



environment. Have a pool cover that's rated to be able to be fallen onto and it won't sink down into the pool."

"Most of the time, people have no idea that somebody is drowning until it's too late. Even if they're great swimmers, you can still have things happen where somebody may lose the ability to keep their head above water, and they need life-saving intervention."

"If your child doesn't know how to swim or isn't the best swimmer, then making sure that they're always wearing either a lifejacket or another approved flotation device is imperative. Then get them into swim lessons of some sort."

Heat safety

"There are many stories where they'll put a thermometer in the car, and within minutes the temperature in that car is over 120 degrees Fahrenheit, which is more than enough to start causing some significant issues with someone's body. It could be 90 degrees and your body could start to overheat."

"Heat exhaustion is typically where maybe we stop sweating, or we start to feel a little bit lightheaded or feeling like we