



# FARMINGTON HILLS CRIME PREVENTION TIMES

SUMMER 2020



## Safety in the Sun

- Apply Sunscreen
- Wear Sunglasses
- Put on a Hat
- Seek Shade
- Cover Up (lightly colored and light-weight clothing)
- Stay Hydrated



## Pet Safety

- Never leave pets alone in the car
- Keep pets hydrated with plenty of cool water
- Provide shade for pets that are outside
- Watch out for hot pavement
- Take walks during cooler hours

## Summer Safety Tips

### Children, Pets and Vulnerable Adults

- A hot car can be deadly! Make sure that children and pets are not left unattended in a vehicle during the warmer months. Even a few minutes can cause serious health issues or death. If you see a child, pet, or vulnerable adult alone in a vehicle, always call 911 immediately!

**Beat the heat and check the backseat!**

### Bike Safety

- When riding a bike in Farmington Hills or any other city, you must obey the traffic laws. Stop for all lights and stop signs and ride on the right side of the road with the flow of traffic. Ride during daylight hours, wear reflective clothing and a helmet. If possible, attach a flashing light to your bicycle. Never assume a motorist sees you and always proceed with caution.



### Pool Safety

- Never leave a child unattended in or near water.
- Teach children to always ask permission to go near water.
- Ensure that the entire family knows how to swim.
- Children and inexperienced swimmers should wear a life jacket.
- Install anti-entrapment drain covers and safety release systems to protect against drain entrapment.
- Install proper safety barriers around your pool and spa.
- Avoid all distractions including cell phone.
- Know how to perform CPR on children and adults.
- Secure your pool when not in use.





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## > HEAT DANGERS

**FIRST  
WARNING**

FAINT OR DIZZY  
EXCESSIVE SWEATING

COOL, PALE,  
CLAMMY SKIN

RAPID, WEAK PULSE

MUSCLE CRAMPS



THROBBING HEADACHE  
NO SWEATING

RED, HOT, DRY SKIN

RAPID, STRONG PULSE

MAY LOSE  
CONSCIOUSNESS

### HEAT EXHAUSTION

- GET TO A COOL, AIR CONDITIONED PLACE
- DRINK WATER, IF CONSCIOUS
- TAKE A COOL SHOWER OR USE COLD COMPRESS

### HEAT STROKE

**CALL 9-1-1**

## 6 Simple Bike Safety Reminders for Your Family



### Always wear a helmet

A proper fitting helmet should set right above eyebrows and be tightly buckled so it doesn't slip when riding

### Obey traffic signs

Always ride with the traffic, obeying traffic signs and using proper hand signals



### Never wear headphones

When riding your bike, turn off the music and do not wear headphones so you can devote your full attention to the road

### Night riding

Try not to ride at night or in bad weather, but if you must, remember to have lights and proper reflectors on your bicycle and reflectors on your clothing



### Discuss riding routes

Talk as a family about the safest routes in your neighborhood and how to avoid potential hazards, such as driveways and sidewalks



### Clothing caution

Watch out for loose pant legs or shoe strings that can get stuck in bike chains



Celebrate this summer by being careful, prepared, and aware of your surroundings.