

# MSU - Dawg Tracks

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MISSISSIPPI STATE  
UNIVERSITY  
EXTENSION SERVICE

Summer Safety Tips

It's summer time in Mississippi! All the mowers are going, the grills are fired up and picnics are going strong. With all of these summer work and recreational opportunities it makes us "kinda" leave the drab winter months in the rear view mirror. However, with all of this summer fun and work, there is always the potential for injuries, if we aren't real careful.

We shall discuss some safety hints that can make our summertime potentially more enjoyable, if we heed them.

## Dangers of Heat-

- **Fill up on water regularly to stay hydrated.** If you're thirsty you aren't hydrated.
- **Never leave your child or pet in your vehicle during these hot summer days.** The temperature rises to 100° in only a few minutes.
- **Avoid strenuous exercise on the extremely hot days. Try to exercise in the early morning or late afternoon.**
- **Signs of heat exhaustion-**
  - ~Very sweaty
  - ~Feeling weak, giddy, and/or nauseous
  - ~Elevated body temperature
  - ~Clammy skin, pale or flushed
  - ~Vomiting or fainting (if severe)
- **Handling potential heat exhaustion-**
  - ~Rest in a shaded, cool place
  - ~Drink a cold water or Gatorade (water is the better choice)
  - ~Avoid carbonated and caffeinated beverages.
  - ~If severe- call 9-1-1- request ambulance immediately
- **Signs of heat stroke-**
  - ~Confusion or delirium
  - ~Fainting or seizures
  - ~Elevated body temperatures
  - ~Dry or hot skin, often red or blue-tinged
- **Handling a heat stroke-**
  - ~Rest in a cool area
  - ~Call 9-1-1- request an ambulance immediately
  - ~Soak in cool water or Fan vigorously
- **Signs of heat cramps-**
  - ~Muscle cramps or spasms
  - ~May occur during work or some time may lapse
- **Handling heat cramps-**
  - ~Drink cold water or Gatorade (water is your best choice)
  - ~If symptoms persist, seek medical attention
- **Signs of heart syncope (fainting)-**
  - ~Sweaty skin with normal body temperature
  - ~Temporary loss of consciousness
  - ~Lacks the symptoms of heat stroke or heat exhaustion
- **Handling heat syncope-**
  - ~Lie down in a cool place, raise your legs or lower your head to allow oxygen (blood) to flow through to the brain.
- **Signs of heat rash-**
  - ~Small pink or reddish bumps along the skin.
  - ~irritation, "itchiness" with a prickly sensation
- **Handling heat rash-**
  - ~Keep the skin clean and dry as possible
  - ~Refresh with cool water and cool air conditioning
  - ~Wear loose cotton clothing
  - ~Check for over-the-counter lotions to ease the symptoms

## Safety Tips for the Beach or Pool-

- ✓ Do not ever leave a child unattended at the beach, pool, or a spa.
- ✓ If you have a pool at home- it should be fenced in for security; if not, make sure that it is shut down and exercise all precautions to keep small children away when it isn't in use.
- ✓ Keep rescue equipment close at hand
  - ~A long pole with a "shepherd's" hook at the end
  - ~A life preserver
  - ~Life jackets
- ✓ Make sure the equipment is constructed with fiberglass, which is not an electrical conductor.
- ✓ Avoid inflatables –as they afford a false sense of security (not a substitute for life jackets)
- ✓ Children that can't swim – Make sure they have a life jacket on anytime they are playing around any type of water.
- ✓ Never use a pool with broken (or missing) drain covers. Suction from drains have been known to trap swimmers under the water.
- ✓ Swimming lessons should be provided for the children as they will reduce the potential for drowning.
- ✓ Anytime there is water activity at the beach, pool, or spa- an adult swimmer should be there serving as a "watchdog" or lifeguard.

## Fireworks Safety Tips-

If fireworks are legal to buy in your area and you choose to buy them for your kids, please use sound judgment when they are igniting them. I, personally, don't like them and tried to abort using them when my son was growing up. I would not buy the M-80s or M-100s as they will rattle windows and, if mishandled, will cause permanent injuries. My understanding is that these types are produced illegally now.

- Never allow young children to handle any fireworks.
- Older kids should only use them with adult supervision.
- Anyone using fireworks or bystanders nearby should wear protective eyewear.
- Never light fireworks indoors.
- You should only ignite fireworks away from people, housing and flammable materials.
- Never ignite fireworks inside a container.
- Do not attempt to re-ignite malfunctioned fireworks.
- For your unused fireworks- soak them in water for a couple of hours before discarding.
- Keep a bucket of water in the close proximity of where you are igniting the fireworks for emergency use.

Better than heeding the above safety tips, why don't you grab a blanket or a chair- kick back and let the experts take care of the fireworks.

## BACKYARD GRILL SAFETY TIPS-

- **Keep Grills at least 10 feet from structures-**  
Grill incidents cause more than 8,300 fires and over 3,000 trips to an ER each year. Never grill under roofs, porches, garages or indoors.
- **Have a spray bottle handy-** Flare ups are common when you're "cooking out." A water bottle or even a small fire extinguisher can be a lifesaver 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 mitten and long handled fork to handle food.
- **Gas Grills-** Always check for cracks, defective hoses, or leaks. If the tank valve or other parts need repairs, take them to a home improvement center. Don't try to repair it yourself.

**BEFORE YOU START - BE SAFETY SMART!**

**DON'T LEARN SAFETY BY ACCIDENT  
SAFE TODAY    ALIVE TOMORROW**

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Excerpts: [www.safetyxchange.org](http://www.safetyxchange.org)

[www.atlantictraining.com/safety-tips](http://www.atlantictraining.com/safety-tips)

[www.nsc.org](http://www.nsc.org)

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