



Summer of Safety

What's your plan for the summer? Enjoying the water? Going camping? Firing up the grill? Whatever you prefer, make safety part of the plan... and don't forget your sunscreen. This month we have safety tips and useful links to help keep the whole family safe this summer.



Festive Fireworks

It's that time of year when Americans everywhere will be celebrating the Fourth of July holiday with family, friends and fireworks. A [report](#) from the U.S. Consumer Product Safety Commission (CPSC) highlights the hazards posed by consumer use of fireworks.

In 2023, CPSC received reports of eight deaths and an estimated 9,700 injuries involving fireworks. There were an estimated 800 emergency department-treated injuries associated with firecrackers and 700 with sparklers. If you plan to use consumer fireworks this year, be sure to do so [safely](#). Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the show.

Fire Up the Grill

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything combustible creates a fire hazard - and July is the peak month for grill fires according to the [National Fire Protection Association](#). Grills can become very hot, causing significant burn injuries. Following some simple tips will keep you on the way to safe grilling.



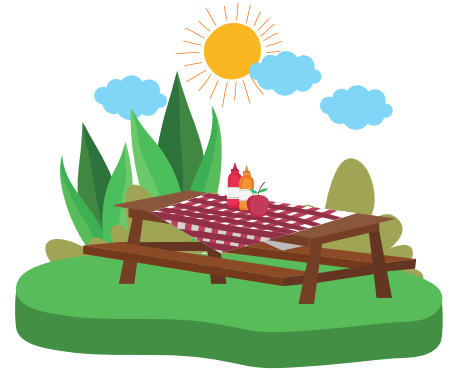
- For propane grills, check the gas tank for leaks before use in the months ahead.
- Keep your grill clean by removing grease or fat buildup from the grill and drip trays.
- Place the grill well away from the home, deck railings, eaves, and overhanging branches.
- Always make sure your gas grill lid is open before lighting it.
- Keep children and pets at least three feet away from the grilling area.
- If you use starter fluid when charcoal grilling, only use charcoal starter fluid. When you have finished grilling, let the coals cool completely before disposing.
- Never leave your grill unattended when in use.

Serve Summer Safely

Summer is in full swing, and as the weather heats up, so do the number of meals that will be served outside. Whether you're eating with friends at the pool or family at a backyard cookout, food should be served safe to avoid foodborne illness. As you start to plan your outdoor activities and meals, [USDA](#) is offering food safety tips to keep you safe from foodborne illness.

The Danger Zone is the temperature range where bacteria multiply rapidly between 40 and 140 F. Perishable foods, including meat and poultry, sliced fruits and vegetables, and cooked side dishes, should avoid the Danger Zone or be kept hot or cold to maintain food safety.

- Cold foods must be kept at 40 F or below by placing them in the refrigerator, coolers, insulated containers, or nestled over ice.
- Hot foods must be kept over 140 F by placing them on the grill, in heated chafing dishes, slow cooker, or warming trays.



Check the temperatures of cold and hot items frequently.



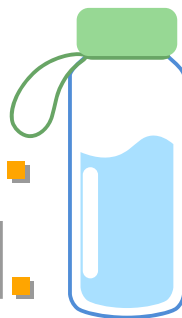
Splash into Summer

Arkansans are all too familiar with the hot humid summer days that engulf the state during June, July and August. For many kids and adults, a trip to the pool, water park, river, or lake is a surefire way to beat the heat and have fun. Regardless of where you're headed, stay cool this summer by keeping water safety in mind.

While the water provides boatloads of enjoyment and helps you unwind, it's essential to put safety first to avoid any injuries. Let's dip our toes into summertime safety with some tips that will help you stay safe on the water.

- *Know the water. Always look before you leap.*
- *Assess your swimming skills. Be honest about you and your family's abilities in the water.*
- *Use proper safety equipment. This includes life jackets, dive masks, and sunscreen.*
- *Dive responsibly. Always check for depth and potential hazards before diving.*
- *Use the buddy system. Always swim, dive, or explore lakes with a partner.*

Remember that safety should always be a priority. By following these tips, you can help minimize the risk of accidents and injuries.



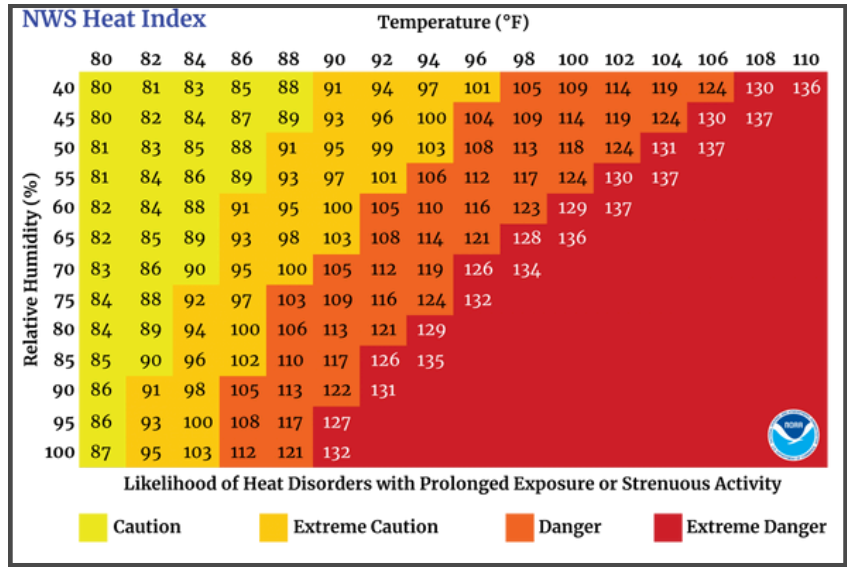
**The heat is on.
Stay hydrated.**

Heat Stress Prevention

As summer sets in, so do the sweltering temperatures and rising humidity. This time of year also means rise in heat stress-related incidents. Working (and playing) in extreme heat may cause a variety of health complications — such as heat rash and cramps, heat exhaustion, and heat stroke — if one isn't properly prepared. **Now** is the time to start taking the necessary precautions to protect yourself, your colleagues, and your family and prevent heat-related injuries and illnesses.

Heat-related illness happens when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough and the body's temperature rises faster than it can cool itself.

While heat affects everyone differently, heat related illnesses and their effects are largely preventable with proper planning and action.



Summer Word Search

SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															

The OSHA-NIOSH Heat Safety Tool is a useful resource for planning outdoor work activities based on how hot it feels throughout the day. It has a real-time heat index and hourly forecasts specific to your location. It also provides occupational safety and health recommendations from OSHA and NIOSH.

