



SUMMER of SAFETY



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.

As the summer season approaches, the Signal Hill Police Department would like to encourage parents and guardians to review and discuss the following safety tips so that everyone has a safe and enjoyable summer break.

CAMPING 101

- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Cook foods to proper temperatures. Keep raw foods separate from cooked foods.
- Stay hydrated. Drink plenty of water to avoid heat-related illnesses.
- Wear protective gear, including sunscreen and bug repellent.



BBQ SAFETY

- Propane and charcoal BBQ grills should only be used outdoors.
- Keep children and pets away from the grill area.
- Never leave your grill unattended.
- Allow the coals to completely cool before disposing of them in a metal container.



MAKE A SAFE SPLASH

- Teach children how to swim and 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.
- Know how to perform CPR on children and adults.



FIREWORKS

- All fireworks, including "Safe and Sane," are illegal in the City of Signal Hill and Long Beach.
- Families should attend community fireworks displays run by professionals.
- Visit <http://www.queenmary.com/events/july-fourth/> for local professional firework display event information.

