

# Watch out! - keeping safe outdoors

## Puffin - How to stay safe while snowshoeing and winter hiking



Description: -

- Accidents -- Prevention. Watch out! - keeping safe outdoors

A young Puffin fact book Watch out! - keeping safe outdoors

Notes: Produced in association with the Royal Society for the Prevention of Accidents.

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### A Guide to Storing Your Watches

Whether your child is spending time near a lake, creek, or wading pool, water safety is essential. Try these tips for exercising during cold weather to stay fit, motivated and warm. Wear a hat, scarf, and gloves.

### Working Outdoors? Watch Out for Lightning

If your doctor has told you to limit liquids, ask what to do when it is very hot outside. For example, provides you with full beds and bunk beds, while sleeping in a tent will require you to bring an air mattress, sleeping bag or other accommodations. Within a short time stings swell, becoming pussy and painful.

### Camping Safety Tips

Last medically reviewed on June 17, 2016. Conclusion There are many approaches you can take toward storing your watches and this write-up provides a good primer. For swings, surfacing should extend in back and in front, two times the height of the suspension bar.

### Stay Safe Outdoors and Watch Out for These Bad Bugs

During the winter, lips can easily dry out and develop windburn and sunburn. Bring in unsecured objects from patios and balconies and secure outdoor objects such as lawn furniture or garbage cans that could blow away and cause damage or injury. Flanked by his trusty dog, Muttley, Benjamin said he hopes soon to buy a recreational vehicle, which would take him out of a tent and allow him more mobility.

### Winter fitness: Safety tips for exercising outdoors

Be cautious on ice Crashing through ice into cold water , even if the body of water is just a shallow stream or brook. Heavy snow on roofs and dangling icicles are dangerous. This is the antenna we purchase.

### Purrfect Fence

Check trailhead access Throughout Maine, many trailheads are reached by roads that are not plowed in the winter. In fall and spring, allergy symptoms can become a problem, especially if your child has asthma, pollen allergies, or insect allergies. Humpback whales sometimes feed by creating bubble clouds.

### **Camping Safety Tips**

Use handrails where available on outdoor walkways and avoid other elevated areas such as roofs without adequate railing. When it comes to safety, people tend to be very confident in their own abilities.

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