

## Water Recreation

- Install barriers with self closing and self-latching gates; secure and lock steps and ladders, or remove them when the pool is not in use.
- Never leave children unsupervised in or near a pool
- Wear life jackets on lakes and rivers. Even seemingly calm waters can have a strong undertow.
- Enroll children as early as 3 in swimming classes.



## Fires and Burns

- When cooking, never leave the stove or outdoor grill unattended.
- Check for loose and exposed electrical wiring on tools, extension cords and plugs.
- Use extreme caution when using fireworks. Older children should be closely supervised, and younger children should not be allowed to play with fireworks.
- Make sure all cigarettes and cigars are completely extinguished.



## Poisoning

- Always read labels for safe use and storage of household products, medications and lawn and garden and swimming pool chemicals.
- Keep sealed and out of reach of children and pets.
- Never mix medicine with alcohol, take more than the prescribed amount, or mix with other medications without checking with your doctor or pharmacist.
- Wear protective clothing and avoid inhaling fumes when mixing and applying lawn and garden and swimming pool chemicals.



## We're here to help you.

Since 1916, the Safety & Health Council of Western Missouri & Kansas has been the only organization in Western Missouri and Kansas focusing solely on safety + health.

For decades, area organizations and business have joined our Council to access the safety education and resources we provide. Our members have been able to prevent injuries and costly claims, increase productivity and stay competitive. For more information on membership, training or community service programs contact the Council at 816-842-5223.

# The Safety and Health Council Presents Summer Safety Tips



*Safety & Health Council  
of Western Missouri and Kansas*

*"Your Community Safety Partner"*

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MO  
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## No Home Should Be Without:

- Working Smoke Detectors
- Fire Extinguishers
- Carbon Monoxide Detectors
- Low level night lights
- Outdoor Lighting
- Sturdy One-Step Stool
- Non-slip rugs and mats
- Grab Bars
- Handrails
- Flashlights
- Posted Emergency Phone Numbers
- Personal Protective Clothing and Equipment
- First-Aid Kit and Manual



## Bicycle Safety Tips

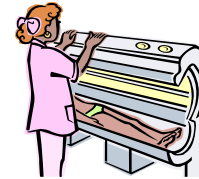
Many people enjoy bike riding during the summer months and the Safety and Health Council strongly encourage the use of helmets as protection to avoid minor to severe injury. A properly designed helmet has four characteristics:

1. A stiff outer shell designed to distribute impact forces and protect against sharp objects;
2. An energy-absorbing liner at least one-half inch thick;
3. A chin strap and fastener to keep the helmet in place: and
4. It should be lightweight, cool in hot weather and fit comfortably

## Not so healthy tan

Skin cancer touches the lives of an estimated 600,000 Americans each year, making it the most prevalent form of cancer in the United States. We offer these suggestions for preventing skin cancer:

- Avoid exposure to the sun, especially during the peak sun hours of 10:00 am to 2:00 pm.
- Be sure to cover any exposed areas with sunscreen that has a Sun Protection Factor (SPF) of at least 15. Apply the protection liberally 30 minutes before every exposure to the sun and reapply every 2 hours or after swimming or perspiring.
- Remember that 85 percent of the sun's damaging ultraviolet rays can penetrate cloudy skies and are reflected by sand, snow, concrete and water.
- Avoid tanning salons and sun lamps which emit the same dangerous ultraviolet rays as the sun.
- Apply sunscreen to ears, lips, nose and other areas that are prone to sunburn but are often overlooked.
- One severe childhood sunburn can double the chances of developing skin cancer. Teach children about sun protection by keeping them covered with sunscreen and out of the sun as much as possible.
- Examine your skin once a month and see a dermatologist immediately if new growths, skin discoloration or changes in moles or freckles are found.
- Wear appropriate clothing such as a broad brimmed hat, long-sleeved shirt, pants and sunglasses.



## Summer Safety Tips

### Driving Tips



1. Make sure the car is in good working order. Inspect vehicle before long drives.
2. Limit driver distractions - reasonable volume on stereo, No Cell phones use No Texting while driving.
3. Always wear seatbelts, use car seats, booster seats and drive the speed limit.
4. Children under 13 ride in the back seat.
5. Never Drink and Drive

### Falls

1. Install and use handrails on stairways, tubs and shower stalls.
2. Install low-level lighting.
3. Use a sturdy step stool with hand rails.
4. Check condition of outdoor walkways and steps; fill holes or depressions in yard.

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