

HEALTHY HABITS

July 2017

Car Seat Safety

It's Summer and vacation season is in full swing. While traveling please remember to wear your seat belt and do not forget to properly buckle your children in the appropriate car or booster seat.

Infants and toddlers should be rear facing until they are two years old or reach the highest weight or height per the manufacturer of the seat. Toddlers and preschoolers can sit forward facing in an appropriate car seat depending on the manufacturer specifications. School age children should sit in a booster seat that has a seat belt position device to hold the belt in proper position for maximum effectiveness. This is until the child reaches age eight to 12 or the height of 4 feet 9 inches. Every child under the age of 13 should ride in the back seat. It is the safest place in the vehicle.

CHILD CAR SEATS

All seats height & weight requirements vary. Read the label.



Healthy Inspiration

The greatest wealth is health.

Did You Know

The strongest muscle in the body is the masseter muscle (jaw muscle).

Never use a car seat that has been in an accident or one that is missing pieces. If you are unsure about proper installation call your local fire department, AAA, Safe Kids or Job and Family Services, as they can assist you with checking yours.

Traffic crashes are the leading cause of death for children because nearly 75% were unbuckled or improperly secured in motor vehicles.

Be a good role model. Make sure you always wear your seat belt. This will help your child form a lifelong habit of buckling up. Make sure that everyone who transports your child uses the correct car seat or seat belt on every trip, every time. Being consistent with car seat use is good parenting and is safest for your child.

WANT MORE INFORMATION? LEARN MORE AT FMCHEALTH.ORG



**First Medical
Occupational Health**
an affiliate of Fairfield Medical Center

CLINIC HOURS:
MONDAY, WEDNESDAY & FRIDAY
9 A.M. – 5 P.M.
1199 RIVER VALLEY BLVD.
LANCASTER, OH 43130

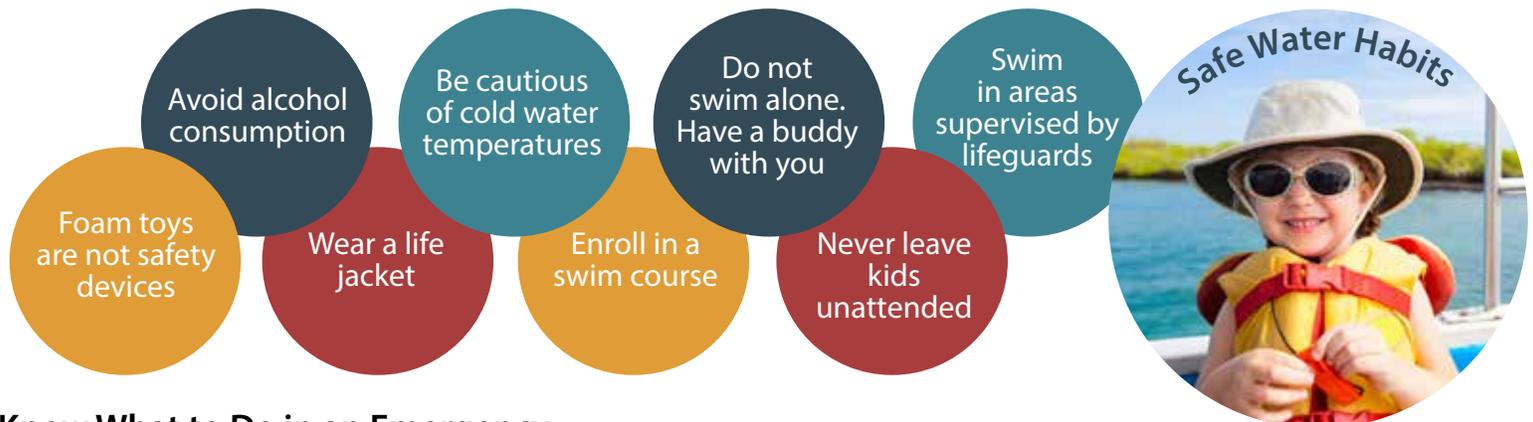


Water Safety

Now that we are in the peak of the summer season many people flock to water activities to stay cool and have fun. More than a third of people planning to swim, boat or fish this summer cannot swim well, according to an American Red Cross survey.

The Centers for Disease Control reports every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger and fatal drowning remains the second-leading cause of unintentional injury related death only behind motor vehicle crashes.

Water safety is important for swimmers and non-swimmers alike, and the best thing anyone can do to help stay safe during water-related activities is to learn how to swim. The following are suggestions from the American Red Cross to help stay safe in and around the water:



Know What to Do in an Emergency

If a child or adult is missing, check the water first. Seconds count in preventing death or disability.

- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a life jackets and a first aid kit.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

Do You Own a Swimming Pool? Hints to Prevent an Accident

Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection. Ensure that pool barriers that enclose the entire pool area, are at least four feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high



enough to be out of a small child's reach. If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use. Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment. Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Do not forget to drink plenty of water while you are spending your day swimming. It is easy to become dehydrated in the summer sun.