



Administration



JULY  
2016

# safety Newsletter

## FIREWORKS SAFETY



Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries.

### FIREWORKS BY THE NUMBERS

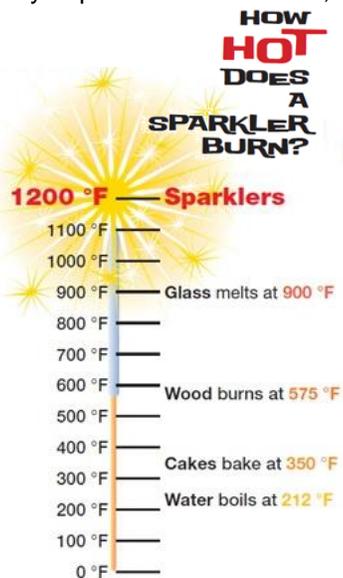
- In 2011, fireworks caused an estimated 17,800 reported fires, including 1,200 total structure fires, 400 vehicle fires, and 16,300 outside and other fires. These fires resulted in an estimated eight reported civilian deaths, 40 civilian injuries and \$32 million in direct property damage.
- In 2012, U.S. hospital emergency rooms treated an estimated 8,700 people for fireworks related injuries; 55% of 2012 emergency room fireworks-related injuries were to the extremities and 31% were to the head.
- The risk of fireworks injury was highest for young people ages 15-24, followed by children under 10.
- On Independence Day in a typical year, far more U.S. fires are reported than on any other day, and fireworks account for two out of five of those fires, more than any other cause of fires.



### FIREWORKS SAFETY TIPS

#### Leave Fireworks to the Professionals

- The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.
- If you plan to use fireworks, make sure they are legal in your area.



#### Be Extra Careful With Sparklers

- Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass.
- Closely supervise children around fireworks at all times.

#### Take Necessary Precautions

- Do not wear loose clothing while using fireworks.
- Never light fireworks indoors or near dry grass.
- Point fireworks away from homes, and keep away from brush, leaves and flammable substances

#### Be Prepared for an Accident or Injury

- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

\*\*For more information <http://www.nfpa.org/safety-information/for-consumers/holidays/fireworks> or [www.safekids.org/tip/fireworks-safety-tips](http://www.safekids.org/tip/fireworks-safety-tips)



Administration



JULY  
2016

# Safety Newsletter

## First Aid: BURNS

You can get burned by heat, fire, radiation, sunlight, electricity, chemicals or hot or boiling water. There are 3 degrees of burns:

- First-degree burns are red and painful. They swell a little. They turn white when you press on the skin. The skin over the burn may peel off after 1 or 2 days. Usually heal in 3 to 6 days.
- Second-degree burns are thicker burns, are very painful and typically produce blisters on the skin. The skin is very red or splotchy, and may be very swollen. Usually heal in 2 to 3 weeks.
- Third-degree burns cause damage to all layers of the skin. The burned skin looks white or charred. These burns may cause little or no pain because the nerves and tissue in the skin are damaged. Usually take a very long time to heal.

### How are burns treated?

The treatment depends on what kind of burn you have. See a doctor if:

- A first- or second-degree burn covers an area larger than 2 to 3 inches in diameter.
- The burn is on your face, over a major joint, on the hands, feet or genitals.
- The burn is a third-degree, electrical, or chemical burn which requires immediate medical attention.



### First-degree burn

Soak the burn in cool water for at least 5 minutes. The cool water helps reduce swelling by pulling heat away from the burned skin. Treat the burn with a skin care product that protects and heals skin, such as aloe vera cream or an antibiotic ointment. You can wrap a dry gauze bandage loosely around the burn. This will protect the area and keep the air off of it. Take an over-the-counter pain reliever, such as acetaminophen, ibuprofen or naproxen, to help with the pain. Ibuprofen and naproxen will also help with swelling.

First degree burn



Second degree burn



Third degree burn



ADAM.

### Second-degree burn

Soak the burn in cool water for 15 minutes. If the burned area is small, put cool, clean, wet cloths on the burn for a few minutes every day. Then put on an antibiotic cream, or other creams or ointments prescribed by your doctor. Cover the burn with a dry nonstick dressing held in place with gauze or tape. Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put antibiotic ointment on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form. Burned skin itches as it heals. Keep your fingernails cut short and don't scratch the burned skin. The burned area will be sensitive to sunlight for up to one year, so you should apply sunscreen to the area when you're outside.

### Third-degree burn

For third-degree burns, go to the hospital right away. Don't take off any clothing that is stuck to the burn. Don't soak the burn in water or apply any ointment. If possible, raise the burned area above the level of the heart. You can cover the burn with a cool, wet sterile bandage or clean cloth until you receive medical assistance.

[www.familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/first-aid-burns](http://www.familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/first-aid-burns)



Administration

JULY  
2016

# Safety Newsletter

## Know the Symptoms Of a Stroke



Each year in the United States, there are more than 795,000 strokes. Stroke is the fourth leading cause of death in the country and causes more serious long-term disabilities than any other disease. Every second counts if you or someone you love is having a stroke. Just a few hours can make the difference between recovery or learning to walk and talk all over again—or worse still—death. That's why it's vital to recognize the following ten warning signs of a stroke. **If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.**

### 1. Loss of Balance

Often victims have trouble walking, lose their balance and coordination completely, and even have trouble sitting down without falling.

### 2. Weakness

A sudden loss of strength in the muscles of the face, arm, or leg can signal an oncoming stroke. Many patients complain of numbness or tingling in the left arm or shoulder that comes on suddenly and gradually worsens.

### 3. Facial Paralysis

Oftentimes a stroke inflicts the facial muscles, where one side of the face droops or goes totally numb so the face appears non symmetrical when they try to talk or smile.

### 4. Difficult Speech

If an individual suddenly has difficulty speaking or forming intelligent sentences, it can indicate a stroke. Observers often explain it as watching someone helpless trying to talk, or a look of sudden confusion on the affected person's face.

### 5. Impaired Vision

Blurred vision might only be temporary, but observers can test visual aptitude by asking the victim how many fingers they are holding up. If they can't tell, call 9-1-1.



### 8. Loss of Sensation

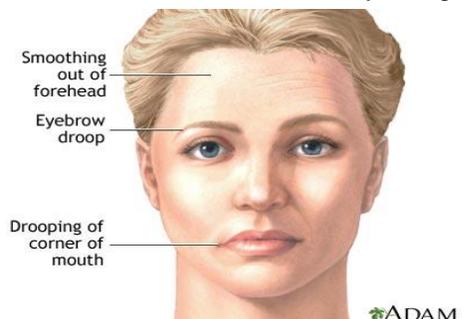
In the days leading up to a stroke, it's common for a gradual, or even a total, loss of vibratory sensation (or feeling) on the skin.

### 9. Dizziness

Many victims of a stroke encounter a total loss of balance so severe that they feel like the world is spinning (i.e., vertigo).

### 10. Lack of Reflex

It is also common to experience a decrease or loss of reflex. For instance, many stroke victims complain of trouble swallowing when eating to the point where they gag.



### 6. Lack of Understanding

A person suffering a stroke will often have difficulty understanding certain statements and commands in the days leading up to the actual stroke

### 7. Headache

The sudden onset of a severe, debilitating headache or migraine is common prior to a stroke. In fact, many stroke victims explain a headache so painful that it feels like being struck by lightning, causes extreme nausea, and even collapse.

\*\*For more information visit [www.activebeat.co/your-health/10-common-symptoms-of-a-stroke](http://www.activebeat.co/your-health/10-common-symptoms-of-a-stroke)



Administration



JULY  
2016

# safety Newsletter

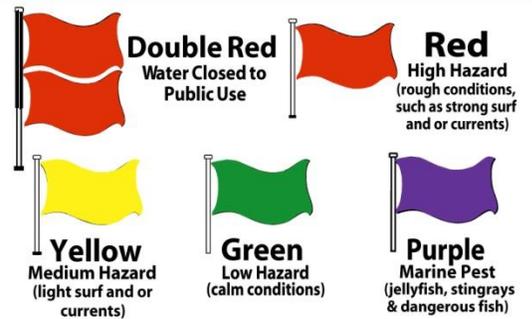
## Sun, Sand and Beach Safety

Every summer, people pack their bathing suits, sunscreen, flip flops and a good book for a trip to the beach. Or, perhaps where you live, you are fortunate to have beach weather for the greater part of the year. Regardless of how often you get to sink your toes into the sand, below are some beach safety tips and steps you can take to be make sure you and your family remain safe.

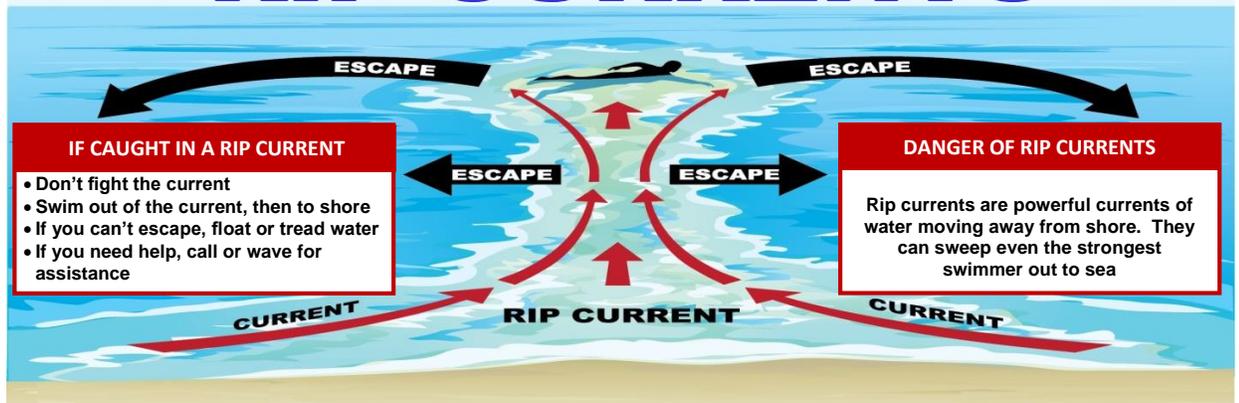
Swimming in a pool is NOT the same as swimming at a surf beach with crashing waves, winds and currents that can change suddenly. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

- **Flag system:** Check for flags flying on the beach to let you know if it's safe to swim. Red means "Danger: No Swimming," yellow means "Caution: Seek Advice," and green means "Safe to Swim." A red and yellow flag signals a swimming area patrolled by lifeguards, a purple flag means marine pests (such as jellyfish or sharks) are present, and a black-and-white checkered flag indicates a watercraft area where no swimming is allowed.
- **Feet first:** As much as you enjoyed watching Baywatch, never run from the beach and dive head first into shallow water. If you're jumping into the water from high up, always go feet first; you have no idea what's beneath the waves.
- **Rip Currents:** Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Beachgoers should be aware of how dangerous rip currents are, and swim only at beaches with lifeguards in the designated swimming area. Rip currents can form in any large open water area, such as low spots and breaks in sandbars, or near structures such as jetties and piers. For your safety, be aware of the danger of rip currents and remember the following:

### BEACH FLAG WARNING SYSTEM



## RIP CURRENTS



\*\*For more on Beach Safety visit [www.healthline.com/health/summer-health/9-summer-safety-tips#1](http://www.healthline.com/health/summer-health/9-summer-safety-tips#1) or [www.redcross.org/prepare/disaster/water-safety/beach-safety](http://www.redcross.org/prepare/disaster/water-safety/beach-safety)