



SUMMER SAFETY FACT SHEET SERIES PLAN OF THE WEEK NOTES



Amusement and Theme Park Safety

In the United States, about 300 million people visit the 400 amusement parks annually and take about 2 billion safe rides.¹ The chances of sustaining a serious ride-related injury is 1 in 24 million, and the chance of a fatal injury is 1 in 750 million.¹ To help mitigate any potential injuries at amusement or theme parks, it is very important that you obey ride restrictions and safety rules. They are put in place for a reason! Make sure to keep hands, arms, legs, and feet inside the ride at all times, and listen carefully to instructions from ride operators, especially regarding when it's safe to exit the ride.¹ Have fun, but remember safety comes first! Check out [Amusement and Theme Park Safety](#) for more helpful hints.

Canoe and Kayak Safety

Canoeing and kayaking safety is no joke. In 2013, the Coast Guard counted 4,062 accidents that involved 560 deaths, 2,620 injuries, and approximately \$39 million dollars in property damage as a result of recreational boating accidents in the United States.² Before you venture out on a canoeing or kayaking trip, make sure weather conditions are safe and also choose the appropriate body of water for your skill level.³ It is important to wear a life jacket at all times and ensure it fits properly. Learn and understand the Universal River Signals in the event of an emergency.³ Have fun and be safe! Check out [Canoe and Kayak Safety](#) for more water safety tips.

Child Safety in the Home

Children are injured every year by things in and around the house. Items such as window cords, staircases, pools and spas, magnets, and electrical outlets can be serious hazards for homes with young children.⁴ Make sure you take the proper safety measures at all times. Consider installing new window furnishings if yours have dangling cords, and also cover all sharp edges in the home with edge bumpers.⁴ Use outlet covers to protect children from accidental electrocution, and make sure pool and spa covers are always in place and fences are installed around pools and spas to prevent unsupervised use and reduce of the risk of drowning.⁴ Check out [Child Safety in the Home](#) for more helpful safety tips.

For more information on your local resources, contact:



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PREVENTION AND PROTECTION START HERE

Drowsy Driving Prevention

In the United States, it is difficult to determine how many fatal vehicle accidents are the result of drowsy driving, but it is estimated that up to 6,000 fatal crashes each year may be caused by drowsy drivers.⁵ While falling asleep at the wheel is obviously dangerous, driving while being sleepy can be equally risky.⁵ Driving while sleepy makes drivers less attentive, impairs reaction time and information processing, and affects a driver's decision-making ability.⁶ Young adults with untreated sleep apnea syndrome (SAS) or narcolepsy, and shift workers are at the highest risk for having an automobile accident due to drowsiness.⁶ To prevent accidents due to drowsy driving, don't drive after consuming alcohol or medications.⁵ Always plan to get a sufficient amount of sleep before getting behind the wheel and limit driving late at night into the early hours of the morning.⁶ Check out [Drowsy Driving Prevention](#) for more ways to drive safely this summer.

Food and Picnic Safety

Have you ever worried about squirrels or other unwelcomed furry creatures stealing your picnic food? Keeping food safe from pesky wildlife can be a concern during barbecue season. But how often do you think about safely preparing and storing food? Unfortunately, barbecue weather is the ideal environment for bacteria and other pathogens to grow in food and cause foodborne illness. That's why it is important to safely clean,⁷ separate,⁸ cook,⁹ and chill¹⁰ perishable foods such as meat, poultry, seafood, and egg products. Before cooking, wash your hands using soap and running water for 20 seconds to avoid spreading germs.⁷ Use different cutting boards, plates, and utensils for produce such as fruits and vegetables, and for raw foods such as meat, poultry, seafood, and eggs to prevent cross-contamination.⁸ Use a food thermometer to determine when your food is cooked instead of checking for color or texture.⁹ Freeze food to keep it safe until you are ready to cook it.¹⁰ Check out [Food and Picnic Safety](#) for more helpful hints to prevent foodborne illness.

Grilling, Fireworks, and Fire Safety

With summer comes warm weather which means spending more time outside, hosting barbecues with friends and family, and celebrating Independence Day. But these activities can be dangerous—demonstrated by the fact that there are more fires reported on Independence Day than any other day in the U.S.,¹¹ so it's important to practice grilling and fireworks safety to prevent unwanted fires. Propane and charcoal barbecue grills should only be used outdoors. Keep the grill away from the house, deck railings, and overhanging eaves or branches to avoid catching fire.¹² Never leave your grill unattended. Keep children and pets away from the grilling area.¹² Fireworks can also cause serious property damage and injury. Light fireworks outside in a clear area away from houses and other buildings.¹³ Young people ages 15 to 24 are most at risk for fireworks injuries, which is why the safest way to enjoy fireworks is to attend a public display by trained professionals.¹⁴ Check out [Grilling, Fireworks, and Fire Safety](#) for more prevention tips.

Heat/Sun Injury and Hydration

Don't let your summertime fun get cut short by painful sunburns! Excessive sun exposure can damage your skin at any time, but most notably during the summer months. Always wear sunscreen with SPF 15 or higher.¹⁵ Avoid direct sunlight and seek shade when available.¹⁵ Make drinking water a priority so you don't get dehydrated.¹⁶ Check out [Heat/Sun Injury and Hydration](#) for more helpful hints.

Insects and Bugs

Stinging or biting insects can cause a range of reactions to those who are bitten; from mild discomfort of pain to a lethal reaction for those who are allergic to the insect's venom.¹⁷ Furthermore, some insects and bugs can transmit diseases such as West Nile Virus, Lyme Disease, Dengue Fever, and many other serious infections.¹⁸ To prevent becoming ill from insect and bug bites this summer, use and properly apply insect and tick repellent.¹⁹ Avoid cologne and perfume, as well as perfumed soaps, shampoos, and deodorants because insects are attracted to the sweet smell.¹⁷ Sweat may anger bees, so wear clean clothing and bathe every day.¹⁷ Avoid tick-infested areas including wooded, bushy, and tall, grassy areas. When you're in these areas, walk in the center of trails.²⁰ Check out [Insects and Bugs](#) for more tips for preventing stings and bites.

Lightning and Storm Safety

Lightning kills about 51 people in the United States each year.²¹ When a storm approaches, it's important to take proper safety precautions. Avoid windows and doors, and stay indoors and away from porches.²² If you're participating in an outdoor activity on the open water, take shelter on land immediately.²² Unplug all electrical equipment inside your home when a thunderstorm hits.²² If you or someone you're with is involved in a lightning-related incident, call 911 immediately. Check out [Lightning and Storm Safety](#) for more helpful hints.

Mold and Moisture Prevention

Have you ever noticed spots that smell musty in areas throughout your house?²³ Those spots are mold—tiny spores that grow in areas that are moist or damp.²⁴ Mold can be a serious health hazard for some people, so understanding tips and techniques to help prevent it is crucial. Mold feeds on moisture. Immediately clean up water spills or leaks in the home.^{24, 25} If you see mold, try to remove it right away using commercial mold-removal products or a bleach solution,²⁵ making sure to wear the proper PPE such as an N-95 respirator, gloves, and goggles.²⁶ If you can't remove the mold, call in the professionals!²⁵ Keep the humidity levels in your home low and make sure air conditioning drip pans are clean and not blocked.²³ Stay safe this summer and prevent mold and moisture from affecting your home and your health! Check out [Mold and Moisture Prevention](#) for more helpful tips.

Texting and Driving

In recent years, mobile devices have prompted an increase in distracted driving, causing accidents that often result in injury or death.²⁷ There are many forms of distraction, but sending text messages while driving is one of the most dangerous because texting requires all three levels of a driver's attention – visual, manual, and cognitive.²⁸ To prevent a motor vehicle accident caused by distracted driving, never text and drive. If you need to text while driving, pull over to a safe place; and when you are a passenger, ask your driver to do the same.²⁷ Be aware of state and local laws as well as rules on your military installation. Many states, cities/towns, and military installations ban cell phone use and texting while driving or may only allow use with a hands free device.²⁷ Check out [Texting and Driving](#) for more information.

Yard and Garden Safety

Use caution and common sense when tending to your lawn and garden this summer. Always be alert when operating lawn equipment, dress appropriately, and protect your ears, skin, hands, and eyes.²⁹ Never use faulty equipment or allow children near machinery.²⁹ Check out [Yard and Garden Safety](#) for more helpful hints.

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