

University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



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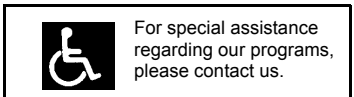
MAKE CAMPING A SAFE SUMMER EXCURSION

Planning to take your family camping this weekend? Will you have a campfire? Barbeque? Swim? You and your family are looking forward to a safe, fun camping vacation but . . . did you know that unintentional injury is the leading cause of death among children 14 and under in the United States??? Included on the list of unintentional injuries are fire and burns, poisoning, drowning, and falls. “Although camping seems like a relatively low risk outside activity, many families underestimate what can happen in the great outdoors,” said Executive Director Heather Paul, Ph.D., National SAFE KIDS Campaign. “The sun, poisonous plants and bugs, streams and campfires can all be potential hazards.”

SO PARENTS, PLEASE BE ALERT AND PLAN CAREFULLY FOR YOUR CHILDREN’S SAFETY. A comprehensive list of recommendations for parents to consider when planning their next outdoor excursion can be found on the National SAFE KIDS website <http://www.safekids.org/> under “media center: editorial calendar” or obtained by calling your local Cooperative Extension Nutrition, Family and Consumer Science Advisor. But, just for starters, a few things to think about before your next camping trip include:

- ▶ Keep first aid supplies and emergency telephone numbers accessible at all times.
- ▶ Know where the nearest telephone or ranger station is located, and carry a cell phone if possible.
- ▶ Pack essentials, such as flashlights, extra food, water and rain gear in case of bad weather.
- ▶ Inform others where you are camping and when you’ll return.
- ▶ Never leave a child unsupervised in or around water.

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Page 2 - Make Camping A Safe Summer Excursion.wpd

- ▶ Make sure kids wear U.S. Coast Guard-approved personal floatation devices (PFDs) or life jackets when around oceans, rivers, and lakes or during water sports. Air-filled “swimming aids” are not considered safety devices and are not substitutes for PFDs.
- ▶ Be aware of the nature of the water. An open body of water that looks virtually motionless may have a strong undercurrent.
- ▶ Do not allow children to wade into water without protective footwear. Broken glass or other sharp objects may be present.
- ▶ Do not let your child dive into water unless an adult is present and knows the water is deeper than 9 feet.
- ▶ Always supervise children near a campfire or portable stove.
- ▶ When making a campfire pit, be sure it is large enough to keep a fire from spreading.
- ▶ Do not build a fire if the park recommends against it.
- ▶ Keep a bucket of water and shovel near the fire at all times.
- ▶ Keep matches and lighters out of children’s reach.
- ▶ Never use matches or lighters inside tents.
- ▶ Never burn charcoal, or use portable camping heaters, lanterns or stoves inside tents, campers or vehicles.
- ▶ Carbon monoxide is a colorless, odorless and deadly gas. CO poisoning kills approximately 30 campers each year.
- ▶ Be aware of potential sources of carbon monoxide poisoning. They include commonly used camping equipment such as portable camping heaters, lanterns and vehicles.

Source: National SAFE KIDS Campaign. *“Making Camping a Safe Summer Excursion”*. Online: <http://www.safekids.org/>

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