

# Outdoor Safety Sense

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## Campfire Caution

Family camping can be a wonderful experience for kids and their families. Whether it's the leaky tent in the middle of the night, or the songs sung around the campfire while making "s'mores" (look for the recipe in this Safety Lines), the memories are endless. But, safety must be a priority, and the following tips can ensure a fun and safe campfire.

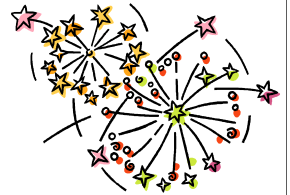
- Keep the campfire small. Prepare the site beforehand. Surround the area with rocks. Scrape away litter, leaves, and any burnable material within a 10 foot diameter.
- Build your campfire away from overhanging branches, steep slopes, rotten stumps, logs, dry grass and leaves. Pile extra wood away from the fire area.
- Start with dry twigs and small sticks, adding larger sticks as the fire builds up. Largest pieces go on last, pointing toward the center of the fire.
- Have plenty of water and a shovel within easy reach should the fire start to burn outside your fire area.
- **Never leave a campfire unattended!** Even a small breeze could cause the fire to spread.
- Before leaving the area, drown the fire with water, making sure all embers, coals and sticks are wet. Move rocks—there may be burning embers underneath.
- Stir the remains, add more water, and stir again. Use dirt or sand if you don't have water.



## Fireworks Fun

Enjoy the thrill of a beautiful fireworks display at public displays where safety measures comply with the state and local fire codes. Friends who use legal or illegal fireworks place you and your children at risk for injuries as bystanders. Consider these facts:

- Each year, approximately 12,000 people are injured and treated in emergency rooms for fireworks injuries.
- More than half of these injuries happen to children.
- **Legally available** fireworks (firecrackers, bottle rockets, Roman candles and sparklers) cause about 2/3 of fireworks-related injuries.
- Sparklers throw off sparks that reach temperatures of 1800° F. and stay hot long after they burn out. Over half of sparkler injuries involve children under 6 years old.
- Fires involving fireworks cause \$20 million in property damage each year.
- Hands, wrists, and eyes are the most commonly injured areas.
- Permanent vision loss results in about 1/3 of the eye injuries.
- Amputations of fingers or hands are frequent injuries.
- Most serious fireworks injuries occur in a one-month period before and after July 4th.



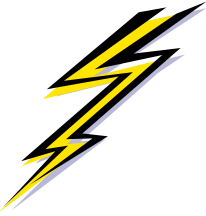
### How to make S'mores

Break a graham cracker into 2 squares. Place a square of Hershey Bar milk chocolate on the one graham cracker. Toast a marshmallow and carefully place it on the chocolate. Cover with the other graham cracker. It's so good you'll want "some more"!

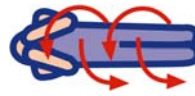
## Thunder Storms

Thunderstorms produce lightning in varying amounts. Sometimes there are just occasional flashes, while other times the lightning seems continuous. A small percentage of the flashes are “cloud to ground” strikes. These are the most dangerous and can injure or kill, or start a fire. Because the human body contains salty water, which conducts electricity better than air, a person’s body naturally attracts lightning. There are things you can do to minimize the risks of injury to you and your children.

- If caught outdoors, avoid being the tallest object around. Seek clumps of shrubs or trees of uniform height, ditches, trenches or the low ground. Get as low as you can, but don’t lie flat on the ground. “Squat” down instead.
- The time from the flash to the thunder is a rough measure of how distant the lightning is from you. Five seconds corresponds to about a mile. However, there is no distance from a thunderstorm that is absolutely safe. If you can see lightning, then you are under some threat.
- Cloud to ground lightning can jump out of a thunderstorm and strike the ground miles away—even if the sky is blue around you! The “30-30 Rule” is advised:  
Take shelter if the time from seeing a flash until the time you hear thunder is 30 seconds or less, and do not resume activities until 30 minutes have elapsed from the last lightning and thunder.
- If someone is struck by lightning, they will not retain an electric charge, so they are safe to handle. Call for help immediately. Administer CPR if the person’s heart or breathing has stopped.



## What to do if you are burned...



If your clothing is on fire, **stop, drop and roll** over the flames to extinguish the fire.



**Cool the burned areas** immediately with **room temperature, or tepid**, water to reduce skin temperature and stop the burning process, numb the pain and prevent or reduce swelling.



**Remove burned clothes.** Lay the victim flat. Remove non-sticking clothing. Loosen or remove tight clothing, jewelry or boots before swelling occurs. For scald burns, immediately remove hot, wet clothing.



**Cover the burn.** After cooling the burn with water, apply a clean, dry dressing to the burned area. Cover the victim to keep him/her warm.



**Get medical help.** Get the victim to a hospital. Do not underestimate the seriousness of the burn.



**Do not use ointments, sprays, first aid creams or butter.**

In a large burn, heat loss can be fast. If a person complains of being cold or starts to shiver, cover them with a blanket and get medical attention.

## Sunny Parent—Child Activity

Ask your child to count the pictures of the suns. Ask them how the sun can be good and bad. Discuss the good things the sun does, like helping plants to grow; warming the earth; providing solar heat to homes; providing vitamin D to help our bones be strong. But, discuss why protecting your skin is so important. Help them to think of ways to protect themselves when in the sun, like wearing sunscreen; wearing a hat; wearing light-weight clothing, shoes on their feet, and sunglasses; drinking lots of water; playing in the shade and staying out of the sun between the hours of 11:00 and 3:00.

