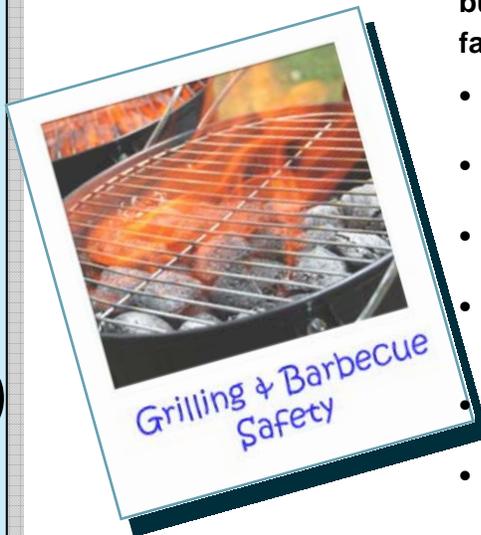




As summer approaches, we start planning for trips to the beach, barbecues, camping trips and campfires, fireworks, and other fun outdoor activities.

While fun, these activities can also lead to serious burn injuries. In this issue of Safety Lines, you will learn some ways to stay safe and prevent burns as you and your family enjoy the summer!



Using a BBQ grill can lead to serious fires and burns! Follow these simple tips to help keep your family safe:

- Keep matches and lighters out of the reach of children.
- Have at least a 3-foot “no-zone” around the grill for children and pets.
- Make sure coals are completely extinguished and cooled before disposing of them.
- Never use gasoline or kerosene to make the grill fire bigger, and never apply lighter fluid to hot or warm coals.
- Always use the grill outdoors, away from structures. (houses, garages, decks)
- Keep a fire extinguisher nearby for emergency use.
- Use an insulated, fire retardant BBQ mitt and BBQ tools with long handles to prevent burns.

Each year, approximately 10,000 Americans get hurt or burned by fireworks! Almost half of those injured are kids.

- Keep children away from ALL fireworks. Even those available legally at the grocery store, such as sparklers, can burn at 1800 degrees and cause serious burns.
- The safest way to enjoy fireworks and to prevent fireworks-related injury is to attend displays given by trained professionals!





Spending time outdoors can be fun and exciting, but SAFETY should always be a part of your plan. Here are some reminders of how to keep your children safe and prevent burn injuries while enjoying the sun, sand, park, or your own backyard!

SUN SAFETY:

- Keep babies under the age of one out of direct sunlight to prevent skin damage and dehydration. Keep babies in the shade, under a tree, umbrella or stroller canopy.
- Dress your child in protective clothing: Comfortable long pants, long sleeved shirt, and broad brimmed hats.
- Sunscreen (SPF should be at least 15) may be applied to babies **younger than 6 months** to small areas of skin uncovered by clothing and hats or if shade is not available. For babies **older than 6 months**, apply sunscreen to entire body, being careful around the eyes.
- Apply the sunscreen 15 to 30 minutes before going out. Keep in mind that no sunscreens are truly waterproof, and thus they need to be reapplied every 1.5-2 hours, especially if the baby goes in the water. Consult the instructions on the bottle.
- Be choosy when selecting sunglasses for children! Do not let them use toy sunglasses as protection from the sun. Be sure their glasses have sturdy plastic lenses that will protect their eyes from UV rays.
- Don't allow infants or young children to play or sleep in the sun in a playpen, stroller, etc.
- Sunscreen should be used (for children over 6 months) even on cloudy or overcast days!
- Stay out of the sun between 10am and 2pm, when the sun is the strongest.



Keep tiki torches and citronella candles away from fabric, paper, chemicals, and out of the reach of children.

Always wear shoes when outside as streets, sand, and playground surfaces can get extremely hot!



CAMPFIRES AND FIRE PITS:

- Build campfires in a designated fire pit and never leave them unattended.
- Supervise children at all times around a campfire and establish a "no-zone" around the campfire or fire pit of at least five feet.
- Remember that unextinguished coals and embers can remain hot enough to burn you, especially if buried, for many hours.



During a lightning storm, avoid high ground, water, open spaces, and metal objects. Find shelter right away!

We're on the web!
www.burnprevention.org



"The Sun Safe Song" -
 (sung to the tune of "the Hokey Pokey")

You put your sunglasses on, when the sun comes out
 You put your sunglasses on, and you wear them all about
 You do the SUN SAFE POKEY and you turn yourself around
 That's what SUN SAFETY's all about!!

You put your brimmed hat on when the sun comes out
 Your put your brimmed hat on and you wear it all about
 You do the SUN SAFE POKEY and you turn yourself around
 That's what SUN SAFETY's all about!!

You put your sunscreen on when the sun comes out
 Your put your sunscreen on and you wear it all about
 You do the SUN SAFE POKEY and you turn yourself around
 That's what SUN SAFETY's all about!!