



## Summer Safety tips



One of the best ways to stay safe this summer is to wear a helmet and other safety gear when [biking](#), [skating](#) and [skateboarding](#), and when [riding scooters](#), [all-terrain vehicles](#), and [horses](#). Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

Use layers of protection to prevent a [swimming pool](#) tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

### Rules of the Road

- When jogging with others on the roadway, run in single file.
- Utilize sidewalks where available and practical.
- Always jog facing traffic.
- Use extreme caution when crossing streets and at intersections.

Discharging Fireworks within the city of Columbus is prohibited. Additionally, they are extremely dangerous for young children to use.

If children are home alone and are allowed to answer the phone, they should never tell the caller that they are home alone. Make sure that the child has a list of phone numbers (neighbors, friends, family) that they can call if they should become frightened or in the event of an emergency. Assure that they know how to call 911 and when it is appropriate to do so. Also establish a schedule for the child to check in with mom or dad.

Establish house rules for use of the computer, especially the Internet. The computer can be a valuable learning tool, but is not a good babysitter. Make sure the child knows never to give out personal information on the computer.

Children should always be required to check in with a parent or trusted contact person before leaving the house and when returning home.

Teach your children that it is best to be in a group of friends when going places. When using public restrooms, go as a group. There is safety in numbers.

Parents should know the route the child will be taking to and from a given location. Remind the child never to take shortcuts or deviate from the route agreed upon.

Make sure that your children know never to talk to anyone that they don't know. They should be comfortable talking to you about things that may have happened that they aren't sure how to handle or things that make them uncomfortable.