July 31st is National Heatstroke Prevention Day

Did you know that a car can heat up 19 degrees in 10 minutes? Heatstroke can happen anytime, anywhere.

Hot summer days across the country contribute to child deaths when children are left unattended in vehicles.

Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. It occurs when the body isn’t able to cool itself quickly enough and the body temperature rises to dangerous levels. Young children are particularly at risk as their bodies heat up three to five times faster than an adult’s.

Avoid additional deaths, injuries and near misses by remembering to ACT.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you’re not in it so kids don’t get in on their own.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cellphone that is needed at your final destination. This is especially important if you’re not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.
Midsummer checklist

Summer sports safety

Many young athletes participate in sports and summer conditioning programs. Avoid heat illness and injury with this quick checklist.

1. Monitor the heat index at least 30 minutes prior to each outdoor activity.
2. Hydrate before, during and after each activity.
3. Know the signs and symptoms of dehydration and heat illness.
4. Cease outside activities if the heat index rises above 104 degrees.
5. Provide shade breaks.
6. Reduce time of outside activity during the heat of the day.
7. Helmet and other equipment should be removed when athlete not directly involved in competition, drill or practice.
8. Have ice towels, fans or air conditioning nearby so athletes can cool down.

Fireworks
- Handling fireworks, of any kind, can cause burns, blindness, and even death.
- Sparklers can reach temperatures up to 1,200 degrees Fahrenheit and remain hot even after use.
- Instead of using them at home, let experts handle fireworks and sit back and enjoy the show.

Bugs
- When spending time outdoors, apply insect repellants according to manufacturer’s recommendations.
- Avoid areas where insects tend to nest or congregate.
- Dress to avoid stings and bites on arms and legs.

Playgrounds
- Be aware that metal, rubber, and plastic items can be very hot in the summer.
- Remind children of safe playground behaviors.
- Always supervise children while at play.

Bicycles
- Always wear a properly fitted helmet for every ride.
- Select a bike that fits the child right now, not one they can grow into.
- Keep bikes in good working condition: check brakes and air in tires.
- Wear other protective gear.

Scooters, skateboards and inline skates
- Always wear a properly fitted helmet.
- Wear other protective gear: elbow pads, wrist guards and knee pads.
- Avoid falls by surveying area for obstacles such as debris, holes and uneven pavement.
- Ride in designated areas away from traffic.

Lawnmowers
- Use push mowers with emergency stops when handle bar is released.
- Riding mowers are only for mowing, not for giving rides.
- Clear mowing area of children, pets and debris.
- Wear sturdy shoes while mowing.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayetecounty.com.

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