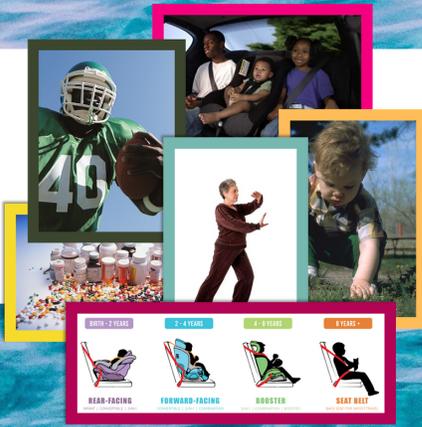


# INJURY PREVENTION SERVICE



CREATING AN INJURY-FREE OKLAHOMA THROUGH PROGRAMS, POLICIES, AND PARTNERSHIPS



## SUMMER SAFETY

Summer is a great time to enjoy outdoor activities, but warmer temperatures and more time spent outdoors and in the water increase risks for injury and illness. The Injury Prevention Service (IPS) recommends the following safety tips to keep summer safe and fun.

### In the Heat

- **Dress appropriately.** Wear lightweight, light-colored, loose-fitting clothing and a broad spectrum sunscreen with SPF 15 or higher. Reapply sunscreen at least every 2 hours and every time you exit the water or sweat heavily.
- **Schedule outdoor activities carefully.** Try to limit outdoor activity to the coolest parts of the day (morning and evening). When outdoors, rest often in shady areas so your body has a chance to recover.
- **Never leave people or pets in vehicles.** Never leave anyone, especially children, the elderly, or pets in parked vehicles, even if a window is cracked.
- **If a child or pet is seen alone in a locked, parked car, take action.** Call 911 immediately. Get at least one other person to confirm your assessment of the situation, then get the child or pet out of the vehicle. Once rescued, stay with them in a safe place near the vehicle until emergency responders arrive.

### In the Water

- **Stay within arm's reach.** Adults should stay close enough to children in and around water to be able to rescue them at all times, even if children know how to swim.
- **Watch without distractions.** Drowning is silent and takes less time than answering the phone. Adults should take turns monitoring children with no distractions.
- **Use U.S. Coast Guard-approved life jackets.** Life jackets should be worn in and around natural bodies of water, such as lakes. Water toys and floats, including pool noodles and inflatable water wings, are not life-saving flotation devices.
- **Secure home exits.** Monitor windows and doors with alarms to prevent unknown exits. Most young children who drowned in home pools had been inside under the supervision of their parents and were out of sight for only a few minutes.
- **Fence in home pools.** Use self-closing, self-latching gates. Follow the rule of 4: fencing on all 4 sides, at least 4 feet high, with gaps no bigger than 4 inches wide.

### In the Street

- **Cross safely.** Cross the street at crosswalks and intersections where drivers expect to see pedestrians. Follow the rules of the road, obeying signs and signals. Bike with the flow of traffic and use hand signals for turns and lane changes.
- **Stay alert.** Don't be distracted using devices that take your eyes and ears off the road. Make eye contact with approaching drivers; never assume a driver sees you. Teach children to look both ways before crossing streets and to look and listen for cars.
- **Wear properly-fitting helmets and safety gear.** Always use appropriate safety gear, such as helmets and knee and elbow pads, when skating or riding scooters, skateboards, bicycles, hoverboards, and other ride-on toys. Adults can encourage children to wear a helmet by wearing one of their own.
- **Be bright.** Wear bright colors during the day; use lights and reflectors at night.

## NEW CONCUSSION MATERIALS

New concussion materials are available to support school districts and youth sports organizations in the prevention and management of sports- and recreation-related concussions. The IPS partnered with the Childhood Concussion Coalition for review and expert feedback on all content. Materials are posted on the updated IPS concussion site, <https://concussion.health.ok.gov> and include:

- Fact sheets for parents/guardians and youth athletes
- Fact sheet for team officials
- Return to Learn protocol
- Return to Play protocol
- Sample acknowledgment forms for schools and youth sports organizations

To request printed copies, technical assistance, or more information, contact the IPS at [concussion@health.ok.gov](mailto:concussion@health.ok.gov) or 405.271.3430.

## FALLS PREVENTION AWARENESS WEEK: SEPTEMBER 21-25

COVID-19 has impacted our daily lives and changed many things. One thing that hasn't changed: Falling is not a normal part of aging. Here are some steps you can take to prevent you or a loved one from falling.



### Do Strength and Balance Exercises

- Find exercises that make your legs stronger and improve your gait and balance.
- Tai Chi is great for improving balance. Click to [find a class](#).



### Have Your Eyes Checked

- If you notice your vision changing, contact your health care provider. The Centers for Disease Control and Prevention (CDC) recommends you have your vision checked at least once per year.



### Talk to Your Doctor

- Ask a health care provider to assess your risk for falling.
- Review your medication with your health care provider.



### Make Your Home Safe

- Remove items from the ground you could potentially trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Make sure your home is properly lit.

## MEET OUR TEAM



Michelle Stansel, M.Ed., is the Rape Prevention Education Coordinator for the Injury Prevention Service. She provides training and consultation in sexual violence prevention, organizational capacity building, and community mobilization. She has been an advocate for direct services and prevention work for nine years. Michelle's work addresses shared risk and protective factors across multiple forms of violence and sectors of prevention efforts. In addition, she works to engage and empower Oklahoma's youth to create long-lasting, impactful change in our state. Contact Michelle at 405.271.3430 or [MichelleXS@health.ok.gov](mailto:MichelleXS@health.ok.gov).