

As summer approaches, we start to plan fun outdoor activities. Barbecues, campfires, and trips to the beach can be lots of fun but can also lead to burn injuries! This issue of Safety Lines has tips to keep your family safe as you enjoy the summer.

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GRILLING OUT SAFETY TIPS  
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# FIREWORKS

**FIREWORKS AND RESULTING FIRES INJURE MORE THAN 10,000 AMERICANS EACH YEAR AND CAUSE AN AVERAGE OF 18,500 REPORTED FIRES. 35% ARE CHILDREN UNDER THE AGE OF 15. MORE THAN ONE QUARTER OF EMERGENCY ROOM FIREWORKS INJURIES ARE CAUSED BY SPARKLERS!**

—CONSUMER PRODUCTS SAFETY COMMISSION, NFPA

Fireworks are a hallmark of summer holidays, and a beautiful sight to see. However, they are incredibly dangerous and should not be in the hands of anyone except a professional!

Even consumer fireworks (the kind that can be purchased at most grocery stores or roadside stands), including sparklers, burn hot enough to cause third degree burns and should never be placed in the hands of children!

Especially children under the age of five lack the physical coordination to safely handle sparklers, and they may not understand the hazards associated with them.

If your family wants to enjoy a fireworks show...LEAVE IT TO THE PROFESSIONALS!

**HOW  
HOT  
DOES  
A SPARKLER  
BURN?**

1200 °F

1100 °F

1000 °F

900 °F

800 °F

700 °F

600 °F

500 °F

400 °F

300 °F

200 °F

100 °F

0 °F

**Sparklers**

Glass Melts at 900 °F

Wood Burns at 575 °F

Cakes Bake at 350 °F

Water Boils at 212 °F

# SUNSCREEN

IS AN IMPORTANT PART OF PROTECTING THE SKIN FROM SUNBURN AND SOME SKIN CANCERS, BUT ONLY IF USED CORRECTLY!

Babies are at special risk from sunburn because their skin is thinner than an adults and burns more easily. They cannot verbalize when they are beginning to burn and they cannot move themselves out of the sun. They need your help to stay safe!

- Babies younger than 6 months should be kept out of direct and indirect sunlight because of the risk of heat stroke. Keep them indoors especially between 10am and 2pm.
- When outdoors, keep babies in the shade as much as possible.



Dress babies in lightweight cotton clothing with long pants and long sleeves and a sun hat with a wide brim.

- Sunscreen may be applied to babies under 6 months to small areas of skin that aren't covered by clothes and hats. Remember to cover all exposed areas (face, back of hands, back of neck, tips of ears and tops of feet).
- Choose a sunscreen that says "broad Spectrum" of at least SPF 15. (up to 50 SPF) Apply the sunscreen 15-30 minutes before going outside, and reapply after playing in the water or every 1.5-2 hours.
- For babies over 6 months, apply sunscreen to all areas of the body, being careful around the eyes. Sunscreen should be used even on cloudy or overcast days!



## WHEN TO CALL THE DOCTOR:

- If your baby is younger than 1 year old and gets sunburned, call the doctor right away.
- For older children, call your child's doctor if there is blistering, pain or fever.

## IF YOUR OLDER CHILD HAS A MILD SUNBURN, RELIEVE DISCOMFORT BY:

- Using cool water to make the skin feel better.
- Give your child lots of water or 100% fruit juice to replace lost fluids.
- Keep your child out of the sun until the burn has healed.

# CAMPFIRES

Campfires bring family and friends together with songs, stories, and delicious meals cooked over an open flame. They can also pose dangers that can cause injuries! Follow these safety tips to keep your family safe on your next camping trip!

- Keep your campfire small, and surround the area with rocks.
- Establish a “no-zone” for small children around the fire.
- Avoid fires on windy, dry days.
- Never use gasoline or other flammable liquids.
- Have plenty of water and a shovel nearby in case the fire starts to burn outside your designated area.
- Be sure the fire is fully extinguished before leaving your site or going to sleep.
- Remember that coals and embers can remain hot through to the next day if not properly extinguished!
- Put the fire out by pouring water on all of the embers, not just the red ones, until the “hissing” sound stops. Do NOT bury the fire!



## GRILLING

**IN 2014, 16,600 PATIENTS WENT TO EMERGENCY ROOMS BECAUSE OF INJURIES INVOLVING OUTDOOR COOKING & GRILLS. (NFPA)**

Nothing beats the smell of food cooking on the grill when the weather gets warm! However, using grills, either charcoal or propane, can lead to serious fires and burns if you're not careful! Follow these simple tips to keep your family safe:

- Keep matches and lighters out of the reach of children.
- Have at least a 3-foot “no-zone” around the grill for children and pets.
- Make sure coals are completely extinguished and cooled before disposing of them.
- Never use gasoline or kerosene to make the grill fire bigger, and never apply lighter fluid to hot or warm coals.
- Always use the grill outdoors, away from structures (houses, garages, decks).
- Keep a fire extinguisher nearby for emergency use.
- Use an insulated, fire retardant BBQ mitt and BBQ tools with long handles to prevent burns.

# KIDS ACTIVITY CORNER



## “THE SUN SAFE SONG”

(sung to the tune of “the Hokey Pokey”)

You put your sunglasses on, when the sun comes out  
You put your sunglasses on, and you wear them all about  
You do the SUN SAFE POKEY and you turn yourself around  
That’s what SUN SAFETY’s all about!!

You put your brimmed hat on when the sun comes out  
Your put your brimmed hat on and you wear it all about  
You do the SUN SAFE POKEY and you turn yourself around  
That’s what SUN SAFETY’s all about!!

You put your sunscreen on when the sun comes out  
Your put your sunscreen on and you wear it all about  
You do the SUN SAFE POKEY and you turn yourself around  
That’s what SUN SAFETY’s all about!!

## “FUN IN THE SUN” DRAMATIC PLAY!

Kids are never too young to start learning about protecting their skin from the sun! Use dramatic play to teach infants and toddlers about how to stay safe while outside in the summertime. Gather a variety of long-sleeved shirts, hats, sunglasses, and emptied, rinsed sunscreen bottles. While children dress up and play with the items, talk to them about protecting their skin from the sun!

# STORMY WEATHER

ACCORDING TO THE NATIONAL WEATHER SERVICE, LIGHTNING CAUSES AN AVERAGE OF 38 DEATHS AND 238 INJURIES PER YEAR. LIGHTNING CAN STRIKE UP TO TEN MILES AWAY FROM ANY SIGN OF RAIN!

During the summertime, storms can occur at almost any time. Know how to keep your family safe when summer storms strike!

- If you can hear thunder, you are within striking distance of lightning. Look for shelter **INSIDE** a home, large building or hard-topped vehicle right away.
- Do not use a tree as shelter. There is no place outdoors that is safe during a thunderstorm.
- Stay away from windows and doors.
- Wait at least 30 minutes after hearing the last clap of thunder before going outside.
- When you are indoors during a storm, stay off computers, corded phones and anything else that puts you in direct contact with electricity or plumbing. Do not wash your hands, bath, shower, do laundry, or do dishes during a storm.



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