



Weekly Safety Briefings

Week 26 – June 22 – June 26, 2020
July 4th Safety

Introduction

America's Independence Day is one of the favorite holidays to celebrate for many Americans. It's a day for family, friends, hot dogs, fire works and lots of fun. However, with any summertime celebration, there are also potential hazards involved. This week we will discuss some of these hazards and how to avoid them to make sure your holiday doesn't end in disaster.

Monday - Fire Work Safety Tips

Firework shows are often the highlight of the 4th of July celebration. Due to social distancing considerations, many families may choose to hold their own backyard firework shows. Here are some basic safety tips for handling fireworks safely.

1. Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. Always follow the instructions on the packaging.
2. Keep a supply of water close by as a precaution.
3. Make sure the person lighting fireworks always wears eye protection.
4. Light only one firework at a time and never attempt to relight "a dud."
5. Store fireworks in a cool, dry place away from children and pets.

Tuesday – Grilling Safety

Cooking up hot dogs and hamburgers for friends and family another time-honored tradition to celebrate America's birthday. However, every year hospitals see an uptick in injuries with grill related injuries on this day. Below are some tips for avoiding the hospital trip while cooking up America's favorite 4th of July foods.

1. Use your grill well away from your home and deck railings, and out from under branches or overhangs.
2. Open your gas grill before lighting.
3. Periodically remove grease or fat buildup in trays below your gas or propane grill so it cannot be ignited.
4. Declare a three-foot "kid and pet-free zone" around the grill to keep them safe.
5. Avoid loose clothing that can catch fire when cooking on the grill.

Wednesday – Heat Safety

A couple of weeks back, we discussed heat safety. The 4th of July is in the peak of summer for most areas. Today will give a short refresher on staying safe in the summer sun.

1. Don't forget the sunscreen! Protecting your skin from the harsh summer sun is the first line of defense.
2. Stay hydrated. Heat combined with consuming alcoholic beverages is a recipe for disaster. Drink plenty of water and electrolytes during the celebrations.
3. Know your limitations. Watch for signs of heat related illnesses in yourself and others.

Thursday – Water Safety

A fun way many enjoy a hot 4th of July is to cool off with fun water activities. Here are some simple tips to stay safe while enjoying your favorite swimming spots.

1. Always swim with a buddy, don't go in alone.
2. Never leave a child unattended near water, maintain constant supervision.
3. Just like with the heat, know the limitations of your swimming experience and skills.
4. Be prepared to respond in case of emergency (know CPR, basic first aid, able to call 911 or help, etc.)

Friday – Open Discussion



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This week we've discussed the basic tips for staying safe in order to enjoy your holiday weekend. Let's open it up to the group now.

- Have you ever had a 4th of July related accident or know someone who has?
- What happened and how did you/they respond?
- What did you learn from the experience?
- Do you have any tips for keep yourself and your loved ones safe during the celebrations?