

**Spring:**

Every year, there are over 150,00 ATV and 4-Wheeler accidents in America. Know the Golden Rules of ATV safety. Be sure to wear a helmet while riding ATVs. Goggles and protective clothing are a plus for keeping riders safe. Always ride an ATV that's right for your age – they come in all sizes! While ATVs are loads of fun, remember to supervise riders under 16 years old. Stick to the trails and not the road! Get trained and go ride!

(ATV Safety Week: June 1<sup>st</sup>-10<sup>th</sup>)

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**Summer:**

It's summer! Time to go outside and enjoy the sun! But be aware of the expected temperature to keep from overheating. If you get really hot, become dizzy and start feeling sick, you may be suffering from heat stroke. Over 400 people a year die from heat stroke. Heat stroke happens when your body gets too hot and cannot cool itself- sort of like having a really high fever of 106 degrees. It can cause brain damage and even death. Avoid wearing dark colors in the sun because they absorb heat and can quickly raise your body temperature! Make sure you take frequent breaks in the shade! Thanks for listening! And remember, play it cool on those sunny days!

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**Fall:**

It's fall. Time for sports and bonfires! Did you know that every three minutes a child suffers from a sports related concussion? Every hit to the head should be checked out by a doctor, no matter how minor you may think it is, especially if accompanied by headaches and vomiting. Those can be symptoms of serious head trauma. Thanks for listening! And remember, don't get sidelined! Always wear a helmet and play safe!

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**Winter:**

Brrrrr- it's cold outside! While winter precipitation can be beautiful to look at, it also creates very dangerous situations.. Snow and ice are the leading causes of falls during the winter season. Did you know that over 1 million people are injured or killed during slip and fall accidents every year? Of those, almost 50,000 were due to ice, sleet, or snow. Make sure you look carefully for icy patches on roads and walkways. When possible, hold onto handrails to help prevent falls. If you find yourself falling, try to protect your head from hitting any hard surfaces. Thanks for listening! And remember, while ice is nice, don't let your life slip away by being careless! Be safe and protect your brain!

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