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Summer is the time to enjoy the outdoors and get some healthy exercise. While outdoors, Hoosiers should also keep in mind some important safety tips associated with bicycling, lawn mowing, and swimming.

Wear a Bike Helmet

The Bicycle Helmet Safety Institute reports about 800 Americans die each year in bicycle crashes. It is estimated using a helmet could prevent about 680 of those deaths. Approximately 540,000 bicyclists visit emergency departments with injuries every year in the United States. In the 2007 Youth Risk Behavior Survey, 93.3 percent of high school students reported they rarely or never wore a bicycle helmet.

Tips for selecting a helmet:

- Pick bright colors that are visible to drivers.
- Look for a helmet that is well ventilated.
- Make sure that the helmet has a CPSC or Snell sticker inside. These indicate that the helmet meets standards set by the Consumer Product Safety Commission or the Snell Memorial Foundation, a nonprofit group that tests helmet safety.
- Make sure the helmet fits correctly and is adjustable.

Be Mindful when Mowing

Power lawn mowers are among the most dangerous tools around the home. Each year, approximately 68,000 persons are injured by power mowers and need treatment in emergency departments. More than 9,000 of those injured are younger than 18 years.

Mowing safety tips:

- Use a mower with a control that stops it from moving forward if the handle is let go.
- Keep children younger than 16 years from using a power mower or riding on mowers as passengers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes and hearing/eye protection are worn while mowing.
- Prevent injuries from flying objects by picking up objects from the lawn before mowing.
- Make sure that children are indoors or a safe distance away from where you plan to mow.

Supervise All Swimming Activities

Drowning is the second leading cause of unintentional injury death for children and adolescents. For every child 14 years and younger who dies from drowning, five receive emergency department care for nonfatal submersion injuries.

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Weights & Measures
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Tips to protect children from drowning:

- Adult supervision is the number one line of defense to help prevent drowning deaths.
- Properly secure home swimming pools with a four-sided isolation fence, at least 5 feet high, equipped with a self-closing gate and self-latching lock.
- Consider a locked pool cover or pool alarm for extra protection.
- Keep rescue equipment, telephone, and emergency numbers by the pool.
- Require children to wear approved and properly fitting life preservers.
- **NO CHILD** should ever swim without constant adult supervision. Teach your child to swim when he is ready developmentally, but remember that knowing how to swim does not guarantee safety.

Most injuries are preventable. Each year, more than 95,000 Hoosiers are hospitalized and nearly 4,000 die from injuries. Increasing awareness through education is vital to injury prevention. Each one of us can play a role in injury prevention by sharing basic safety tips for bicycling, lawn mowing, and swimming. A word or two about injury prevention could potentially be life-saving!