

News



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Department of Public Health Issues Tips to Stay Safe during the Warm Weather

Hartford – With nice weather upon us, the Department of Public Health (DPH) is asking the public to keep safety in mind.

“The spring and summer in Connecticut bring longer sunny days, warm weather and opportunities for outdoor fun and exercise,” stated DPH Commissioner Dr. Jewel Mullen. “Unfortunately, outdoor activities can also increase the risk of injury, so it is important to take some simple steps to stay safe and make this great time of year enjoyable for everyone.”

DPH recommends the following safety tips:

Safety in and around water

- An adult should always supervise children in or near water.
- Drowning can occur in minutes and in just a few inches of water. Whenever an infant or toddler is in or near water an adult should always be within an arm’s length providing “touch” supervision.
- When boating, everyone should wear US Coast Guard approved life jackets. Consider taking a boating safety course, and remember, just as with drinking and driving, alcohol and swimming or boating don’t mix.
- Be ready for emergencies by learning CPR and first aid and keep a phone with you.

Bike safety

- Wear a bicycle helmet every time you get on a bike. Helmets can reduce your risk of head injury by up to 85% in a bicycle crash.
- Wear appropriate multi-sport helmets and safety gear to prevent injuries while skate boarding, inline skating or riding a scooter.
- Supervise younger children and assure that they ride with supervision in safe areas away from traffic.

Safe walking

- Teach your children to look left, right and left again when crossing the street.

- Walk on sidewalks whenever possible, and cross safely using traffic signals and crosswalks. If there are no sidewalks, always walk facing traffic as far to the left as possible.
- Watch for cars that are turning or are backing up, especially in driveways and parking lots.
- Wear clothing with reflective materials and carry a turned on flashlight at dusk and dark.

Safe at play

- Check playground equipment, whether it's in the backyard or at the park, to make sure it is in good repair.
- Playgrounds should have protective surfacing under and around the equipment to protect against falls. This can include sand, mulch, wood chips, shredded tires, or rubber mats.
- If you or your family plays team sports, be sure to use all the appropriate safety gear. Learn to recognize the signs of a concussion and seek medical treatment immediately.

Safety around the home

- Falls from windows increase during the summer months and screens will not protect children from falling out.
- Safeguard children by installing window guards or stops, opening windows from the top whenever possible and moving furniture away from windows to discourage climbing.

Safety on the road

- Buckle up on every trip in the car, even if it's just a short ride around town.
- Younger children should ride in size and age-appropriate car safety seats.
- Do not leave children or pets in a parked car – interior temperatures can reach deadly levels in minutes even during moderate temperatures.

For more information, please visit www.ct.gov/dph/injury.

The Connecticut Department of Public Health is the state's leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.