**Did you know?** Summer, known as trauma season among public health and medical professionals, is a time when serious injuries and unintentional deaths increase dramatically among children.*

Fortunately, many of these injuries can be prevented with a few simple precautions. Shriners Hospitals for Children® wants all kids to enjoy a safe, injury-free summer. Follow some simple tips to become Superheroes of Summer Safety.

### Playground 101
- Take your children to playgrounds with shock-absorbing surfaces.
- Teach kids to go down the slide feet first, one child at a time.
- Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off.

### Mowing Matters
- Teach children to never play on or around a lawn mower, even when it is not in use.
- Children under 6 years of age should be kept inside the home while mowing.
- Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn mower.

### Fun on the Water
- Always have your children wear a Coast Guard approved, properly-fitted life jacket near the water or when participating in water sports.
- Educate yourself. Complete a boating safety course to avoid accidents on the water.
- Always check water conditions and forecasts before going out on the water.

### Make a Safe Splash
- Teach children to never swim alone or go near water without an adult present.
- Remind kids to always jump in feet first to check the depth before diving into any body of water.
- Tell children to never dive in the shallow end of a pool or into above-ground pools.

### Fire Safety Simplified
- Teach kids to never play with matches, gasoline, lighter fluid or lighters.
- Do not leave children unattended near grills, campfires, fire pits or bonfires.
- Always have a bucket of water or fire extinguisher nearby whenever there is a burning fire.
- Leave fireworks to the professionals.

For additional safety tips, flyers and activity pages for children, visit shrinershospitalsforchildren.org/safesummer.

Should an injury occur, the physicians and staff at Shriners Hospitals can help. To find out more about the treatments available, visit shrinershospitalsforchildren.org. To make an appointment, please call 800-237-5055.