Preventable injuries are the No. 1 cause of death for kids in the United States. When a child dies or is seriously injured, the lives of families and entire communities are changed forever. Around the world, a child dies from an unintentional injury every 30 seconds. Millions of other children are injured in ways that can affect them for a lifetime. But these injuries don’t have to happen.

Safe Kids Fayette County is part of Safe Kids Worldwide, a network of more than 600 coalitions in the United States and partners in 23 countries around the world working to reduce traffic injuries, drownings, falls, burns, poisonings and more.

Since 1988 when Safe Kids was founded, the unintentional injury rate among children 19 years and younger has dropped 53 percent. But one child lost is one too many, and we don’t want any parent to have to endure the loss of a child. That’s why Safe Kids Day was created.

Help Safe Kids Fayette County spread the word about Safe Kids Day. With your help, we can raise awareness and support life-saving programs to protect kids from injuries.

Click [here](http://ukhealthcare.uky.edu/safekids) and join our team.
Summer is just around the corner! It’s a great time to be with family and friends at the pool, beach or lake. Unfortunately, summertime also brings a dramatic increase in water-related injuries. Here are a few reminders to help families avoid trips to the emergency room.

**Prevent drownings**
- Actively supervise children when they are in or near bodies of water, even if they know how to swim.
- Children who can’t swim well or can’t swim at all should wear life jackets and stay within your reach.
- When you are watching children, don’t be distracted by phone calls, text messages, reading or talking to others.
- Keep a phone near you. Use it only to call for help if there is an emergency.
- Home pools should be surrounded on all sides by a fence at least 4 feet high with self-closing gates and be equipped with an anti-entrapment drain cover.
- Learn how to swim. Both children and adults should know how to swim.
- Teach children never to swim alone and only to swim in designated swimming areas.
- Teach children that swimming in open water is not the same as swimming in a pool. Teach them about uneven surfaces, river currents, ocean undertow and changing weather.
- Learn adult and infant CPR.
- If a child is missing, check the water first.

**Going boating?**
- Both children and adults should wear U.S. Coast Guard-approved life jackets – especially those who can’t swim well or can’t swim at all.
- Wear life jackets when boating and participating in water sports.
- Keep an eye on the weather, waves and currents.
- Learn how to correctly choose and use U.S. Coast Guard-approved life jackets.

For interactive teaching tools, informative videos and more, check out the latest Safe Kids Water Safety Guide [here](#).

**Safety tidbit: Kentucky Personal Flotation Device (PFD) Law**
- Recreational boating: Children ages 11 and under must wear a Coast Guard type I, II, III or V PFD when on deck and underway.
- Personal watercraft (PWC): Children of all ages must wear a Coast Guard type I, II, III or V PFD when operating or riding a PWC.

**Safety tidbit: Prevent sunburns**
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours – between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays. Reapply every two hours, or after swimming or sweating.
- Wear a hat with a brim or a bill facing forward, sunglasses and cotton clothing with a tight weave.

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**Did you know?**
- Home swimming pools are the most common place for a child younger than age 5 to drown.
- Drowning accounts for almost three-fourths of all fatal boating accidents, and 84 percent were not wearing a life jacket.
- Most children were being watched by an adult just before they drowned.

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**Want to have some fun in the sun and surf this summer?**
May is National Bike Month

Join folks of all ages across the country to celebrate the unique power of the bicycle and the many reasons we ride. As you and your family prepare to enjoy the great outdoors on two wheels, take some time to be sure that every family member’s bike helmet still fits and is in good condition.

Take the online helmet fit test:

- **Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.
- **Ears:** Make sure the straps form a V under your ears when buckled. The straps should be a little tight but comfortable.
- **Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? It should.

Click [here](#) to view a how-to video.

For more information, contact Safe Kids at 859-323-1153 or visit [www.safekidsfayettecounty.com](http://www.safekidsfayettecounty.com).