



Summer Safety Tips “Play Date Safety”

Every parent has heard the term “play date” and has probably allowed their child to visit a friend’s house. But, how well do you know the family and their home???

Since we want our children to be safe, here are some questions you need to ask before allowing your child to spend their time on a “play date.”

- 1) How well will they be supervised?
- 2) Do they have any pets that could be dangerous to your child?
- 3) Is there a pool on the premises? Is there a safety fence?
- 4) Is there a firearm in the house? Is it unloaded and locked away?
- 5) Are there any older siblings going to be present? Are they going to have friends there as well?

We want our children to have a great time with their friends, but **safety comes first!** Would you loan your car to a stranger? What about your child? **Make safety a priority!!!**



Summer Safety Tips “Pool Safety”

Did you know that there are, on average, over 3000 drownings every year in the United States? That’s an average of 10 deaths per day. Here are a few safety tips to help keep your family safe:

- 1) Make sure that every family member that will use your pool learns how to swim. Do not rely on floatation devices as your child’s only means to stay afloat.
- 2) Swim with a buddy. There is safety in numbers and a pool is no different. If you are in trouble they can help you or go get help.
- 3) Have security measures in place. Your pool should have a fence around it as well as an alarm that registers a disturbance in the water.
- 4) Know CPR. Know how to treat a drowning victim. Have emergency numbers and a phone accessible.
- 5) Don’t let children swim without Supervision.



Summer Safety Tips “Summer Food Safety”

Food-borne illnesses increase in the summer months because bacteria thrive in warmer temperatures and in moist climates. Here are a few food safety tips to help keep your family and friends safe:

- 1) Many foods can begin to spoil while you are out shopping. Make sure you do your food shopping at the end of your errands.
- 2) Wash your hands with warm soapy water before preparing or handling food. Wash all fruits and vegetables before serving.
- 3) Cook all foods to their proper temperature.
(this info can be found on the internet, in cook books, etc.)
- 4) Refrigerate foods promptly. Leaving food sit out will create a breeding place for bacteria.
- 5) Avoid cross contamination. Keep meats and their drippings away from other foods.

Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90 °F, food should not be left out over 1 hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat.



Summer Safety Tips “Car Safety”

On a normal summer day the temperature in your car can rise above 200 degrees very quickly. Every year we hear horror stories of how children die when left in a car. Here are a few safety tips to help keep your children safe:

- 1) Don't unload your packages first. Your children should be the first ones out of the car.
- 2) Check the interior of your car before sitting your child down. Car seats are often made of vinyl or leather and will become very hot.
- 3) Check toys that have been left in a car before handing them to your child.
- 4) If your child is with a babysitter or grandparent, call them repeatedly to check on your child.

These tips can help everyone be safe!



Summer Safety Tips “Vacation Safety”

Did you know that predators, pedophiles and child molesters take vacations too? That's right, and they may be looking for you. Large theme parks, beaches, pools, camps and cruises are just some of the places that predators look for victims. Here are some safety tips when traveling:

- 1) Have a plan before you travel in case your child becomes lost. Teach them where to go and who to contact.
- 2) Label the inside of some of your child's clothing with a mark that you can identify. Predators often will change a child's clothes to make it harder to find them.
- 3) Supply your child with some type of GPS device like a cell phone and check to make sure they have it each time they head out for some fun.
- 4) Watch for people taking pictures of your child.
- 5) Listen to your instincts. If something feels wrong - don't ignore it!!! Take action and inform the police, security or someone in charge.



Summer Safety Tips “Road Safety”

Be Secure – When driving, keep your doors locked, safety belts buckled and children safe and secure in properly installed safety seats.

Be Fueled – Try not to let your gas tank fall below 1/3 tank. Even GPS can be wrong about the nearest gas stations sometimes.

Be Focused - Stay on main roads and highways. Taking an alternate route could lead you into unknown dangers.

Be Prepared – Breaking down in extreme weather can be deadly. Pack a flashlight, blankets and a first-aid kit.

Be Fed - On a long trip it's a good idea to pack an emergency ration kit of water and food.

Be Aware – Rest stops are great places to stretch and revitalize, but also a perfect place for creeps and thieves. Never let kids go to the restroom alone.

Be Connected – Make sure that you carry a charged cell phone and a charger.

Be Conspicuous - Stopping for some shut eye during night-time travel is a great way to avoid drowsy driving. When you do this choose a well-lighted and populated facility. Park where your vehicle can be seen.

Beware - If approached by someone while your vehicle is stopped, keep your doors locked and only roll your window down enough to hear what the person is saying.



Summer Safety Tips “Bike Safety”

Each year, there are approximately 900 bicycle-related deaths in the United States, and another half a million bicycle-related “injuries” treated in hospital emergency rooms. To reduce injuries, riders of all ages need to use helmets. Studies have shown that using bicycle helmets can reduce head injuries by up to 85 percent.

- Protect Your Head - Wear a helmet.
- See and be Seen - Wear bright colors.
- Avoid Biking at Night - Have lights and reflectors if you must ride at night.
- Stay Alert - Keep on the lookout for obstacles in the road.
- Go with the Flow - Ride with Traffic, not against it.
- Check for Traffic - Beware of the traffic around you.
- Know the Rules of the Road - Obey the Law.
- Assure Bike Readiness - Have your bike, breaks and tires inspected.



Summer Safety Tips “Avoiding Heat Stroke”

What is Heat Exhaustion?

Heat related illnesses like heat stroke or heat exhaustion occur when your body can't keep itself cool.

Signs to look for:

- Heavy Sweating
- Feeling Weak and/or Confused
- Dizziness and/or Nausea
- Headache
- Increased Heart Rate
- Dark urine, which indicates dehydration

What to do if You have Heat

Exhaustion:

- Get out of the heat - find a cool shady place, or an air conditioned building or car.
- Drink plenty of water or other fluids - DO NOT drink alcohol or caffeinated drinks like soda or coffee.
- Take a bath or shower - cool your skin with cool water.
- Take off tight or unnecessary clothing.

If you don't feel better after 30 minutes consult a physician.



Summer Safety Tips “Home Safety”

Indoor Safety Tips

Make sure your Air Conditioning System is working properly

Keep all fans out of the reach of children

During power outages DO NOT run a generator inside your home.

Double check windows and doors at night before going to bed.

Outdoor Safety Tips

When grilling, make sure young children are kept clear to prevent burns.

Keep lighters, lighter fluid and other hazardous materials away from kids.

Clear the pool during any thunder or lighting.

Keep ladders locked away to prevent access to open windows.

DO NOT allow children to play in a car or other vehicle during hot summer days.

Limit food exposure to the heat or sun.



Summer Safety Tips

“Internet Safety”

Using the internet has now become a way of life for both adults and children.

How safe are your kids?

Here are some basic tips to follow to help keep your child from becoming a victim:

- Never give out ANY personal information.
- Never meet up with anyone you don't already know.
- Don't fill out any “fun” questionnaires forwarded to you.
- Make sure you know everyone on your buddy list.
- Don't answer emails or IM's from people you don't know.
- Remember, there is no such thing as “PRIVATE” on the internet.
- Be careful posting pictures of yourself, and don't post pictures of others.
- NEVER share your password with anyone other than your parents.



Summer Safety Tips

“Camp Safety”

Summer camps are a regular occurrence for thousands of children across the U.S. There are an incredible number of options for parents to choose from today. Here are some tips to help your child be safe and have an enjoyable experience:

- 1) Make sure the camp you choose can meet any special needs that your child may have.
- 2) Make sure your camp is ACA certified. This can help make sure the camp you choose meets all standards of operation.
- 3) Check your camp's activities list. Make sure it is congruent with your child's needs.
- 4) Make sure your camp has certified medical professionals and that they can deal with both minor and serious injuries.
- 5) Your camp should have a disaster plan to deal with possible flash floods, hurricanes, tornadoes, etc.
- 6) Check your camp's disciplinary procedures.
- 7) Check to see if camp employees have had background checks, or if the camp you choose has ever had a complaint.



Summer Safety Tips

“Personal Safety for Kids”

Here are some general tips to help keep your kids safe during the summer months. Children often become so engrossed in their activities that they lose focus on the dangers that are around them.

Make sure your child knows the importance of “Strength in Numbers” - - from the pool to the playground . . . bring a friend!!!

Make sure your child knows where to go and what to do in case of a disaster. For example, where to seek shelter in a storm and how to call for help.

Have an emergency plan if your child should become lost. Do not hesitate to notify the authorities as soon as possible. Make sure they know their address and ALL phone numbers.

Provide your child with a cell phone if possible and have the GPS on and working.

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