

# MSU-ES Dawg Tracks

July, 2016



MISSISSIPPI STATE UNIVERSITY™  
EXTENSION

*Safety Tips:*  
*Summer Safety Tips*

We're knee deep into our Mississippi summer! Mississippi summers offer an array of opportunities for fun and recreation.

Along with the many recreational opportunities, there is always that possibility of someone getting injured if they aren't careful. This week we shall discuss some safety tips that, if you heed them, might just reduce your potential for an injury.

## HERE COMES THE SUN-

- The National Safety Council in a study revealed that one out of every five US citizens will develop skin cancer at some point in their lifetime.
- According to Yosemite.epa.gov, one American dies from skin cancer every hour.
- Skin cancer is the most common type of cancer in the USA, affecting more than 2 million people each year.
- Overexposure to ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

A couple of years ago, the National Safety Council sponsored a "Don't Fry Day," which was a promotion for folks to practice protecting themselves from the sun using the following simple precautions:

- **Slip, Stop, Slap, Wrap** – *Slip on a shirt; Slap on SPF-15 sunscreen; Slap on a hat; Wrap on sunglasses to protect your body from overexposure to the sun.*
- **Seek Shade** – *Find shade during the sun's peak hours between 10 a.m. and 4 p.m. to reduce the exposure of too much sun.*
- **Check the UV index** – *When planning outdoor activities check the UV index to identify the times that pose the greatest exposure to the sun.*

## WATER SAFETY-

- ✓ Learn to swim (if you don't already know how) – knowing how to swim is the best insurance around water. Most places in our country have facilities that teach swimming and the American Red Cross offers classes all over the country. **If you don't know CPR – arrange to learn how to use it!**
- ✓ Swim in areas that have a life guard.
- ✓ Read and obey all posted signs!
- ✓ **Life Jackets** – Children and inexperienced swimmers should always wear a Coast Guard approved flotation device.
- ✓ **Weather Conditions** – Pay close attention to the present and forecasted weather conditions. Lakes, rivers, and swimming pools are not good places to be when inclement weather is approaching.
- ✓ **Survey the water area that you will be using to be conscious of the water depths, sudden drop-offs, etc.**
- ✓ **Always enter the water with the foot-first entry.** Enter head first **only** when the area is clearly marked for diving and has no obstacles.
- ✓ **Refrain from all alcohol use when swimming, boating, or any other water activity!**

## FIREWORKS SAFETY TIPS-

Fireworks are quite an enjoyment for children, but they can also burn and cause disfigurement and scarring if people aren't very careful. They are also a potential hazard for bystanders in the area where they are being fired. The practical thing to do with fireworks is to go to events where professionals are doing the firing. It's hard to make children understand this, as they like to do the firing.

- Little arms are too short for sparklers, which can give off heat up to 1,200° F. Glow sticks for the little ones are the wiser and safer choice.
- If you allow children to fire fireworks:
  - ~Do not wear loose clothing
  - ~Do not light them indoors or in dry grass
  - ~Point them away from buildings, homes, brush/leaves, and flammable materials.

*Practice close supervision and scrutiny while playing with fireworks. Again, the best option is to take children to an event that will have fireworks demonstrations by professionals.*

## 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. Keep lawn furniture, limbs, and other debris away from the fence to avoid kids climbing over the fence.
- **If a child is missing** – Check the pool first. Child drownings are silent, usually no 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 have finished 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 over 3,000 trips to the emergency room each year. Never grill under porches, roofs, garages, or indoors.
- ✓ **Have a spray bottle handy** – Flare ups are common 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 these can cause an explosion. Use a mitt and long handle utensils to handle the food.
- ✓ **Gas Grills** – Always check the hoses for cracks, holes, or leaks. If the tank valve or other parts need repairs, take them to a home improvement store. Don't attempt to repair them yourself.

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Excerpts: <http://aap.org/en-us/aap-pressroom>  
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