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Summer Dangers to Watch Out For

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In the minds of most people, summer is synonymous with frolic and fun. For young people, especially, it is a time to do the wildest things. And as the general focus is on play, safety and wellbeing concerns are so easily shoved aside,



Such care-free attitude courts dangers. There have been countless accidents that happened, and illnesses contracted, while people were enjoying their time. It's sad because these could have been avoided if only people were more careful and safety-conscious.

Health-and-safety experts say that excitement must never rule over caution. Bad things can potentially happen even in the most innocuous activity. The cliché "Safety first" truly holds great wisdom.

The website www.nsc.org lists certain things that everyone should always think about while having summer fun:

Heat Exposure. Anybody can be at risk for a heat-related illness. Taking extra breaks from a rigorous activity and drinking lots of water can help prevent undesirable .

Bugs. Mosquitoes can cause a number of illnesses, including Zika Virus and West Nile Virus. It is important, therefore, to have protection from these pests and other bugs at all times, whether at work or at play.

Playgrounds. Emergency departments treat hundreds of children ages 14 and younger for playground-related traumatic injuries each year.

Fireworks. Summer is synonymous with barbecues, parades, fireworks displays – and plenty of visits to emergency rooms, especially during May, the month of festivals in the country.

Water Safety. Drowning causes many deaths yearly. The younger the child, the greater the risk.

Bicycling. Bicyclists must take extra precautions when they ride. They often share the road with vehicles, and injuries can happen even on a bike path.

Skateboarding. Everyone falls, but certain fun activities can greatly expose one to the risk. Skateboarding – which is very popular among young people – is an example. Thousands of youngsters are treated in hospital emergency rooms after being injured while skateboarding.

Boating. In general, boating is a positive experience. But these joyful times can quickly turn deadly if boaters are not vigilant about safety – at all times. For instance, the weather can suddenly turn bad or there is not sufficient safety equipment available when crucially needed.

Pedestrian Safety. Cell phone-distracted walking is a huge problem nowadays, and rarely are people more vulnerable than when walking, crossing streets and negotiating traffic. While it seems common sense to stop and move to the side when checking one's phone, it is seldom practiced.

It takes little effort or discipline to stay on the safe side of things. On the other hand, being care-free or downright reckless can result in unimaginable damage – like loss of limb or even life. Too much to pay for any summer thrill!