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Summer Safety Tips

Kent, Wash. - July 25, 2016- As we finish up July and move into August, it looks like summer is finally here. According to weather reports, this week is expected to warm up to the mid-eighties. It's time to beat the heat.

Over the weekend two more children died after being left in vehicles, bringing the national total to 21 this year.

- Any time you leave your vehicle, take all children with you. It will slow you down, it will create more work, but it may save a child's life and it *is* the law.
- If you need a reminder about children in the back seat, place your briefcase or purse next to the child. Another "trick" is to leave the diaper bag on the front seat as a reminder. These types of reminders are especially important if you do not regularly carry children in your vehicle.
- Get into the habit of "looking before you leave". As you exit your vehicle scan the interior to look for children or other things that need your attention.
- Place electronic "reminders" to yourself on your smart phone or email calendar to check on your child.
- If your spouse or other adult is carrying a child and does not normally do so, call them to ensure that the child has been removed from the vehicle.
- If you are concerned about a child you see alone in a vehicle, call 9-1-1.

Be ready for the heat and follow these tips:

Stay cool:

- Stay indoors - Consider visiting a mall, theatre, or other air-conditioned location.
- Shut the blinds or drapes on any windows that receive morning or afternoon sun.
- Check on elderly family members and acquaintances frequently.

Drink liquids:

- Drink plenty of water or other non-caffeinated/alcohol beverages.
- Take bottled water if you plan on spending time outdoors. Bring extras for those who forget to plan ahead.

When outdoors:

- Limit your exposure to direct sunlight.
- Wear sunscreen on all exposed skin surfaces. Children are especially susceptible to burning.

Water safety:

- Always supervise children when near any body of water.
- Wear a properly fitting, Coast Guard approved life jacket.
- Swim at locations that have a lifeguard on duty.
- River and lake water temperatures are still very low and can quickly sap your strength.
- Always take a buddy and a cell phone when near the water.

Recognize the signs of heat exhaustion and hyperthermia:

- Headache
- Muscle cramping
- Profuse sweating
- Nausea/Vomiting

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