

Something to
Make Waves
About

POOL SAFETY

Having a backyard pool is an exciting time for small children. It is also a time when parents need to be aware of preventable injuries, like drowning or near drowning, in wading pools, inflatable pools, above ground, or in ground pools. Children need your close supervision so that your summer days are spent with your family having fun rather than in the emergency department.

Buckle Up

- Enclose the pool on all four sides with a fence and ensure that the gate is self-closing and self-locking.
- Check with your local municipality on fencing height requirements.
- Consider purchasing a pool alarm that will sound if there is any motion on the water's surface.

Look First

- Always supervise children when near water.
- Ensure the pool area is clear of clutter and that the pool cover is completely removed before swimming.
- Before jumping or diving look to be sure the area is free of other swimmers and that it is deep enough.

Wear the Gear

- Ensure that all weaker swimmers wear a Personal Flotation Device or Life Jacket while in or around the water.
- Sunscreen which offers UVA and UVB protection and has an SPF of 15 or higher should be applied every two hours.
- Hats, shirts, and sunglasses provide protection.

Get Trained

- Call your local municipal office to find out about the fencing bylaws in your area.
- Teach kids water safety rules.
- Learn to swim yourself.
- Learn CPR and First Aid.
- Have lifesaving equipment by the pool and know how to use it.

Stay Sober

- Swim and/or supervise children only when you are free from impairment (drugs, alcohol, or drowsiness) and distraction.

Let's "Rays"
Awareness
About

SUN SAFETY

Sunny warm weather in spring and summer is exciting to many of us. It is a time to get out and enjoy the outdoors. It is also a time when the sun's rays are the strongest. UV rays from the sun and tanning beds are one of the main causes of skin cancer. By protecting your skin and by being "sun safe" most skin cancers can be prevented.

Look First

- Check the daily UV index.
- Seek or create shade (e.g., trees, umbrellas, awnings), especially between 11 a.m. and 4 p.m. when the sun's rays are the strongest.
- Keep children under one year out of the direct sun.

Wear the Gear

- Slip on clothing to cover your arms and legs. Wear loose fitting, tightly woven, light weight clothing.
- Slap on a wide brimmed hat that covers your head, face, ears and neck. Wear sunglasses with both UVA and UVB protection.
- Slap on sunscreen with a SPF of 15 or higher that protects against both UVA and UVB rays. Look for "broad spectrum" on the label. Generously apply sunscreen 20 minutes before sun exposure and reapply every two hours. Sunscreen is **not recommended for babies under six months of age.**

Stay Sober

- Drinking alcohol increases your chances of sunstroke, dehydration and makes it less likely that you will practice sun safe behaviour for both you and your family.
- Be aware that some medication may make you more sensitive to the sun's UV rays.

Get Trained

- Know how to Spot Check your skin. Examine your moles and freckles monthly and report changes to your health care provider such as: any new growth, moles, or discolouration that appears suddenly or begin to change, or a sore that does not heal.
- Be aware that no tan is a safe tan. A tan is evidence of sun damage and can occur from the sun's rays or from tanning beds or sunlamps.