

Lutheran Trauma Services

Located on the second floor of Lutheran Hospital in the space formerly occupied by Infection Control



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SUMMER SAFETY

Lutheran Trauma Services offers some quick tips on how to keep the good times rollin' this summer.

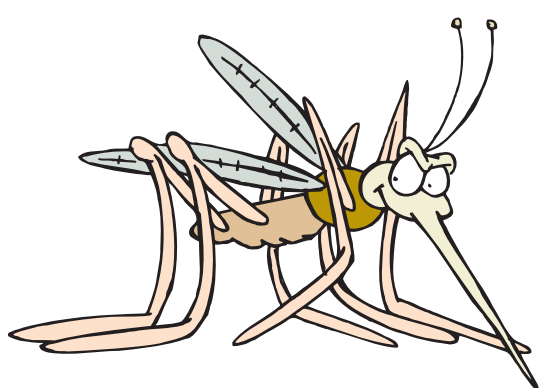


Don't get burned. Wear sunscreen with an SPF of 15 or higher whenever you spend time in the sun, and reapply it frequently. Some sun screens lose their effectiveness because of sweating or being in water.

Heat stroke. To avoid life-threatening heat stroke (a core body temperature above 104°F), avoid strenuous activities during high temperatures. Wait until the cooler evening hours to do yard work. Stay hydrated with plenty of water or sports drinks.

Dive safely. Severe spinal injuries can occur if people dive and hit their head on the bottom of a pool, lake or other body of water. Do not dive in water you are unfamiliar with. Even if you know the depth in a river or lake, keep in mind that these depths can change over time.

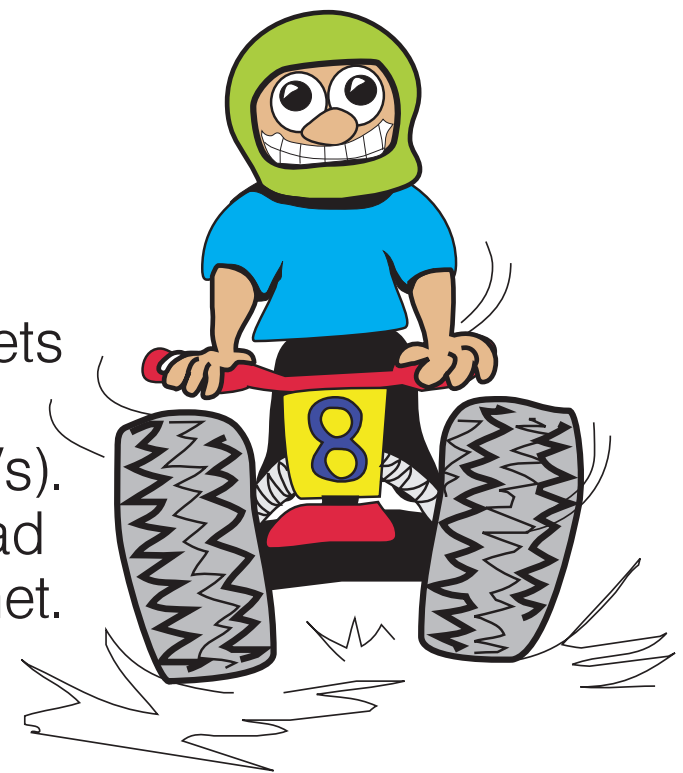
Swimming. Swim only in designated swimming areas and always swim with a buddy. You never know when you might get a cramp.



Beware of those pesky pests. Wear insect repellents, especially when hiking or camping, to prevent Lyme disease (spread by ticks) and West Nile virus (spread by mosquitoes). Cover soda cans to prevent attracting bees.

Protect yourself while riding.

Children and adults should wear helmets when riding bicycles, motorcycles, skateboards or all-terrain vehicles (ATVs). The most effective way to prevent head injuries is to wear a properly fitting helmet.



Lawnmowers. Never have anyone on your lap when you are using a rider mower, and don't let children be in the area when you are mowing. Wear sturdy shoes (not sandals) when mowing in case the mower slips.

Keep the festivities festive.

Always watch children and pets when grilling outdoors, and never bring a grill inside if the weather turns bad. When lighting fireworks, keep flames and fireworks away from you. The safest thing is to not use fireworks at all.

