

MAFES Dawg Tracks



July, 2013



Safety Tips: Summer Celebration Safety

Guess what? Summer is here and the heat and insects are buzzing! It's that time when we can start outdoor cooking with family and friends gathering around with the sweet smell of meat cooking and ice cream freezers turning.

With all of this "buzzing around" the grills and patios, we better refresh ourselves on some safety hints so that we safely enjoy this great time of the year:

✓ **Prepare for the Sun & Heat-**

We anticipate the sun shining on all of our summer festivities, so we better prepare ourselves for the sun and its potential hazards:

~ Encourage **sun safety** Demonstrate it by being the leader, applying sufficient amounts of sunscreen. Make sure that you have extra for those guests who forgot to bring it to the party.

~**Sufficient water** – It's good to have an ample amount of water on hand to offset potential hydration.

~**Remain cognizant of your guests** – Periodically check on your guests to be sure that they aren't getting overheated which could lead to a heat illness.

✓ **Plan for Biters & Stingers-**

Mosquitos, wasps, bees and hornets can play havoc with an outdoor party. The best way to avoid one of the above is to stay away, but preparation to get on the defensive is the best way:

~Wear plenty of insect repellent. It would be good to have a surplus on hand for your guests.

~Avoid bright colored clothing; wear the light-colored fabrics.

~Avoid wearing strong-scented cologne– these attract many types of insects which can be the biters or stingers.

~Always keep food and drinks covered- we don't want the biters and stingers to get more than their share.

~Be careful not to swing at the biters and stingers- this only makes them more aggressive- let them fly away on their own.

If you or someone in your party gets bit or stung, don't attempt to pinch the visible stinger. This usually allows more venom to enter your system. Get a credit card or a fingernail and scrape it away sideways.

✓ **Designate Safe Drivers-**

When planning the party, be sure to have an alternate plan to provide transportation for the ones that might get "overserved."

~Ask for the competent guests if they would be available, if needed.

~Serve non-alcoholic beverages.

~Serve high protein snacks, like cheese snacks.

~Plan the party so that alcohol is not the main focus.

~Close the bar one hour before the party ends and serve non-alcohol drinks.

~Check the guests at closing time to be sure none are intoxicated or over served.

✓ **Keep Foodborne Illnesses off the Menu-**

~Food, utensils and other food surfaces must be kept clean and protected from potential disease-carrying insects such as flies.

~Serve hot foods hot and cold foods cold. Assume you are cooking out. Keep the meat on the grill until time to serve it and the cold foods in the cooler until time to eat.

~Cook meat thoroughly by using a thermometer to check internal temperatures. Guidelines for various meats should register according to the following:

- Chicken - at least to 165° F. (74° C.)
- Burgers & Pork - at least 160° F. (71° C.)
- Steaks, Roasts, Chops - at least 145° (63° C.)

✓ **Be Water Wise-**

Summer, children, and water go together "like a bird with feathers," but the three can also be a deadly combination if rules aren't made, followed and enforced.

If there are bodies of water of any kind in your party area the following tips should be followed and enforced:

~Establish and enforce a list of water safety rules.

~Make sure an adult person is present and cautioned to watch out for kids in the water.

~It is good to have a water safety tube or another type of water safety aid available, in case of an emergency.

~Have a first aid kit handy around the pool area as well.

✓ **Handle Fireworks Safely-**

Fireworks are much safer than in the past, but careless use can still result in injuries. If fireworks will be part of your celebration the following tips will be helpful in reducing the possibility of an accident:

~Read and follow the instructions carefully.

~Shoot or ignite the fireworks only in open and cleared areas.

~Have a responsible adult supervising when shooting the fireworks.

~Light fireworks one piece at a time.

~Keep a bucket of water handy to put out a fire, in case of an emergency.

These items may sound like a lot of work, but if you are "throwing" a party, you want it to be a festive occasion and a safe one. Taking a few extra precautions to insure the enjoyment and safety for your guests will be worth the effort.

WORK TO BE *SAFE*
BE *SAFE* SO YOU CAN WORK!!

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SAFETY – THE KEY TO LONG LIFE