



MSU-ES Dawg Tracks

June, 2015



Safety Tips: Summer Safety Tips

Summer is here! Let's enjoy this Mississippi summer after the cold winter that we experienced. However, we need to be aware of the foils of summer if we are not focused on keeping our family, friends and ourselves safe.

The sun, water, picnics and bar-b-ques are all great to enjoy, but we need to remain cognizant of the potential risks and hazards involved.

We shall explore some of the good summer safety tips so that at the end of the summer, we can relish on the great activities we enjoyed because we endeavored to keep the safety aspect on the "front burner."

FIREWORKS SAFETY TIPS-

Fireworks are enjoyment for the children, but they also can burn, and cause disfigurement and scarring if you are very careless. They also are a potential hazard for bystanders in the area where they are fired. The practical idea is to attend events where professionals are doing the firing. The children don't see it that way, as they like to do the firing,

- Little arms are too short for sparklers, which can heat up to 1200⁰ f. Glow sticks for the little ones are the wiser and safer choice.
- Assuming that children will be firing off the fireworks:
 - ~Do not wear loose clothing.
 - ~Do not light them indoors or in dry grass.
 - ~Point them away from homes, buildings, brush/leaves and flammable substances.

Practice close supervision and scrutiny while playing with the fireworks. Again, the best option is to attend events where they are fired by professionals.

BUG SAFETY-

- ✓ Refrain from using soaps, perfumes or air sprays on the little ones as they attract insects.
- ✓ Avoid casual water areas - where insects nest and flower gardens.
- ✓ Use insect repellants that contain a concentration of 10 to 30% DEET. These concentrations allow 2 to 5 hours protection respectively. In the late afternoon, wear long-sleeves and long pants and avoid clothing with bright colors.

PLAYGROUND SAFETY-

- ✓ Before allowing the kids to swing, slide or climb on the playground equipment, do a walk through checking the various pieces to see that they are on good repair, stable and generally acceptable for the kids to use.
- ✓ Trampolines are very popular, but are very dangerous. Close supervision should be practiced when the kids are playing on it. 75% of trampoline injuries occur when there is more than one person on the trampoline. I reiterate: Maintain very tight supervision on trampolines whether there are 1 or 3 playing.
- ✓ Do not allow the kids to play barefoot on the playground.

POOL SAFETY-

- ✓ **Supervise Constantly** – Good supervision means scanning the pool every 20 seconds and being able to reach the pool in 10 seconds.
- ✓ **Install multiple barriers around the pool** – Install a 4-foot fence around the pool and keep tree limbs and lawn furniture away from the fence to keep the kids from climbing over the fence.
- ✓ **Always check the pool first if a child is missing** – Child drowning is a silent one, usually no yells or screams. Many drowning accidents happen when a child has been missing less than 5 minutes.
- ✓ **Empty the wading pools and remove all toys after they are through playing** – Floats, balls and other toys attract kids to the pool when it is unattended.

BACKYARD SAFETY-

- **Keep grills at least 10 feet from structures** – Grill incidents cause more than 8,300 fires and send over 3,000 people to the emergency room each year. Never grill under roofs, porches, garages or indoors.
- **Have a spray bottle handy** – Flare ups are common fare when "cooking out." A handy water bottle or even a fire extinguisher can be a life saver in case of a flare up.
- **Never use gasoline or kerosene to light a charcoal fire** – Both of them can cause an explosion. Use a mitt and long handle utensils to handle the food.
- **Gas Grills** – Check the hoses for cracking, holes and leaks. If the tank valve or other parts need repairs, take them to a home improvement store. Don't attempt it yourself.

WATER SAFETY-

- **Learn to swim** (if you don't know how) – knowing how to swim is the best insurance around water. Most areas have places that teach swimming and many offer the American Red Cross classes. **If you don't know CPR – Learn and get certified!**
- **Swim in areas that have a lifeguard on duty.**
- **Read and obey all rules and posted signs.**
- **Life jackets** – Children and inexperienced swimmers should wear a Coast Guard approved flotation device.
- **Weather conditions** – Pay close attention to present and forecasted weather conditions. Lakes, rivers and swimming pools are not a good place to be with inclement weather approaching.
- **Survey the water area that you will be using to be cognizant of the water depths, sudden drop-offs, etc.**
- **Enter the water with a foot first entry.** Enter head first when the area is clearly marked for diving and has no obstacles.
- **Refrain from any alcohol use when swimming, boating or diving.**