



SAFE K:DS UPSTATE



Staying Safe in the Summer

Read below for information regarding ...

Summer Safety Tips

Heatstroke Awareness

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Summer Safety Tips

People are firing up the grill, kids are out of school, the pools are packed, all the signs of summer! Whatever your plans are for your family this summer, Safe Kids Upstate is here with our top summer safety tips to help keep your adventures safe as well as fun!



Firing Up The Grill

- Position the grill well away from siding, deck railings, out from under leaves and overhanging branches and at least three feet away from lawn games, play areas, and foot traffic.
- Keep children and pets away from the grill area by declaring a 3-foot “kid-free zone” around the grill.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.
- Always supervise children around outdoor grills.

Following the Nature Trail

- Make sure your children have the appropriate clothing and gear. The

- right gear will help little hikers/campers/explorers stay safe.
- Teach your children a few first aid basics such as when to use a bandage, what a tick might look like, and how to spot poison ivy.
- Teach kids never to play with matches and lighters, and keep a bucket of water and a shovel near your campfire. Always supervise children around an open flame.

Park Hopping

- Dress children appropriately for the playground--remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard.
- Check playground equipment and surfaces. Look for hazards like rusted or broken equipment and/or dips and holes in the ground.
- Actively supervise children on playgrounds.
- Choose the right play area based on your child's age and development.
- Make sure the kids stay hydrated drinking water every 15-30 minutes.

Road Travel

- Place all hard and heavy objects in the trunk and/or compartments including cellphones. Everything in the car becomes a projectile in the event of an accident.
- Everyone (even adults in the backseat) buckle up. Children should be in an appropriate car seat or booster seat.
- When taking an Uber/Lyft/Taxi verify whether or not they have a car seat available.
- [Click here to learn more.](#)

Air Travel

- Bring an [FAA Approved](#) car seat.

[Click here for more safety tips and printable materials.](#)

Heatstroke Prevention

Heatstroke has become a leading topic as the news covers more and more of these unfortunate incidences. In just this year, we have had eighteen car heatstroke related deaths. Three of those deaths took place in South Carolina. On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. A car can heat up 19 degrees in just 10 minutes.



Cracking a window does NOT help. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. Even in cooler temperatures cars can quickly heat up. See below for the acronym to prevent heatstroke:

ACT

- **Avoid** heatstroke related injury and death by never leaving your child alone in a car, not even for a minute. Always lock your doors and trunks-even in your driveway. Keep your keys and key fobs out of the reach of kids.
- **Create reminders** by putting something in the back of your car next to your child (i.e. buckle your briefcase in the next seat, or a cellphone in the back compartment of your front seat). There are apps that will remind you to check the back seat including Waze. This is especially important if you are not following your normal routine.

- **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 situations like this. **One call could save a life!**

Child Passenger Safety

Can Every Fire Station Check My Seat?

Chances are you may have heard from someone you know that you can stop at any fire station and get your car seat inspected. In reality, that is not always the case. While there are many certified car seat technicians throughout our community, not every fire station, police station, EMS station, or medical staff can properly check your seat. You may find a caring individual at one of these locations who is willing to help you try to install your car seat, but to insure proper installation, it is best practice to make sure that the individual helping you install your car seat is a Nationally Certified Car Seat Technician, also known as CPST. CPSTs go through extensive training to know how to properly install your car seat. This training provides CPSTs the awareness of some of the nuances of different kinds of seat belt systems, different features on different car seats and cars. But not all stations/agencies have a CPST on staff.



Since research has shown that roughly 93 percent of seats are installed or used incorrectly, we highly recommend having a CPST verify your seat is correctly installed. Luckily there are over 14 stations and counting in the Upstate that provide this service to families.

When it comes time to get your car seat checked, visit [Safe Kids Upstate](#) (for local stations in Greenville/Pickens/Oconee/), or the [National Highway Traffic Safety Administration](#)(NHTSA) website to search for a CPST near you, or search by state at [Safe Kids Worldwide](#).

For more information, you can also check out [Safe Kids Ultimate Car Seat Guide](#), an interactive guide to buying and installing a car seat, and achieving the right fit.

Recent Events

Brian Donnelly Safety Day

Safe Kids Upstate was proud to participate in the Sgt. Brian Donnelly Safety Day at Eastside YMCA this year. Families were able to visit multiple law enforcement and safety stations to learn about first responders and safety in their community.

Lee , along with several volunteers, attended the event. Buddy's Safety House was on site to educate families about home safety and over 150 children were fitted and given helmets.





Bike Fest at the Swamp Rabbit Cafe

Safe Kids Upstate joined forces with Greenville County Parks and Rec, Swamp Rabbit Café, Bike Walk Greenville and REI to talk to families about the importance of wearing a helmet while enjoying the Swamp Rabbit Trail. Children played interactive helmet safety games and bikers without helmets

were fitted and received a helmet from the Safe Kids Team!

Golden Strip Child Development Center Trike-a-Thon

Safe Kids Upstate worked with Golden Strip CDC to hold a Trike-a-Thon where children learned how to wear a properly fitted helmet, safe biking practices and ultimately enjoyed a great day of triking around!



Blythe Bike Safety Event

Safe Kids Upstate partnered with Stephanie Morgan, the local author of *Tails on the Trail* to educate second graders at Blythe Academy of Languages about the importance of bike safety. *Tails on the Trail* is a fantastic book that supports building strong character with a little safety message as well.

Children left the event understanding how to properly wear a helmet and bike safety practices.

Augusta Circle Bike to school Event

Safe Kids Upstate supported Augusta Circle at their Bike to School event! Students received bike licenses and reflectors for helmets. Their safety patrol and other students learned about safe biking behaviors as well as how to wear a helmet properly.



Safe Kids Upstate | Bradshaw Institute for Community Child Health & Advocacy | 864-454-1100 | safekidsupstate.org



