



The Sandy Land Press

Summer Fun and safety

June, summer is here? We can hope. It is time for us to go to the beach. Barbecue, picnic, and spend time outside with our families and those we love. When you have our little ones out please be sure to show special care. Here are some areas to pay close attention.

~ California, drowning is the leading cause of accidental death to children under five.

Three quarters (75%) of the submersion victims were between 1 and 3 years old; More than half (65%) of this group were boys.

The majority of the deaths occur in June, July, and August; most in back yard pools.

It is estimated that for each drowning death, there are 1 to 4 nonfatal submersions serious enough to result in hospitalization. Children who still require CPR at the time they arrive at the emergency department have a poor prognosis, with at least half of survivors suffering significant neurological impairment.

The majority of children who survive are discovered within two minutes following submersion, and most children who die are found after 10 minutes. Nearly all who CPR die or are left with severe brain injury. 19% of drowning deaths involving children occur in public pools with certified lifeguards present.

A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under.

At the time of the incidents, most victims were being supervised by one or both parents. Almost half of the victims were last seen in the house; one quarter were last seen in the yard or on the porch or patio; and 31% were in or around the pool before the accident. In all, 69% of the children were not expected to be at or in the pool, yet they were found in the water.

Submersion incidents involving children usually happen in familiar surroundings. 65% of the incidents happened in a pool owned by the child's family and a third of the incidents happened in a pool owned by friends or relatives.

Pool submersions involving children happen quickly. A child can drown in the time it takes to answer a phone. More than 3 out of 4 of the victims had been missing from sight for 5 minutes or less.

Child drowning is a silent death. There's no splashing to alert anyone that the child is in trouble.

~~ When picnicking it is a good idea to provide children with a whistle to wear around their neck. Instruct them if they wander off to sit and stay and blow the whistle until an adult can find them. Small children should always be supervised closely and not be allowed to wander out of the picnic area, it is far too easy for them to be out of sight in a matter of moments, those little legs travel fast when they see something cool.

~~ One of my favorite activities can be very dangerous, as well as fun for children. Roasting Marshmallows. Children should be instructed to sit still while holding their skewer. Keep children back a safe distance from the fire or coals. Metal coat hangers work best as skewers they are long and can help keep a safe distance between child and the heat. Branches do not make good skewers as they may catch fire or have toxins on them. Adults should always handle the hot gooey marshmallow for children until it cools enough to handle and eat it.

~~ Little folks are much more sensitive to this hot weather than we adults are. When the children are outside make sure there is plenty of adequate water for them. Do not simply rely on children to drink when they get thirsty. When they are busy at play they may not think about it. Call children over every 15-30 minutes and have them drink some water.

~~ Another big hazard of summer is sun damage to skin. Sun damage is compounded with each sunburn. Make sure children wear a good high SPF sun screen, apply it often as water and sweat will make it less effective. It is a good idea also to encourage children to wear a hat to protect their heads in the sun.

~~ Now most important... take care of yourself in the sun. You will not be any help to your child if you get sick. So go out enjoy the summer, just be smart about it.