

Agenda

- Fireworks Safety
- Grilling Safety
- Beach and Water Safety
- Heat Exposure and Sun Exposure
- Venomous Snakes
- Tick Bites



Fireworks Safety

Fire Statistics

- Fireworks start an average of 18,500 fires per year.
 - 1,300 structure fires
 - 300 vehicle fires
 - 16,900 outside and other fires.
- These fires caused an average of three deaths, 40 civilian injuries, and an average of \$43 million in direct property damage.



Fireworks Injury Statistics

- In 2017, 8 people died and U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries;
 - 70% males, and 30% females.
- Children younger than 15 years of age accounted for 36% of the estimated 2017 injuries.

Safety Tips

- Never use fireworks while impaired by drugs or alcohol
- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light fireworks indoors
- Only use fireworks away from people, houses and flammable material
- Only light one device at a time and maintain a safe distance after lighting

Safety Tips (Cont.)

- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- **FIREWORKS SAFETY:** The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks.

Grilling Safety

Grilling Injury Statistics

- In 2013-2017, fire departments went to an annual average of 10,200 home fires involving grills, hibachis or barbecues per year, including 4,500 structure fires and 5,700 outside or unclassified fires.
- These fires caused an annual average of 10 civilian deaths, 160 civilian injuries and \$123 million in direct property damage.

Grilling Safety Tips

- Propane and charcoal BBQ grills must only be used outdoors. If used indoors, or in any enclosed spaces such as tents, they pose a fire hazard and a risk of exposing occupants to deadly carbon monoxide poisoning.
- Place the grill a safe distance from lawn games, play areas, and foot traffic. Grills should be positioned at least 10 feet away from siding, deck railing, and out from under eaves and overhanging branches.
- Keep matches, lighters, and starter fluid out of the reach of children in a locked drawer or cabinet.
- Always supervise a barbecue grill when in use.

Grilling Safety Tips (Cont.)

- Keep children and pets away from the grill area: declare a three-foot "kid-free zone" around the grill.
- Use long barbeque mitts and long-handled grilling tools to protect the chef from heat and flames when cooking.
- Never add charcoal starter fluid when coals have already been ignited.
- Periodically remove grease or fat buildup in trays below the grill so it cannot be ignited by a hot grill.
- Always follow the manufacturer's instructions when using grills.

Beach and Water Safety

Water Injury Statistics

- While drowning deaths peak among one and two year olds, drownings continue to be the second leading cause of preventable death through age 15.
 - 74% of drowning incidents for children younger than 15 between 2015 and 2017 occurred in residential locations.
 - Boys younger than 15 die from drowning at twice the rate as girls.
 - 351 children younger than 15 died in pools and spas in 2015.
 - Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year.

Beach and Water Safety

- **BEACH SAFETY:** If someone's visit to the shore includes swimming in the ocean, they should learn how to swim in the surf and only swim at a lifeguarded beach, within the designated swimming area.
 - Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket.
 - Protect the neck – don't dive headfirst. Walk carefully into open waters.
 - Keep a close eye and constant attention on children and adults while at the beach. Wave action can cause someone to lose their footing, even in shallow water.
 - Watch out for aquatic life. Water plants and animals may be dangerous.
- **WATER SAFETY:** Obey all instructions and orders from lifeguards.

Rip Currents

- Rip currents are powerful, narrow channels of fast-moving water that are prevalent along the East, Gulf, and West coasts of the U.S., as well as along the shores of the Great Lakes.
 - Moving at speeds of up to eight feet per second, rip currents can move faster than an Olympic swimmer.
 - Panicked swimmers often try to counter a rip current by swimming straight back to shore—putting themselves at risk of drowning because of fatigue. If caught in a rip current, don't fight it! **Swim parallel to the shore and swim back to land at an angle.**
- Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, but it is estimated that 100 people are killed by rip currents annually.

Heat Exposure and Sun Exposure

Heat Injury Statistics

- The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.
- In 2017, 87 people died in the U.S. from exposure to excessive heat.
- People most at risk include:
 - Infants and young children, especially if left in cars
 - People 65 and older
 - People who are ill, have chronic health conditions or are on certain medications
 - People who are overweight

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness.
- **Actions:** **Call 911 or get the person to a hospital immediately.** Cool down with whatever methods are available until medical help arrives.
- Watch for signs of breathing problems and make sure the airway is clear. Keep the person lying down.

Sun Protection

- Limit exposure to direct sunlight between 10 a.m. and 4 p.m., and wear a broad-spectrum sunscreen with a protection factor of at least 15.
- Reapply sunscreen often.
- Remember to drink plenty of water regularly, even if not thirsty.
- Avoid drinks with alcohol or caffeine in them.
- Protect the eyes by wearing sunglasses that will absorb 100 percent of UV sunlight.
- During hot weather, watch for signs of injuries.

Venomous Snakes

Snake Injury Statistics

- Snakes usually avoid humans, but about 8,000 people are bitten by venomous snakes in the United States each year, with 10 to 15 deaths.
 - Most bites occur between the months of April and October when snakes and humans are most active outdoors.
 - About 25 percent of the bites are “dry,” meaning no venom was injected, but the bites still require medical treatment.
 - Depending on weather and threatening conditions such as wildfires; snakes may roam at any time of the day or night.
 - If walking at night, be sure to use a flashlight.

Snake Bite First Aid

- If bitten by a snake DO NOT:
 - Make incisions over the bite wound.
 - Restrict blood flow by applying a tourniquet.
 - Ice the wound.
 - Suck the poison out with your mouth.
- These methods can very well cause additional harm and most amputations or other serious results of a snake bite are a result of icing or applying a tourniquet.

Snake Bite First Aid (cont.)

- If bitten by a snake DO:
 - Stay calm.
 - Call Dispatch via radio or 911.
 - Wash the bite area gently with soap and water if available.
 - Remove watches, rings, etc., which may constrict swelling.
 - Immobilize the affected area.
 - Keep the bite below the heart if possible.
 - Transport safely to the nearest medical facility immediately.

Tick Bites

Tick Bite Facts

- Ticks are generally found near the ground, in brushy or wooded areas.
- They can't jump or fly. Instead, they climb tall grasses or shrubs and wait for a potential host to brush against them.
- When this happens, they climb onto the host and seek a site for attachment.



ANAPLASMOSIS



BABESIOSIS



EHRlichiosis



LYME DISEASE



SPOTTED FEVER RICKETTSIOSIS
(INCLUDING ROCKY MOUNTAIN SPOTTED FEVER)



TULAREMIA

Tick Bite Prevention

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.
- Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin.
- Treat dogs and cats for ticks as recommended by a veterinarian.
- Check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp.
- Shower soon after being outdoors.

Tick Removal

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
 - The key is to remove the tick as soon as possible.
 - Avoid folklore remedies such as using nail polish, petroleum jelly, or heat to make the tick detach from the skin.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with clean tweezers. If you are unable to remove the mouth parts easily, leave them alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Questions?