

Spotlight on Health and Safety

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Summer is a great time for our kids to participate in different activities. Let's keep them healthy and safe while they enjoy the summer fun.

Beat the heat and sun. Heat-related illnesses can happen easily, especially when participating in physical activities during hot weather and the best defence is prevention. Avoid sunburn by covering up, use sunscreen and dress in lightweight, light-coloured clothing. Hydration is important, make sure your child drinks plenty of water, takes breaks to cool off and avoids strenuous activities during the hottest part of the day. Never leave children alone in a vehicle. Seek medical care immediately if your child shows symptoms of heat-related illness.

Prevent injuries. Children need to be supervised around fall hazards such as stairs and playground equipment. Sports and other recreation activities are especially popular in the summer and it's important to ensure everyone wears the proper protective equipment. Know concussion signs and symptoms. Instruct kids to never surprise or approach pets they don't know. Bites and stings happen, but you can take measures to protect yourself and your kids by doing things like avoiding bright coloured clothing and scented soaps, wearing long sleeves and pants, using repellent and teaching kids to never throw rocks at bee or wasp nests. Make certain kids know the rules around home including kitchen safety, fire prevention and farm safety. Always watch children around water and make watercraft safety a priority, train them how to swim and wear properly fitting life jackets. Learn first aid and cardiopulmonary resuscitation (CPR).

Workplace safety is also important for teens as new and young workers have high job injury rates. Talk to your teens, make sure they know and understand their workplace rights and responsibilities and that they can always refuse unsafe work.

Stay happy, active and safe, and have a wonderful summer.