

Spring & Summer Safety Tips

Recommended by the American Academy of Pediatrics
and the Pediatric Emergency Team at St. John Hospital and Medical Center.

Bicycle Safety

- Wear a proper-fitting bike helmet at all times
 - Make sure it is Consumer Product Safety Commission approved
- Don't push child to ride two-wheeled bike until age five or six
- Make sure the bicycle properly fits your child:
 - Sitting on seat, grasping handlebars – balls of feet should touch ground
 - Straddling center bar – feet flat on ground with 1 inch between body & bar
 - Bikes with hand brakes – able to comfortably grasp & apply enough pressure to stop



Lawn Mower Safety

- Children should not be passengers
- Always wear sturdy shoes
- Pick up stones, sticks or branches, and other loose debris in yard before mowing
- ONLY adults should adjust the blade setting
- Always wear eye & ear protection

Sun Safety

Babies under the age of 6 months

- Avoid sun exposure
- Dress in lightweight long pants, long-sleeved shirts & brimmed hats
- Can apply minimal amount of at least SPF 15
- If sunburn occurs, apply cold compresses

Young Children

- Minimal SPF 15 with UVA & UVB protection
- Apply sunscreen 30 minutes before going outside
- Remember to use on cloudy days

Older Children

- Hat, sunglasses & cotton clothing
- Stay in shade if possible
- Limit exposure between 10am - 4pm
- Sunscreen SPF 15 or greater
- Reapply every 2 hours & after swimming



Bug Safety

- Avoid areas where insects are likely to be:
 - stagnant water, gardens, wetlands
- DEET repellent most effective
 - Peak benefits at concentration of 30%
 - Do not use on children under the age of 2 months

Pool Safety

- Never leave children alone in or near pool
- Keep rescue equipment and a phone near pool
- Avoid swimming aids, like floaties
- Use approved life vests
- Start swimming lessons for children between the ages of three and four
 - Remember: swimming lessons for children under 4 years not a way to avoid drowning. Parental supervision is needed at all times.
- Install pool gates:
 - Self-close and self-latch at a height child can't reach
- Install a fence:
 - Four-feet high around all sides of pool
- Adult should be within arm's length when infants and toddlers are in the pool



Choose the Right Emergency Center for your Child

We wish you a safe and fun summer! However, should you need emergency care for your children, keep in mind that the St. John Hospital and Medical Center (SJH&MC) Emergency Center is the only one on the east side specializing in children's emergency care.

In a warm and friendly environment, our pediatric emergency physicians and nurses provide expert care for children and their families. We are experienced in resuscitation and stabilization of critically ill children, as well as the evaluation and treatment of a variety of other medical conditions including asthma, seizures, severe cuts needing stitches, fractures and poisonings.

Need a St. John doctor?
Call us toll-free at 866-501-DOCS today.