



# American Burn Association

## SUMMER BURN SAFETY

### Educator's Guide

A Community Fire and Burn Prevention Program Supported by the  
United States Fire Administration Federal Emergency Management  
Agency

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## GENERAL BACKGROUND INFORMATION

Fire and burn injuries do not take a summer vacation. We all need to work together to provide a safe environment during outdoor vacations, when the calendar says “summer”, or any time we enjoy activities we normally associate with being outdoors in the summer, doing things the young and old look forward to, unwinding and regrouping. The pleasure of family reunions, picnics, traveling, sunbathing, boating, can come to a sudden end unless we remain aware and protect ourselves against fire and burn injuries that can happen during these special occasions.

Camping plays an important role in the lives of millions of Americans. Campgrounds are the place to be for vacation and recreation in many areas, during a season that begins in mid-May and lasts through October. For many, hunting seasons extend the camping season and at least some of its hazards.

With warm weather comes **outdoor cooking**. Excited young children may be found running around their campsites or outdoor grills. Some will trip and fall into cooking fires and sustain burn injuries. **Weather** plays an important part in life outdoors. Sun, lightning, rain; thunder, and hail all can place us in serious danger if we don't take their warnings seriously.

Summertime activities should be fun. Knowing and observing a few safety tips can ensure they will be.

## Selected Injury Statistics

Death and injuries resulting from summer hazards can occur in many ways and it is difficult to identify national statistics for all of them. Don't become a statistic yourself.

- Fireworks and resulting fires injure more than 10,000 Americans. More than half of these injuries occur during the first week of July. Even legal fireworks can be very dangerous.
- The National Fire Data Center estimated in 1998 that outside cooking grills caused 6,000 fires, 170 injuries, 5 fatalities and \$35 million in property loss. Gas grills alone caused 2,700 fires, 80 injuries, and \$11 million dollars in damage. Most gas grill fires and explosions were caused by gas leaks, blocked tubes, and overfilled propane tanks.
- Lightning is one of nature's most deadly forces. Every year 1,200 people are injured and up to 100 are killed by lightning strikes.

Summer recreational and camping burn and fire injuries do not single out any particular age group, gender, or nationality. Since summer activities are so varied anyone can get injured.

Fire and Burn injuries don't take vacations and neither should you, from taking all necessary safety measures.



## SUMMER BURN SAFETY FACT SHEETS *FOR COMMUNITY DISTRIBUTION*

- Sun Safety
- Heat Related Conditions
- Lightning Safety
- Camping Safety
- Propane Safety
- Grill Safety
- Vehicle Safety
- Boating Safety
- Candle Safety
- Fireworks Safety
- Hotel/Motel Safety



# SUMMER SUN SAFETY

## General guidelines

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It is now well recognized that sunburn and sun exposure should not be taken lightly. Deaths have resulted from acute sun exposure and significant temporary disability is experienced by millions of sunburned people each year. Over the long term, extensive research on skin cancer has documented the contribution of frequent youthful sunburn to the development of life-threatening skin cancer later in life.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of noontime sun exposure, while a dark-skinned person may tolerate the same exposure for hours. No matter how dark the skin, however, continuous exposure to ultraviolet rays is a threat to health.

Ultraviolet rays can cause serious damage to human skin especially between 10:00 to 4:00 p.m. You can still get a bad sunburn on a cloudy day because up to 80% of the ultraviolet rays can pass through light clouds, haze and fog. Dangerous ultraviolet rays also come from sun lamps.

Unlike a thermal burn, sunburn is not immediately apparent. By the time the skin starts to become painful and red the damage has been done. The pain is worst between 6 and 48 hours after sun exposure. Severely sunburned skin may blister. Edema (swelling), especially in the legs, is not uncommon, as is fever. Sunburned skin usually begins to peel between 3 and 8 days after exposure.

### General Sun Safety

To avoid sunburn and the harmful effects of ultraviolet rays:

- ☀ Select shaded areas for outdoor activities.
- ☀ Wear a broad-brimmed hat, tightly woven clothing, a long-sleeved shirt (preferably cotton), long pants and gloves when you to spend long periods in the sun. If you are wearing a baseball cap and plan to spend a lot of time outdoors, tuck a handkerchief under the back of the hat to help prevent sunburn on the neck.
- ☀ Avoid tanning altogether or at least avoid tanning for long periods, particularly between 10 a.m. and 4 p.m. during the summer months.
- ☀ Avoid using sun lamps.
- ☀ Be careful of medication. Certain prescriptions can make your skin more sensitive to UV rays. Consult your doctor if you have any questions about your medication.



# SUMMER SUN SAFETY

## Eye protection and sunscreen guidelines

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☞ Protect your eyes as well as your skin from ultraviolet damage. Protecting your eyes from sunlight is important whenever you are outdoors! The more often your eyes are exposed without protection, the higher the chance of serious eye problems later in life.

Protect your eyes with UV- blocking sunglasses or safety eyewear and by wearing a hat (or hard hat) with a wide brim. Select sunglasses that comply with CSA and ANSI standards for non-prescription sunglasses. Some sunglasses have a label stating the degree of UV protection they provide. Wraparound lenses keep light from entering the corners of your eyes. A clear UV- protective coating can be put on prescription eyeglasses. Discuss with your eye doctor. Sunglasses should be worn when using contact lenses even if the contact lenses have an UV- blocking feature.

### Are You Getting the Most of your Sunscreen?

- ☞ Use a sunscreen with a Sun Protection Factor (SPF) of at least 15. Make sure it has both UVA and UVB protection. Re-apply every 2-3 hours, as well as after swimming. Pay particular attention to the most exposed parts - the face, neck, ears, shoulders, back, knees and tops of feet.
- ☞ Read and follow the manufacturer's recommendations on the bottle or tube of sunscreen. Check for its expiration date.
- ☞ If applying more than one substance (i.e. insect repellent) on your skin, always put the sunscreen on first and wait 30 minutes before applying the second substance.
- ☞ Always test for allergic reaction when first using a particular brand of sunscreen. Apply a small amount on your inner forearm 2-3 days in a row. If you experience an adverse reaction, ask your pharmacist about alternative choices.
- ☞ No sunscreen provides 100% protection. Even after applying sunscreen, cover up with a hat, long-sleeve shirt and pants during extended periods in the sun.

### Sunbathing

Sunbathing is not as popular as it once was because of the growing awareness that spending too much time in the sun will increase the risk of skin cancer. If you do sunbathe - at a beach, in the backyard or at a swimming pool, limit your time in the sun.

- ☞ Do not overdo it when the weather starts to turn warm. Begin with 15 minutes a day; then slowly increase the time you spend in the sun.
- ☞ Use liberal amounts of sunscreen with a Sun Protection Factor (SPF) of at least 15, even on cloudy days. Wear dark sunglasses to protect your eyes.



# SUMMER SUN SAFETY

## Infants and Children

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### **Why are babies at higher risk?**

Common sense tells us that babies have sensitive skin that can easily be damaged.

**Babies are not born with a developed skin protection system, so they burn more easily.** The outermost layer of their skin in particular is much thinner. Even children born to parents with very dark skin need maximum protection.

**A young child has more skin, relative to his body mass, than an adult does, so a sunburn of any area will be more serious than a similar sized burn to an adult.**

**A baby can't tell you they're too hot or the sun's too bright.** Your baby may begin to cry and you won't know whether he or she is tired, hungry or hot.

**Babies can't physically move themselves out of the sunlight.** A six-month-old on a blanket is less mobile than a one-year-old who can toddle into the shade.

### ***How to protect your baby's skin***

Keep babies less than one year out of direct sunlight to prevent skin damage and dehydration. Keep babies in the shade, under a tree, an umbrella or a stroller canopy. Dress your child in protective clothing: comfortable long pants, long sleeved shirt and broad-brimmed hats, of closely-woven materials. Wet T-shirts offer little protection.

Apply PABA-free sunscreen with an SPF of at least 30, 15-30 minutes before going outdoors. Reapply every 2-3 hours especially if children are playing in the water often. **DO NOT APPLY SUNSCREEN TO BABIES UNDER SIX MONTHS OLD.**

Be choosy when selecting sunglasses for children. Do not let them use toy sunglasses. Be sure the glasses have sturdy plastic lenses that will protect their eyes from UV rays.

Don't allow children to exercise outside for more than 30 minutes without a water break when heat and humidity are high. Be sure kids drink plenty of water before, during and after outside activity. Insist on breaks to cool off in the shade if possible.

Don't let infants or young children play or sleep in the sun in a playpen, stroller, etc.

If your children have to stay outdoors for a long period, make sure they wear protective clothing, including a hat and sunglasses. Get your children used to wearing sunscreen lotion and protective clothing. Don't let children stay in the sun for long periods, even when wearing a sunscreen.



# SUMMER SUN SAFETY

## Sunburn First Aid

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Overexposure to the sun causes sunburn. The time it takes to sustain a sunburn varies widely related to the age of the person, skin type and color, geographical location, altitude, time of day, time of year, reflection of water, sand or snow. Sun lamps can cause severe sunburn. Some medications can make a person much more susceptible to sunburn. Sunburn treatment can only address the symptoms. Prevention remains the key to avoiding the painful consequences of overexposure to the sun.

### *Symptoms*

- ☀ May not appear for a few hours, and the full effect may not be obvious for 24 hours
- ☀ Skin is red, tender and warm to touch
- ☀ Skin may be blistered and/or swollen
- ☀ Blistering may occur several days after exposure
- ☀ Severe reactions (sometimes called “sun poisoning”) may include fever, chills, nausea or rash
- ☀ The sunburned skin may peel several days after the sunburn

### *Prevention:*

- ☀ Use a lip balm with sunscreen.
- ☀ It’s possible to burn all year (that includes cloudy days). So whether you’re walking to school or outside playing, don’t forget to block the sun year round.
- ☀ If you’re spending a day at the beach or at the pool, use waterproof sunscreen. After swimming, toweling off, sweating, and/or vigorous activity be sure to reapply.

### *First aid:*

- ☀ Apply cool baths or cool compresses for 10 to 15 minutes several times a day. Small children may become easily chilled, so keep the water tepid.
- ☀ An over-the-counter pain medication such as acetaminophen (Tylenol, for example) may be helpful (Note: aspirin should not be given to children).
- ☀ Call the doctor for severely painful sunburn, fever over 101 F (38 C), sunburn in an infant less than 1 year old, multiple blisters or cloudy blisters, which may be infected. Seek immediate care if the child has eye pain, cannot look at lights, looks sick, is dizzy, faints when standing, or has signs of dehydration (dry mouth, no tears when crying, no urine output for eight to sixteen hours, or dark-colored urine).
- ☀ Moisturize effected areas liberally and often with perfume-free, alcohol-free lotion.
- ☀ On the first day of sunburn, offer extra fluids to prevent dehydration; avoiding alcoholic beverages or those with caffeine.
- ☀ DO NOT apply petroleum jelly, ointment or butter to the sunburn. They make the symptoms worse and do not allow air to assist in healing.
- ☀ DO NOT wash burned skin with harsh soap.
- ☀ DO NOT use over-the-counter creams and sprays that may contain benzocaine. Benzocaine often causes an allergic reaction, especially in children.

## HEAT RELATED CONDITIONS

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## Heat exhaustion and heat stroke

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**Heat Exhaustion** is a mild summer health problem resulting from spending too much time in the heat. It occurs when perspiration leads to excess loss of fluids and the electrolytes they contain. Even if not directly in the sun, a person can lose too much fluid on a hot day staying too long outdoors, in a car, or even indoors in an overly hot house.

*Symptoms of heat exhaustion include:*

- ☼ Dizziness
- ☼ Nausea
- ☼ Light-headedness
- ☼ Severe headache
- ☼ Cool, clammy skin
- ☼ Heavy perspiration
- ☼ Shallow breathing
- ☼ Muscle tremors, cramping

If symptoms occur:

- ☼ Lay the person on their back in the coolest nearby place
- ☼ Loosen any tight clothing,
- ☼ Lower his head slightly,
- ☼ Raise his feet and
- ☼ Get medical attention immediately.

**Heat Stroke** is caused by overexposure to direct sunlight, with or without physical activity. Just sitting or lying too long in the sun can result in heat stroke, which should be considered a medical emergency and can even be fatal. **Call 9-1-1 immediately.**

Symptoms include:

- ☼ Headache
- ☼ Red, dry face
- ☼ Skin hot to touch
- ☼ Body temperature of 105 degrees Fahrenheit (41 degrees Celsius)
- ☼ Pulse rate increased, even up to 160 to 180 beats per minute
- ☼ In extreme cases, loss of consciousness.





# HEAT RELATED CONDITIONS

## Heat and other risks in motor vehicles

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People in motor vehicles need to be aware of the hidden dangers of heat-related injuries, especially to children and older adults, during high temperature days. These dangers can surface even after short periods of time in a hot vehicle. When outside temperatures reach 93 degrees Fahrenheit (34 degrees Celsius), even with the window cracked, the temperature inside the vehicle can reach 125 degrees Fahrenheit (52 degrees Celsius) in just 20 minutes and 140 degrees Fahrenheit (60 degrees Celsius) in as little as 40 minutes.

**As the temperature rises, remember these motor vehicle safety guidelines:**

- ⓘ Never leave a person (especially a child or and senior citizen) in a vehicle, even with the windows cracked or down when temperature rises above 80 degrees Fahrenheit (27 degrees Celsius).
- ⓘ Avoid hot surfaces in your vehicle. (i.e. seats, belt buckle and latch plates, dashboards and sides of vehicle).
- ⓘ Use window shades in the front and rear windows. Place a light covering or shading over seats to reduce heat build-up.
- ⓘ Run air conditioner to help cool off vehicle before entering.

**Keep these motor vehicle safety guidelines in mind at all times!**

- ⓘ Teach children not to play in, on or around vehicles
- ⓘ Pay particular attention to children when loading and unloading vehicles.
- ⓘ When traveling with children always make sure all passengers have exited the vehicle once you reach your destination.
- ⓘ Don't overlook a sleeping passenger.
- ⓘ Keep the vehicle doors and trunk locked at all times, especially when parked in the garage or driveway or near houses.
- ⓘ Keep all rear fold-down seats closed and locked if possible, to prevent children from entering the trunk from inside the vehicle.
- ⓘ Be aware of child-resistant locks and teach older children how to work the driver door locks if they should become locked in the vehicle unintentionally.
- ⓘ Contact your local automobile dealership about getting a trunk release retrofitted to your vehicle.

### Emergency Actions

- ⓘ Remove person from vehicle.
- ⓘ Place in a cool environment.
- ⓘ Call 9-1-1 or your local emergency number.
- ⓘ Reassure the patient and keep them calm.
- ⓘ You must remain calm also.



# LIGHTNING SAFETY

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Thunderstorms all produce lightning in varying amounts...sometimes there's just an odd flash or two...at other times, the storms produce lightning almost continuously, with lots of flashes. It's the flashes which reach from cloud to ground (CG flashes, for short) that create problems. The human body is basically a bag of salty water, which conducts electricity a lot better than air, so lightning will often try to travel through you to reach the ground. While CG flashes are usually just a small percentage of the flashes produced by any thunderstorm, it only takes one...! Although lightning may seem random, there are ways to minimize risks if you are caught in the open during a storm:

- ☛ The time from the flash to the thunder is a rough measure of how distant the lightning is. If you see a flash, and count the seconds: five seconds corresponds to about a mile. However, **there is no absolutely safe distance from a thunderstorm.** If you can see the lightning, then you are under some threat.  
CGs can occasionally strike the ground miles away, seemingly "out of the blue".
- ☛ **There is no "warning sign" to tell you lightning is about to strike.** Don't depend on having your hair stand on end. The first sign of a CG may be the flash itself. Of course, if your hair does stand on end, protect yourself immediately!
- ☛ **Observe the "30-30" rule:** take shelter if the time from seeing a flash to the time you hear thunder is 30 seconds or less, and don't resume activities until 30 minutes have elapsed from the last lightning and thunder.
- ☛ **You do not have to be directly hit by the lightning to be affected.** Lightning can travel along the ground from a nearby strike to you. It can also jump from nearby objects that are struck
- ☛ **Avoid being near fence lines and power lines that lead into areas where lightning is occurring.** A flash can travel along the wires and jump to you.
- ☛ **Avoid being the tallest object around.** Seek clumps of shrubs or trees of uniform height, ditches, or low ground. Get as low as you can, but don't lie prone. Go into a squat instead. If you were wearing a backpack, leave it and seek the best shelter you can find. You can always retrieve it after the storm passes.
- ☛ **Don't stay near the tallest object around, like an isolated tree.** Sheltering from the rain under an isolated tree is hazardous.
- ☛ **If you're exposed above the tree line, get downhill.** Depressions in the rock or shallow caves don't offer much protection from lightning on a peak or a ridge top. Your best protection is to get downhill as quickly as possible.
- ☛ **Go/Call for medical help immediately if someone is struck!** In the meantime, administer CPR to any victims if their heart and/or breathing have stopped. Cover and do not move the victim. If they are conscious, reassure them and keep them calm. 80% of victims survive the shock. They do not retain an electric charge and are safe to handle. After effects can include impaired eyesight and hearing.

*Personal lightning safety tips:*

**"If you can see it (lightning); flee it (take shelter)"**

**"If you can hear it (thunder), clear it (suspend activities)"**



# **CAMPING FIRE AND BURN SAFETY**

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When camping out away from home or in the back yard, exercise special care with flammable liquids and open flames near tents. When camping out, take the following precautions:

- √ Use a tent made of flame-retardant fabric.
- √ Use a flashlight,
- √ Build your fire downwind, far away from your tent. Make sure the fire is properly extinguished when unattended.
- √ An extinguisher tool (i.e. shovel, bucket of water, fire extinguisher, etc.) is a must for every camper's equipment. It could be a lifesaver.
- √ Heat producing appliances (i.e. lights, heaters, cooking appliances) should never be used in a tent.
- √ Campers carrying fuel for propane/gasoline type stoves in their car trunk should take the precaution of opening the trunk periodically to ventilate the compartment.
- √ Never add a flammable liquid to a fire or hot coals. Explosions can result.
- √ All fire laws ordinances and regulations should be strictly observed.
- √ Adults should always supervise their children around fires.

A little extra caution is well worth taking on any camping trip -- whether it be in the backyard or the open woods!

## **Campfire Safety**

### **Select a safe site**

- √ Use a designated fire pit.

### **Build a safe fire**

- √ Have water readily available prior to building your fire. Never use flammable liquids to start a campfire.
- √ Children should never build a fire without adult supervision

### **Extinguish your fire safely**

- √ Before you leave make sure the fire is out
- √ Never leave a fire unattended



# PROPANE SAFETY

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Cooking with propane is fun and easy. However, propane is a flammable gas and precautions must be taken to avoid injury. Most accidents happen when a grill has been left unattended for a period of time, or just after refilling and reattaching the cylinder. Please follow these safety guidelines to reduce the risk of injury.

## Propane Safety General Guidelines

- Use only approved appliances, e.g. from Underwriters Laboratories (UL).
- DO NOT store propane cylinders in temperatures above 120 or indoors.
- Propane is heavier than air. The vapor will descend to the lowest point, for example, your basement. Avoid these areas when a leak is suspected.
- Never use an open flame to test for propane leaks.

## *Propane Gas Grill (Outdoors)*

- When using a gas grill, check all connections leading from the fuel source to the inlet connection of the grill for leaks. Never use a match, candle or flame source to check for a gas leak. A leak can be detected by spraying soapy water at the connections. If bubbles surface, there is a leak. SHUT TANK VALVE OFF and tighten connections. If the connections continue to leak, have a certified dealer check the grill before using it again.
- Open the valve only a quarter to one-half turn before lighting.
- Always shut off the valve to a fuel source when it is not in use.
- Never start a gas grill with the lid of the grill closed. The propane or natural gas may accumulate inside, and when ignited, could blow the lid off, causing injury.
- Periodically, clean the Venturi tubes that displace the gas under the grill. When insects block tubes, gas is forced out somewhere else within the system. Use the manufacturer's instructions for cleaning.
- Have a BC type fire extinguisher located in the grilling area
- Always store full or empty propane tanks in a well-ventilated shed away from the house or any habitable structure.
- Always store propane bottles away from potential sources of flame such as furnaces, water heaters or any appliance with a pilot light.
- Wear tight-fitting or short-sleeved clothing while cooking on a grill.
- Keep children and pets away from grilling areas at all times.

## Propane Systems in Campers or Vacation Homes

- Conduct a pre-season check of your propane camping appliances (i.e. stove, situation-heater, and lantern), and check them periodically throughout the season. When checking for leaks, paint each connection with soapy water and watch for telltale bubbles. If you detect a leak, call your propane supplier.
- Make sure your camper is adequately ventilated
- Have your propane system checked if you have any of the following symptoms of carbon monoxide poisoning: **headaches, dizziness, loss of muscle control, vomiting, or watering of the eyes.**
- Only authorized personnel should handle modifications or alterations to your propane



system. Tampering with the system may cause a potentially dangerous

**If you smell the familiar “rotten egg” odor of propane:**

- Do not light matches or use any electrical equipment.
- Exit your camper immediately.
- If there is an outside tank, turn off the gas valve
- Call your propane supplier or fire department from a phone outside the immediate vicinity of your campsite.
- Extinguish all open flames, and immediately leave any area where propane fumes are present.
- Avoid touching electrical switches or appliances when a leak is suspected

**Carbon Monoxide Risks**

Carbon monoxide poisoning can be prevented through the following steps:

- Never use range burners as space heaters.
- Never use propane heaters that are not intended for indoor use
- Never use a barbecue grill indoors.
- Have all propane appliances tested regularly by a qualified technician.
- Always make sure there is plenty of ventilation

**Portable Camp Stove Safety**

- Your stove should be located in an open, well-ventilated area away from your camper, tent, sleeping bags, dry wood and shrubs.
- Secure the stove on a level, non-flammable surface.
- Before you light the stove, inspect it for cleanliness. If it needs to be cleaned, use paper towel or a sponge dipped in warm, soapy water. NEVER IMMERSE STOVE IN WATER.
- Check all connections, and before connecting the stove to the propane cylinder, make sure the valve is “OFF”
- If ignition doesn’t occur immediately, turn off the gas and wait for it to clear, then try again. Always keep your hands and fingers to the side of the burner.
- DO NOT USE THE STOVE AS A HEATER OR LEAVE IT UNATTENDED.
- Follow manufacturer’s recommendations.
- ALWAYS detach the propane cylinder before transporting



## CHARCOAL GRILL SAFETY

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When cooking on a charcoal barbecue grill, observe the following guidelines:

- Keep children safely away from the barbecue fire.
- NEVER use gasoline as a starter fluid or accelerant.
- After soaking your coals with lighter/starter fluid, wait a minute before lighting the coals. This allows the heavy concentration of explosive vapors to disperse.
- When using lighter/starter fluid, place the container well away from the grill before attempting to light the coals.
- Be careful not to spill any fluid on your clothing or in the area surrounding the grill.
- Wear an insulated, fire retardant barbecue mitt when lighting pre-soaked coals.
- Never add lighter/starter fluid to hot or even warm coals. An explosion can result.
- If using a lighter to start the barbecue remember:  
Barbecue lighters are also called utility lighters, or multi-purpose lighters. People use them to light campfires, fireplaces, wood stoves and candles as well as to start barbecues. They are easy to use at home and easily brought to campsites. **Barbecue lighters are made to be used by adults and are NOT safe for children.** Children find them easy to use. Since even a small child can figure out how to pull the trigger, keep all lighters out of sight and out of reach of children. Use only barbecue lighters with "child-resistant" printed on the package

Do not leave a lighter outside. The weather can damage the plastic and the fuel inside may leak out or the lighter may break open.

If you use such a lighter to start a gas barbecue, always turn on the lighter BEFORE you turn on the barbecue's gas or propane

- Keep fire safety in mind. Show children what to do if there is a fire at home or when you are camping.

**Plan for a safe and enjoyable barbecue season!**








# VEHICLE RADIATORS, MOTORCYCLES AND ATVs

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## Vehicle Radiator Burns





As construction cones and barrels become more visible, you know that a 15-minute commute just became a 30-45 minute commute. This can cause you stress and also can put stress on your vehicle in the form of overheating. When a vehicle is running and the radiator is functioning properly, the temperature of the fluid is normally between 195 degrees Fahrenheit (90 degrees Celsius) and 220 degrees Fahrenheit (103 degrees Celsius). That is hot enough to cause serious burns in less than one second. When the radiator overheats, the temperature increases drastically and pressure builds. When the cap is removed, the radiator fluid can boil over or even explode out, causing serious scald burn injury, to the hands, face, arms and chest of anyone standing nearby. Radiator fluid contains antifreeze that may cause a chemical burn injury as well.

To be sure your commute is safe from burn emergency, follow these guidelines:

-  Before any long commute have your vehicle serviced.
-  Map out alternative routes in case of heavy construction.
-  Never open a hot radiator cap. Allow radiator to cool before removing cap.
-  Never look into or lean over a car radiator opening.
-  Carry a first aid kit in your vehicle.

## Motorcycles and All-Terrain Vehicles

When the sun is shining and the temperature is rising everyone wants to be in less clothing when participating in their outdoors activities, but riding a motorcycle or an all-terrain vehicle requires more clothing rather than less, for safety. Burn injuries can happen from road rash or from coming in contact with the muffler. They can also happen if a rider is unable to get out from under an overturned cycle or ATV after a crash, before spilled gasoline saturates their clothing, ignites, and engulfs their clothing in flames. To make your ride safe and fun-filled, follow these safety guidelines.

-  Have vehicle serviced prior to any outings
-  To protect from road rash wear proper clothing attire
-  Follow all safety rules for riding
-  If riding off road, make sure your family/friends know when to expect you back and where you are riding



# BOATING SAFETY

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Fire safety is something that everyone who owns or operates a boat should practice. Each year, boating fires and explosions injure hundreds of individuals and cause millions of dollars in property damage. While there is a greater chance for a fire or explosion on a boat than on land, many of these accidents can be prevented.

Most boating fires and explosions happen during and after fueling operations. To prevent an accident, be alert for damage to your boat's fuel system. Over time, fuel fittings and fuel hoses wear out. Inspect these regularly, especially near the engine where heat and vibration can accelerate deterioration. Refer to owner's manuals for guidance on inspecting for leaks in valves and connections; NEVER USE A MATCH.

## Before casting off:

- "Sniff" your bilges. Usually your nose is the best fuel/vapor detector.
- Operate the bilge power blower for at least four minutes before starting an inboard engine.
- Make sure all passengers know the location of your fire extinguishers AND know how to operate them.

## When refueling:

- Close all hatches, ports and other openings.
- Shut off all engines and motors; as well as all electrical equipment, radios, stoves and other appliances.
- Extinguish all smoking materials!
- Portable tanks should be refueled ashore.

## After refueling:

- Wipe up or wash off any excess or spilled fuel.
- Open all hatches and ports and let the boat air out.
- Do the "sniff test". Sniff around to make sure there is no odor of gasoline anywhere on the boat.
- Operate the bilge blower for at least four minutes before starting an inboard engine.
- Do not start the engine until all traces of fuel vapors are eliminated.





## CANDLE SAFETY

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A candle is an open flame. It can easily ignite any combustible material nearby. Unfortunately, power outages caused by severe summer storms lead some people to use candles during this time as a light source.

During power outages:

- 🕯️ Flashlights and other lights generated by batteries are much safer light sources than candles
- 🕯️ Avoid carrying a lit candle
- 🕯️ Never use a candle for light when fueling equipment such as a kerosene heater or lantern. The flame may ignite the fumes.

The National Fire Protection Association and National Candle Association offer the following tips for safe use of candles:

- 🕯️ Use candles only with constant adult supervision
- 🕯️ Extinguish all candles when leaving a room or going to sleep
- 🕯️ Keep candles well away from items that can catch fire, such as flammable material or liquids, clothing, books, paper, curtains, etc.
- 🕯️ To prevent rapid, uneven burning and excessive dripping, avoid putting candles in drafts. Drafts can also blow lightweight curtains or papers into the flame where they could catch fire.
- 🕯️ Make sure candles are placed on a heat resistant surface, in sturdy holders that will not tip over. Make sure candleholders are non-combustible and big enough to collect dripping wax.
- 🕯️ Do not place lit candles in windows, where blinds or curtains can close over them
- 🕯️ Keep wicks trimmed to ¼ inch. Discontinue use of a container or votive candle when only ½ inch of unmelted wax remains. This will prevent possible heat damage to the counter/surface and prevent glass containers from cracking or breaking. Extinguish taper and pillar candles when they get down to within 2 inches of their holders or decorations.
- 🕯️ Candles should be placed at least three inches apart so they don't melt each other.
- 🕯️ The best way to extinguish a candle is to use a special candlesnuffer or candle quencher. Do not use your fingers.

When young children are present

- 🕯️ Keep candles in places where they cannot be knocked over by children or pets
- 🕯️ Keep stored candles up high, out of reach of children
- 🕯️ Never leave a child unattended in a room with a candle. A child should never sleep in a room with a lit candle
- 🕯️ Keep all matches and lighters up high and out of the sight and reach of children, preferably in a locked cabinet.



# FIREWORKS SAFETY

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Exploding brilliant colored fireworks, backyard barbecues, and roasting marshmallows are the highlights of every July 4<sup>th</sup> holiday celebration.

Burns are a common cause of injury during the summer months and especially in July. Fire and burns are the third leading cause of unintentional injury-related deaths among children ages fourteen and under.

Approximately 10,000 people suffer fireworks injuries every year, including over 4,000 children ages fourteen and under. Burns resulting from improper use of sparklers and illegal fireworks usually involve the hands, face, arms, and chest areas.

Keep your July holiday activities enjoyable, fun and safe by following these fireworks safety guidelines:

- \* The best guideline is to leave all fireworks activity to the professionals.
- \* Check with your local police or fire department to determine what fireworks can be legally discharged in your area.
- \* Only adults should handle fireworks. Read and follow all instructions with fireworks. All fireworks must carry a warning label to discuss necessary safety precautions.
- \* Be sure spectators are out of range before lighting fireworks.
- \* Never place your face or any other part of your body over fireworks.
- \* Never try to re-ignite fireworks that have malfunctioned. Soak with water and throw them away.
- \* Keep a bucket of water or a fire extinguisher handy
- \* Only light fireworks on a smooth flat surface away from houses, dry leaves and any other flammable materials.
- \* Never throw, point or shoot fireworks towards people, buildings, vehicles or wooded areas, especially if the weather has been dry.
- \* Never hold or get close to any lit fireworks.
- \* Watch what you wear. Loose clothing can catch fire, and should not be worn while handling fireworks.







# HOTEL AND MOTEL SAFETY











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With roughly 1,000 fires occurring in hotels and motels annually, a traveler needs to pay attention to fire safety as well as location and amenities when planning a trip. When traveling, it is important to become familiar with your surroundings. To insure your trip is safe, follow these safety guidelines.






## Begin At Home

-  Begin preparing for a hotel/motel fire before you leave home.
-  Pack a Flashlight. The flashlight can guide you through a dark and smoky hall.
-  Pack a portable smoke alarm. A battery-operated smoke alarm, placed on a hanger at the top of your the to your room, will alert you to possible fires at night when you are sleeping.
-  When making reservations, ask for rooms close to ground level and ask if the hotel/motel has smoke alarms and sprinklers.

## Check the Exits

-  At check in, identify exits, stairways and escape routes
-  Read the fire evacuation plan carefully. If one is not posted in your room, request one from the front desk.
-  Count the number of doorways between your room and the nearest exit.
-  Locate the two exits from your room
-  Locate the fire alarms on your floor
-  Notice which side of the hall the exit is on and whether an ice machine or other object blocks the way.
-  Notice how the door opens, if it has a lock and how it works.
-  Do not rely on using the elevator.
-  Check window for operation and if there is a roof or deck that is in a safe dropping distance.
-  Keep room key on nightstand or in pocket of clothes, so you can find it easily.

If the fire is in your room, get out quickly. Close the door, sound the alarm and notify the front desk.

-  Roll out of bed and crawl to the door
-  Take your room key.
-  Feel the door: if it's hot don't open it. If the door is not hot, open it slowly and be prepared to close it quickly if smoke pours in.
-  Check the hall. If it's clear, walk to the fire exit and get out and away from the building. If there is a trace of smoke in the hall, crawl to the exit and get out. If there is fire and thick smoke at lower levels go back into your room.
-  Never attempt to go to the roof of a building using the stairs, because the exit to the roof may be locked.

## Staying Put



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Summer Burn Safety Campaign

- 🏠 If your room door is hot or the hall is full of smoke, remain in your room. You can still survive. You may be able to drop to the ground if you are on the first or second story. Don't jump if you are on a higher level, because you could be seriously injured or killed.
- 🏠 If you cannot leave through a window, use the phone to call for help or hang a sheet out of the window to signal for help.
- 🏠 Get fresh air. Flip on bathroom vent fans to help vent smoke out of the room. Open windows to allow fresh air in.
- 🏠 If smoke and flames are rising outside, keep windows shut.
- 🏠 If windows won't open, you may not want to break them. If there is smoke outside, you won't be able to close the windows to keep it out.
- 🏠 Fill the bathtub. You can use the ice bucket to bail the water to fight a fire. Wet towels and sheets and place them in the cracks around the doorways and any place else smoke can seep into the room. If the doors and walls get hot, bail water on them with the ice buckets.

### Hints for Meeting Planners

- 🏠 Before scheduling an event, investigate the hotel's arrangements for fire detection, its alarm systems, the provisions for extinguishing fires, the exit routes and employee training for fire emergencies.
- 🏠 *Keep in mind that street-level meeting rooms are the easiest to evacuate. Rooms above the seventh floor are more hazardous because fire ladders may not reach that high. Hotel basement meeting rooms may not be a wise choice, because meeting participants must climb up the stairs in the same direction smoke and flames will travel.*
- 🏠 Meeting rooms should have adequate exits. The exits should be brightly lit, not blocked by furniture or curtains and be easily opened. Exits should never be locked or chained.
- 🏠 Walk the entire length of escape routes. Hallways, exits and stairwells should be clear of obstructions. Have hotel staff remove any obstructions.
- 🏠 Locate fire extinguishers that can be used on "small wastepaper basket" fires, but remember to call front desk or the fire department prior to using the extinguisher.
- 🏠 Before your meeting, instruct attendees about alarms, escape routes and general fire safety procedures.

### *The Best Precautions*

- 🏠 No matter what safety measures the hotel and its staff provide, the best protection in a fire emergency is an alert individual who knows what to do in a hotel or motel fire.



## GETTING THE MESSAGE TO THE MEDIA

- Sample press releases



## Sample Press Release "Hot Coals"

### For Immediate Release

#### Contact:

Local person and title

Local phone number

or American Burn Association 312-642-9260

As the summer begins to heat up, so do the sands at the beaches where coals have been buried after cooking or recreational fires. Injuries to children and adults from stepping or falling on burning coals at the beach have increased dramatically over the years. Kids hit the beach running and before they realize it they are walking or falling on hot coals buried under the sand.

Invisible hot coals just below the surface of the sand can retain intense heat for up to 24 hours. Anyone who walks or falls on them can be severely burned. These coals are especially dangerous for small children, whose skin is thinner and more easily damaged than the skin of adults.

Hot coals should always be disposed of in designated containers. Parents should always keep a watchful eye on toddlers and children, and adults should be cautious of fire rings or fire pits and avoid these areas.

"We see children every summer who have been injured by stepping on hot coals carelessly disposed of after a cooking or recreational fire on the beach or at a campsite" says \_\_\_\_\_, Director of the burn center at \_\_\_\_\_. We are working with the \_\_\_\_\_ Fire Department to alert \_\_\_\_\_ area residents to the hazard posed by hot coals and other summertime fire and burn hazards", she adds.

- ❑ Unless water supply sources are known or certified safe by a competent authority, a camper should bring along sufficient drinking and cooking water for the camping party. Cooking requirements should also be kept in mind
- ❑ Axe. A small hand axe may help split kindling. Handle it with care and keep it sheathed and away from children. The sharper the hand axe, the safer it is. A dull edge will bounce and deflect, while a sharp axe sticks where it strikes
- ❑ Flashlight. Make sure the batteries are in good condition. This piece of equipment is handy for emergencies on the road, around the campsite, and for signaling in the dark.
- ❑ Knife. A knife is often useful to a camper. A strong pocketknife should meet many of your camping needs.
- ❑ Cooking Utensils. Pans containing hot water or food should be hung or set securely over the fire so that jarring will not upset them and scald campers

***Take only pictures, leave only footprints***



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### Camping Safety Tips:

- ❑ Plan ahead before a camping trip. Be prepared to treat injuries and allergies!
- ❑ Bring a first aid kit which includes treatments for food and insect allergies
- ❑ On group outings, leaders need to know if members have life-threatening food or insect allergies and be ready to deal with them.
- ❑ Ensure that each child remains at a safe distance from any campfire.
- ❑ Teach children camping safety. Use sand or water to put out the campfire
- ❑ Always go with a friend when leaving the campsite
- ❑ Avoid wearing perfume with brightly colored clothing. Wasps are attracted to fragrances and bright colors.
- ❑ Food attracts wild animals and insects. If possible, store it in a cooler in your car, or hang it up high. Do not store food in your tent.
- ❑ Follow all manufacturers' guidelines when operating mechanical equipment.



