

# Hold On To Dear Life



Hold On To Dear Life

June 2020  
National Safety  
Month



## Summer Safety During Covid-19

According to recent news reports, outdoor sports equipment has been in high demand since kids have been out of school and recreation opportunities have been limited. Mountain bikes and trampolines are hard to keep in stock and scooters and skateboards are selling fast. Families are finally able to get out of the house to enjoy our beautiful summer weather.

Remember, the best way to have fun and enjoy being outside, is to do it safely, not only to avoid pain and injury, but to keep healthy kids out of emergency rooms and centers.

Here are a few tips from [Primarychildrens.org/safety](https://www.primarychildrens.org/safety) on how to help keep your family injury free while playing outside this summer.

### Biking, Skateboards, & Scooters:

- Wear a helmet and protective clothing, no matter how slowly you are riding. A fall at any speed can cause a head injury.
- Stop and look both ways for cars before entering the street from a driveway, parking lot, or sidewalk.
- Move with the traffic flow - ride on the right hand side of the street.
- Ride single file and never carry any passengers on bicycles built for one.
- Obey all traffic laws, signs and signals. Bicycles are not toys - they are considered vehicles.

- Slow down when approaching intersections. Children should walk their bikes across busy intersections and streets. Don't assume drivers will give you the right-of-way.
- If biking at night is necessary, equip your bike with a headlight and flashing reflectors. Also wear reflective tape or clothing.
- Always watch for potential hazards like loose gravel, potholes, wet leaves, or other things that may cause you to crash.
- Keep your bicycle under control. No stunts.
- Ride skateboards and scooters on the sidewalk. In Utah, bikes are allowed on sidewalks, except in [specified areas](#).
- Give cars and pedestrians the right-of-way and always pass them on the left.
- Make sure your bike is a safe bike and the right size for you. Make sure both feet can touch the ground while sitting on the seat.
- Make sure all parts of the equipment you are using are in good working condition.

### How to Fit a Helmet

1. Place a snug-fitting helmet on your head so the front of helmet is level with your eyebrows
2. Adjust the helmet straps so the helmet cannot move from side to side or back and forth. The straps should make a V over the ears.
3. Make sure there is one-finger width between your chin and the chinstrap.



A helmet can only protect you if it stays on and is in the right place when your head hits a hard surface.

Everyone should wear the appropriate helmet for the activity they are participating in.





## [Trampolines: What You Need to Know](#)

from [Healthychildren.org](#)

Trampolines are popular for all ages. While it can be fun to jump and do somersaults, landing wrong can cause serious and permanent injuries. Most of these injuries happen on trampolines at home (because more kids jump at home) and can occur even when a trampoline has a net and padding, and parents are watching.

Children younger than 6 years are at greatest risk from injuries because of their lack of balance, fragile skeletal system, and inability to follow safety rules. Their risk increases if bigger kids or adults are jumping at the same time.

### How Injuries Occur

*Most trampoline injuries occur when there is more than one person using a trampoline.*

Children can get hurt when they:

- Land wrong while jumping.
- Land when the tramp surface is already tensed from another jumper.
- Land wrong while flipping and doing somersaults (this should not be allowed because of the risk of head and neck injuries).
- Try stunts.
- Strike or are struck by another person.
- Fall or jump off the trampoline.
- Land on the springs or frame.
- Carry or have sharp objects in their pockets.
- Wear loose clothing or ties that can get caught in springs and netting.



If you choose to have a home trampoline, the AAP recommends the following safety precautions:

- Always provide adult supervision.
- Allow only one jumper on the trampoline at a time.
- Do not attempt somersaults.
- Have adequate protective padding on the trampoline that is in good condition and appropriately placed.
- Check all equipment often.
- Repair or replace protective padding, the net enclosure, and any other parts if they are damaged or worn.

Always check your homeowner's insurance to make sure [trampolines](#) are covered in your policy. There may be exclusions you should know about or your policy could even be cancelled.

### American Academy of Pediatrics (AAP)

#### Recommendation for Trampolines:

The AAP recommends that mini and full-sized trampolines never be used at home, in routine gym classes, or on playgrounds. They should only be used in supervised training programs for gymnastics, diving, or other competitive sports. Only one person should be allowed on a trampoline at any given time.

