

June Ground Safety

Summer Safety Tips

The summer months can result in concerns that affect all of us. The following plan may be useful in order to prepare for the warm months, especially when temperatures rise and energy concerns can result in potential power outages:

Your Home

- Be aware of days of extreme heat predictions by listening to the radio, TV and/or reading the newspaper.
- Stay indoors and avoid extreme temperature changes.
- Use air conditioners; swamp coolers or keep electrical fans running.
- Wear light colored, lightweight and loose fitting clothing.
- Have reserve supply of bottled water.
- Have flashlight/lantern available for lighting with extra supply of batteries

• ***Your Health***

- Develop a summer safety emergency plan including key information and phone numbers for family/friend contacts, physicians, hospital preference, pharmacy, and a list of current medications and any allergies.
- Avoid heat exposure as much as possible.
- Make any necessary appointments for the doctor, shopping, etc. in the morning.
- Prevent dehydration by drinking at least 6-8 glasses of fluids everyday. *Good sources* of fluids include fruit juices, water, caffeine free beverages, milk, punch and Kool-Aid. Fluids that are **NOT adequate** sources include coffee, soda containing caffeine, tea and alcohol.
- Know what to do when you get overheated and take heat seriously. Health concerns could occur with the rise in temperature and may include heat cramps, heat fatigue, heat syncope, heat exhaustion, or heat stroke.

General signs and symptoms of heat related health problems include: weakness, dizziness, nausea, and/or muscle cramps.

For heat cramps, heat fatigue, or heat syncope you should stop the activity which caused the symptoms and strive to move to a cooler environment as feasible. If you have other medical concerns, you should contact your physician.

For heat exhaustion, seek immediate medical attention. Do everything possible in the interim of medical advisement inclusive of moving to a cooler environment as feasible, minimize activity, drink water or juice, and use cool wet cloths on the body.

SIGNS AND SYMPTOMS OF HEAT STROKE INCLUDE SUDDEN HIGH TEMPERATURE, HEADACHE, RAPID HEARTBEAT, DIFFICULTY BREATHING, RAPID BREATHING, PROFUSE SWEATING, MUSCLE RIGIDITY, CONFUSION/ALTERED MENTAL STATUS AND/OR POSSIBLE SEIZURES.

For heat stroke, CALL 911 IMMEDIATELY, as this is a medical emergency. Be sure to move to a cooler environment as feasible, apply cold-water compresses to the body or immerse your body in cool water while waiting for medical transport.

June Ground Safety

NOAA's National Weather Service Heat Index Program

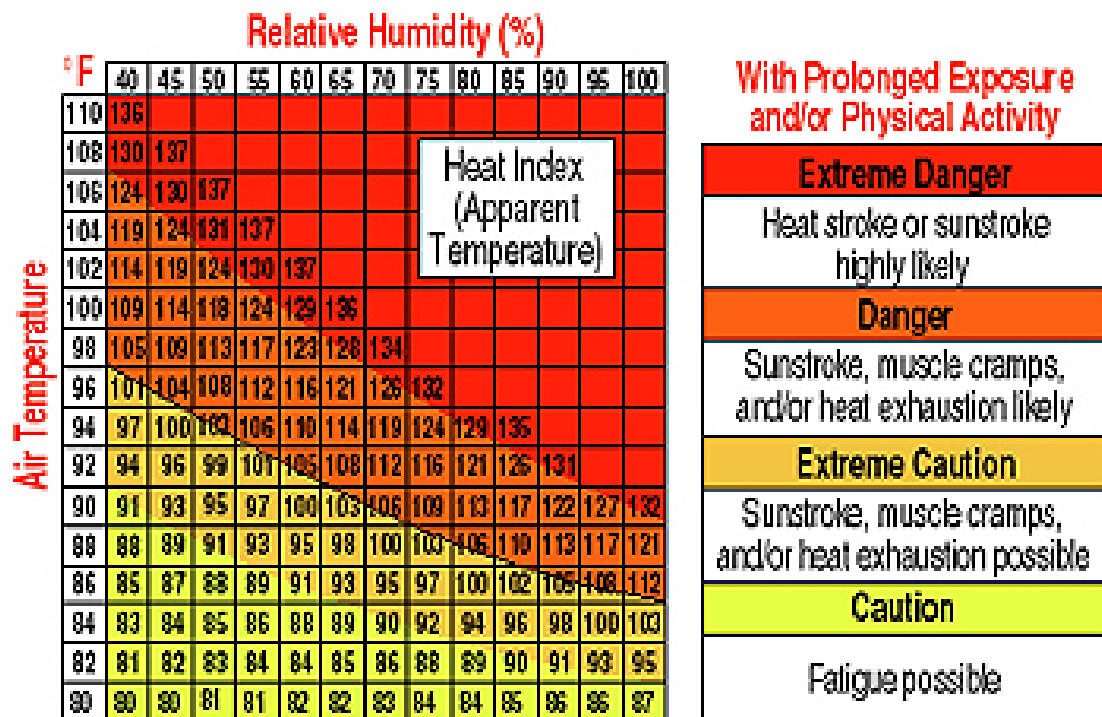
Considering this tragic death toll, the National Weather Service has stepped up its efforts to alert more effectively the general public and appropriate authorities to the hazards of heat waves -- those prolonged excessive heat/humidity episodes.

Based on the latest research findings, the NWS has devised the "Heat Index" (HI), (sometimes referred to as the "apparent temperature"). The HI, given in degrees Fahrenheit, is an accurate measure of how hot it really feels when the relative humidity (RH) is added to the actual air temperature.

To find the Heat Index, look at the Heat Index Chart on the next page. As an example, if the air temperature is 95°F (found on the left side of the table), and the relative humidity is 55% (found at the top of the table), the HI -- or how hot it really feels -- is 110°F. This is at the intersection of the 95° row and the 55% column.

Important: Since HI values were devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

Note on the HI chart the shaded zone above 105°F. This corresponds to a level of HI that may cause increasingly severe heat disorders with continued exposure and/or physical activity.



June Ground Safety

Summer is here...Water, Sun and Fun!

On the down side drownings will increase. Here are a few quick safety tips to keep your kids safe:

1. Don't be tempted to leave your kid alone in the bath or by the pool, even for a short time. Let the phone or doorbell ring until you can take your child with you.
2. Empty baths, nappy buckets or other containers should be kept locked away, especially around the garden where you might assume your child is safe - they love to play with water and it does not take them long to fill a bucket from a hose. A child can drown in 30 seconds in only 2 inches of water.
3. Cover garden ponds with a net or suitable wire-mesh.
4. Make sure your swimming pool is adequately fenced or covered with a net. Gates should be self-closing.
5. Train your child in survival skills such as floating or treading in the water.
6. Ensure your kids are constantly supervised when in the water, even if they can swim like fish!!
7. Discourage children from jumping in to help other. This often results in a double tragedy. Teach them to throw the victim something that floats or a long object to hold on to. Get them to call an adult for help. Teach simple rescue methods and first aid.
8. Be aware of the dangers around your home and the suburb where you live. Open masses of water, rivers, and canals attract children to play and are extremely dangerous. Teach your kids to avoid playing in these areas.
9. Watch out for the sun!! Yes, sunburn and skin cancers are as dangerous. Use UV blockouts and UV protective swimwear to minimize exposure during the worst times, 11am-2pm.

10 Summer Children Safety Tips

Now that most children are out of school and on break, summer brings endless hours of sun and fun. Yet it's also an opportunity for both small and serious injuries from playground falls to drownings. Here are some safety tips from Children's Hospital and Medical Center that will help keep your child's summer a safe one.

- 1. Never leave children unattended in or near the water. Use U.S. Coast Guard approved life vests, also known as personal flotation devices (PFDs), on boats, docks, and around deep or swift water.**
- 2. Make sure children always wear a helmet when riding a bicycle or scooter, rollerblading or skateboarding.**

June Ground Safety

- 3. Protect children from excessive exposure to sun -- especially from 10 a.m. to 4 p.m. Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.**
- 4. Supervise children whenever they use play equipment such as making sure children stay clear of the front and back of swings while in use.**
- 5. Keep children away from areas where any lawn mowers are being used. Never allow children to ride on mowers.**
- 6. Minimize the risk of bee and insect stings by having children wear shoes and light-colored clothing. Use insect repellent sparingly on older children and never on infants.**
- 7. Know the plants in your yard and teach your child not to pick or eat anything without first checking with an adult. Call the Washington Poison Center at 800-732-6985 if you suspect a poisoning has occurred or to receive a list of poisonous plants.**
- 8. Keep children from playing near barbecues and bonfires and always have water present when fire is involved. Only adults should use lighter fluid.**
- 9. Strap children in a properly fitting seat belt, car seat or booster seat when traveling by car or airplane.**
- 10. BE SAFE THIS SUMMER AND HAVE FUN!!**

V/R,
CAP-USAF Safety Dude