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PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU, YOUR FAMILY, YOUR BUSINESS AND COMMUNITY SAFE



School's out and time for summer activities to begin. Whether you're planning a big vacation or plan to staycation, it's important to brush up on safety tips for the different activities your family might be involved in.

The focus of this Shelby Safety Net Summer edition is to offer safety tips for pool safety, bicycle riding, and a popular backyard activity: jumping on the trampoline! And don't forget to keep cool and get plenty of fluids during times of extreme heat. May you enjoy a fun-filled and safe Summer 2018!

Pool safety



Many of us enjoy warm weather every year by swimming in our backyard pools and relaxing in hot tubs. Tragically though, over 200 young children nationally drown in backyard swimming pools each year. The American Red Cross suggests owners make pool safety their priority by following these guidelines:

- ☒ Secure your pool with appropriate barriers. Completely surround your pool with a 4-foot high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.
- ☒ Keep children under active supervision always. Stay in arm's reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.
- ☒ Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim courses.
- ☒ Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- ☒ Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”
- ☒ Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses.

Swimming pools and spas are great places for family fun. It's important to ensure everyone follows simple safety steps to stay safer in and around the water.

Source: <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety>

National Lightning Safety Awareness Week June 24-30, 2018

Be Informed

<http://www.lightningsafetycouncil.org/LSC-LSAW.html>

Be Safe

Bicycles



There are so many great reasons to ride your bike: it offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. Here are a few tips so that you'll be safe while you do so.

The Hard Fact

Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet.



Top Tips

1. Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
3. [Use hand signals](#) and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
4. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
5. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Source: <https://www.safekids.org/bike>

Trampoline Safety



Trampolines are popular among children and teens and even among some adults. Though it may be fun to jump and do somersaults on a trampoline, landing wrong can cause serious, permanent injuries. Injuries can occur even when a trampoline has a net and padding and parents are watching.

Common injuries include broken bones (sometimes surgery is needed), concussions and other head injuries, sprains/strains, bruises, scrapes, and cuts, head and neck injuries (which can lead to permanent paralysis or death). Most trampoline injuries occur when there is more than one person using a trampoline.

- Adult supervision at all times.
- Only one jumper on the trampoline at a time.
- No somersaults performed.
- Adequate protective padding on the trampoline that is in good condition and appropriately placed.
- Check all equipment often.
- When damaged, protective padding, the net enclosure, and any other parts should be repaired or replaced.

Parents should check their homeowner's policy and obtain a rider to cover trampoline related injuries if not included in the basic policy.

Source: <https://www.healthychildren.org>

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.



Extreme Heat
Find Air Conditioning.
Drink lots of water.
Avoid strenuous activities.
Wear light clothing.
Check on family and neighbors.
Never leave people or pets in a closed car.
Watch for heat illness.

Find the Shelby Safety Net on-line at

<http://co.shelby.oh.us/>

Exercise Benefits Extend to Mental Wellness

Studies report positive associations between exercise and happiness.

As little as 10-minute physical activity per week or one day of doing exercise per week might result in increased levels of happiness.



Source:

<http://wellnessworkshub.com/exercise-benefits-workplace-wellness/>