

Back Yard Safety

Back yard safety is not just for parents with small children. Basic common sense can help individuals of all ages avoid harm. We tend to see a lot of injuries, especially during the active summer months, in the back yard. Many of these mishaps come from improperly stored lawn equipment, forgotten toys, and other hazards.

The following tips can help you and your family stay safe in the yard:

CHILD ACTIVITIES:

- o Remember, there's no prevention like supervision!
- o Children tend to play "until the streetlights stay on" during the summer, and end up falling on a walkway that isn't lit, as they try to make their way inside to beat the deadline.
- o Monitor all pool activities and remember to empty small pools when the day ends.

• OBJECTS & OBSTACLES:

- O Sharp and motorized implements should be stored in a locked shed or closet in the garage. Everything from spray paint to gasoline for the mower should be locked up.
- o Many children have broken a bone or emerged with a bump on the head after tripping over uneven sidewalks. Children can also trip on hoses that are left unraveled across a walkway, exposed roots, and even weeds that haven't been covered over with soil.
- o Make sure fences are in good repair and sturdy enough to keep kids and pets in where you can monitor them.

PLANTS:

- Overgrown shrubs, weeds, and trees are also a hazard for children at play. Overgrown plants can block the view of the road and oncoming traffic. They also serve to hide children from motorists. They can also cause scrapes and other injuries when a child, who is looking at the path they're running on, forgets to look up and collides with an overhanging shrub.
- Often, parents are not aware that there are plants in their yard that are poisonous if eaten. Smaller children especially like to sample plants and results can be tragic.
- o Scan your yard for outcroppings of poison ivy or oak and eradicate them.

BUGS:

- o Insects are everywhere in a yard and their numbers increase as the sun goes down. In order to avoid excess bites and the risk of infections, call your kids in before dusk, or at least make sure they're sprayed down with a child-friendly bug repellent.
- o In many parts of the country, Lyme Disease is highly prevalent. If your children are going into an area that could be populated by ticks that cause Lyme Disease cover them with long pants, socks over the pant legs, sturdy shoes, and a long-sleeved shirt, tucked in. Inspect your child's head for ticks.