

Put safety at the top of your summer to-do list

By Jane Brody, New York Times

Heeding some basic safety tips this summer could help to keep you and your companions in the game and out of the emergency room.

As an emergency room physician in Southern California, Brady Pregerson has seen or heard it all. He incorporates many of the resulting insights in a helpful little book, "Think Twice: More Lessons from the ER," a sequel to "Don't Try This at Home: Lessons From the Emergency Department."

I've selected those lessons that are especially relevant for the coming months. But many of the tips can help at other times of the year, especially for those living in the warmer states.

Want some fresh air? Don't push on the glass when opening windows. "I've seen many terrible hand and forearm lacerations from this mistake," Dr. Pregerson writes. To which I will add: If there are children under age 10 in the house, install window guards. It takes but a moment for a young child to fall out of an open window.

If you work or play in the dirt, be sure your tetanus immunization is up to date. The deadly bacterium *Clostridium tetani* lives in soil, and it can enter the body through even a small cut or splinter, Pregerson said in an interview. Children require a vaccine series called DTaP, and adults need a booster every 10 years.

Read the whole story