

Leave Fireworks to the Experts!



Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal, but they are not safe.

In 2017, eight people died and over 12,000 were injured badly enough to require medical treatment after fireworks-related incidents. Of these, 50% of the injuries were to children and young adults under age 20. Over two-thirds (67%) of injuries took place from June 16 to July 16. And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, an estimated 1,200 injuries were from less powerful devices like small firecrackers and sparklers. **(continued page 2)**

Avoid Heat Related Illness and Death!



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 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather related excessive heat.

People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. OSHA says:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the symptoms and proper response to these illnesses can save a life.

INSIDE THIS ISSUE

- 1** Leave Fireworks to the Experts!
- 1** Avoid Heat Related Illness and Death!
- 2** Fireworks Safety Tips
- 2** Sparklers are Dangerous
- 2** Children are Dying in Hot Cars!
- 2** Safety Tip of the Month
- 2** Notes from the Editor

(continued from page 1)

Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires

Fireworks Safety Tips: If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and 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
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from

dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

Children are Dying in Hot Cars!

Since 1998, more than 960 children have died from vehicular heatstroke - an average of 37 per year - and 53% of incidents involve a parent or caregiver forgetting the child was in the vehicle. Parents and caregivers can act immediately to end these preventable deaths.

Even on mild or cloudy days, temperatures inside vehicles can reach life-threatening levels. Leaving windows slightly open doesn't help. Children should never be left unattended or be able to get inside a vehicle. Three primary circumstances resulting in deaths of children in hot cars are:

- A caregiver forgets a child in a vehicle
- The child gains access to the vehicle
- Someone knowingly leaves a child in the vehicle

NSC advises parents and caregivers to stick to a routine and avoid distractions to reduce the risk of forgetting a child. Place a purse, briefcase or even a left shoe in the back seat to force you to take one last look before walking away. Keep car doors locked so children cannot gain access and teach them that cars are not play areas. There is no safe amount of time to leave a child in a vehicle, even if you are just running a quick errand.

Safety Tip of the Month

Vacation time is here, don't let a tragedy ruin it. Take safety along with you. Avoid overexposure to the sun, wear plenty of sun block. Avoid overexertion, warm up and cool down when exercising and most of all relax - That's what vacations are all about.

Notes From the Editor

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