

# Summer Safety Tips

- **Beat the Heat**

Anybody can be at risk for a [heat-related illness](#). Follow these summer safety tips, like taking extra breaks and drinking lots of water.



## Bug Safety



[Mosquitoes](#) can cause a number of illnesses, including Zika Virus and West Nile Virus. Learn what you can do to protect yourself at work and play.

Emergency departments see more than 20,000 children ages 14 and younger for [playground-related](#) traumatic brain injury each year.

## Playgrounds



## Fireworks



Summer is synonymous with barbecues, parades, fireworks displays - and plenty of [visits to emergency rooms](#), especially during July.

## Water Safety



Not including boating incidents, on average about nine people die from drowning every day. [The younger the child, the greater the risk.](#)

## Bicycling

Bicyclists must take extra precautions when they ride. They often [share the road](#) with vehicles, but injuries can happen even on a bike path.



## Skateboarding



Everyone falls, but there's a right way to do it. In 2015, 125,145 people were treated in hospital emergency rooms after being injured [skateboarding](#).

## Boating

Most boating experiences are positive. But joyful times quickly can turn deadly if boaters are not [vigilant about safety](#) - at all times.



## Pedestrian Safety



Cell phone [distracted walking](#) is a huge problem, and rarely are we more vulnerable than when walking, crossing streets and negotiating traffic.

# More Than 90% of Crashes Caused by Human Error

The most common errors drivers make include:

- Missing road hazards or detecting them too slowly
- Choosing incorrect defensive driving actions
- Driving in a distracted or altered state, such as having inadequate sleep, being distracted by a phone or driving under the influence of drugs or alcohol



Since 1964 when it first started teaching driver safety courses, the National Safety Council has been a leader in road safety.

## Distracted Driving

Thousands die in cell phone distracted driving crashes every year. Many believe hands-free devices and dashboard infotainment systems are safe because they are provided by vehicle manufacturers, but research shows these technologies lead to cognitive distraction and inattention blindness.

## Impaired Driving

In the U.S., more than one in eight drivers admit to driving when they thought they were close to or over the legal blood-alcohol limit in the past year. Impairment begins with the first drink.

## Teen Driving

- Half of all teens will be involved in a crash before graduating from high school
- 66% of teen passengers who die in a crash are not wearing a seat belt
- 58% of teens involved in crashes are distracted
- 25% of car crashes involved an underage drinking driver

Parental involvement does not end when a child gets a license. Teen drivers who continue to practice with their parents increase their chances of avoiding a crash.

## **Fatigue**

Adults need an average of seven to nine hour of sleep each day. About half of adult drivers admit to consistently getting behind the wheel while feeling drowsy. You are three times more likely to be in a car crash if you are fatigued, and losing even two hours of sleep is similar to the effect of having three beers.

## **Child Passenger Safety**

Car crashes continue to be the leading cause of death for children. Properly securing children in safety seats can protect them from crash risks. Far too many children also are dying in hot cars. Many don't know that cars and trucks heat up rapidly even on milder days and no matter the time of year.

## **Advanced Driver Assistance Systems**

Today's vehicle safety systems are meant to assist drivers, not replace them. You are still your car's best safety feature. Learn how technology can assist you behind the wheel.

## **Vehicle Recalls**

More than one in four cars on the road has an unresolved safety recall. Check to Protect is a national campaign led by the National Safety Council and Fiat Chrysler Automobiles to encourage drivers to check the recall status of their vehicles and have open recalls fixed.

## **Motorcycle Safety**

Motorcycles account for less than 3% of registered vehicles on the road, yet motorcycle riders account for about 14% of traffic fatalities. While alcohol and speeding are contributing factors in many crashes involving motorcyclists, there is another problem: Drivers of cars and trucks often fail to see them.

## **Fatality Estimates**

More than 40,000 people were killed in crashes on U.S. roads in 2017, according to preliminary estimates from NSC. Another 4.57 million people were injured seriously enough to require medical attention. Learn about traffic fatality trends and take life-saving measures.

# Emergency Preparedness: Are You Ready for a Disaster?



Natural and man-made disasters - no matter where you live - can strike at any time, so it's important to have a planned response when you're at work, on vacation or on the road.

The National Safety Council offers safety tips specific to each of the following emergencies:

- [Earthquake](#)
- [Flood](#)
- [Hurricane](#)
- [Tornado](#)

Federal agencies, like [Ready.gov](#), the [National Oceanic and Atmospheric Administration](#) and the [Centers for Disease Control and Prevention](#), also are valuable resources for emergency preparedness. When you face a natural or man-made emergency, try to stay informed through radio, TV or the Internet. In some cases, however, cable, electric and cell phone service will be disabled, making communication nearly impossible. The National Safety Council recommends the following general precautions that apply to many disaster situations:

- Make sure to have a [family communication plan](#) in place; all members of the family should review and practice the plan
- Have all family members' and other important phone numbers written down or memorized.
- Have an [emergency kit in your car](#) and at least [three days of food and water at home](#)
- Be sure to store all important documents - birth certificates, insurance policies, etc. - in a fire-proof safe or safety deposit box
- Assign one family member the responsibility of learning first aid and CPR
- Know how to shut off utilities