should supervise children at all times while they are playing in water.



KIDS AND CARS

Even on days that seem relatively mild, 20 minutes is all it takes for the interior of a vehicle to reach extreme temperatures. A child's body temperature rises three times faster than an adult in the same conditions. Exposure to these conditions can cause a child to overheat, go into shock and sustain vital organ failure.

The advice is simple: never leave a child alone in a vehicle - not even for a minute.

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