



Safety Matters

Environmental Health & Safety

No. 17

Summer Fun



Mention the 4th of July and our thoughts turn to fireworks, picnics, swimming, bike riding, in short, everything under the sun. Along with all that fun come some responsibilities as well.

Firecrackers: Buy from reliable sellers, always have water handy, never experiment or make your own, never give them to small children, and dispose of them by soaking in water before placing them in the trashcan.

Public Fireworks Displays: Respect safety barriers—the best viewing distance is from a quarter of a mile or more away. Do not touch any unexploded component that falls to the ground—contact the local fire department. Pets (especially dogs) have sensitive hearing; loud noises can hurt their ears. Leave pets at home.

Heat Stress: Just by walking in the shade an average adult can begin to show signs of heat stress when the temperature is 80 degrees and the relative humidity is around 40% (which is a Heat Index of 80). If you are planning any outdoor activities, make sure everyone has the opportunity to drink plenty of water (non-sweetened, no caffeine, no alcohol), and have ready access to good shade. Eat light foods, keep ice on hand and monitor everyone for signs of heat stress.

Storms: June 22-28 is Lightning Safety Awareness Week. Go to <http://www.ehs.okstate.edu/modules/lightning/index.htm> and learn about the *30-30 Rule*. Then see if you can pass the test.

Add to your enjoyment by doing things safely this summer (and keeping the potato salad cold).

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