

“For Safety’s Sake - Do Something”

Summer Celebrations

It’s the season for picnics, parties, and fireworks celebrations! Please remember that practicing a little common sense makes the festivities more enjoyable for you and those around you. Here are a few reminders about heat, food, alcohol, and firework safety to prevent sickness and injury, and help keep the fun going all summer long.

Heat Safety

- If it’s too hot, reschedule or reduce strenuous activities until it is cooler.
- Wear lightweight and light colored clothing, and don’t forget to wear a hat.
- Don’t exceed your physical capabilities and give yourself time to acclimate to the activity and the high temperatures.
- Drink plenty of water.
- Keep a sharp lookout for coworkers, family, children, and the elderly. Don’t forget the pets.

Food Safety

- Store cold food at 40° or below.
- Keep raw meat, poultry, and seafood securely wrapped.
- Keep utensils and serving dishes clean.
- Clean your fruits and vegetables.
- Keep hands clean.
- Cook food thoroughly.

Alcohol Safety

- Know your limits.
- Stay hydrated; drink water in between cocktails.
- Avoid swimming or boating when inebriated.
- Call a cab or use a designated driver if you have to travel after drinking.

Firework Safety

- Obey local laws regarding the use of fireworks.
- Read all labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Use fireworks outdoors in a clear area.
- Light one firework at a time and then quickly move away.
- NEVER relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.
- Always have a bucket of water and charged water hose nearby.
- Do not experiment with homemade fireworks.
- Alcohol and fireworks do not mix.

