



Health and Wellness Tip of the Week - Week 28

Monthly Topic

Enjoying summer fun should include staying safe. During July remind employees about summer safety.



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630

July 14, 2014

Practicing Water Safety Starts at Home

One of the leading causes of death for young children is preventable. Drowning accounts for the most injury deaths of children ages 1 to 4. Swimming pools are the main place where young children drown, followed by bathtubs. Here are a few tips to keep in mind:

- Never leave young children alone near any water.
- Keep a young child within arm's reach in a bathtub.
- After using a bucket, always drain it and store away from young children.
- Keep bathroom doors closed or place locks on toilet seat covers in case a young child wanders into the bathroom.
- Learn CPR. It can save a life.
- Give your children life jackets when they are near or in water, such as lakes or the ocean. Don't use toys as a substitute.
- Don't drink alcohol before or during swimming, boating or water skiing, or while watching children.
- If you don't know how to swim, learn.
- Never swim alone.

Sources: Centers for Disease Control and Prevention; and U.S. Consumer Product Safety Commission