

Summer Safety

Keep your summer safe by following these safety tips and guidelines:

Bike Helmets



Children under the age of 18 are required to wear helmets in the City of Lake Stevens when biking, skating, skateboarding, etc. Use the following guidelines to properly fit a bike helmet:

- 1) Eyes– make sure your helmet sits level and low on the forehead– one or two fingers widths above the eyebrow.
- 2) Ears– make sure the straps are even and form a “Y” under each earlobe.
- 3) Chin– make sure the chin strap is buckled tight enough to hold the helmet in place. There should be enough room so you can insert one or two fingers between the buckle and chin.

Life Jackets



Life jackets should fit snugly and should not slip over the head when arms are raised. When boating, there must be a life jacket for each person on board that fits properly. Children under the age of 13 must wear a life jacket at all times while on a vessel under 19 feet.

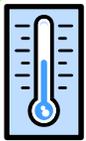
A life jacket cabinet located at Wyatt Park on Lake Stevens has jackets available for use and are free of charge. Jackets must be checked out and returned at the end of the day.

Sun Protection

When the weather is warm, it is important to take the precautions needed to stay safe. Make sure sunscreen is applied every 2 hours while outdoors. The Skin Cancer Foundation recommends using SPF15 or higher. Seeking shade and covering up when possible will help reduce exposure to harmful UV rays.



Drink plenty of water to stay hydrated and make sure your pets are in a cool place with plenty of water. Signs of dehydrations are thirst, loss of appetite, dry skin, dark colored urine, dry mouth, chills and fatigue to name a few.



NEVER leave a child or pet in the car when it's warm out! Temperatures can reach dangerous levels in a matter of minutes, even with the windows cracked.

BBQ Safety

Each year fire departments around the nation respond to an average of 7,900 home fires involving grills. Thirty-three percent of home grill structure fires start on an exterior balcony or unenclosed porch.



Propane Grills:

- ~ Check the gas tank hose for leaks before using it the first time each year.
- ~ If you smell gas while you're cooking, get away from the grill and call 911.

Charcoal Grills:

- ~ Only use charcoal starter fluid. Never add charcoal fluid or other flammable liquids to the fire.
- ~ Keep charcoal fluid out of the reach of children and away from heat sources.
- ~ Let coals completely cool before disposing in a metal container.

All Grills:

- ~ Only use grills outside and away from the home, deck railing and out from under eaves and trees.
- ~ Keep children and pets away from the grill area.
- ~ Keep your grill clean by removing grease or fat buildup.
- ~ Never leave your grill unattended.
- ~ NEVER grill inside or under awnings as carbon monoxide poisoning may occur.