



Fort Wayne Fire Department
307 East Murray Street
Fort Wayne, IN 46803
260-427-1170



Summer Safety Tips

By: Betty Schroeder EMT-P/PI, EMS Educator

Sun Safety: Those most at risk for heat illness are young children and the elderly.

Safety Tips: To protect yourself from dehydration, sunburn, and heatstroke.

1. Be alert for symptoms of heat illness: fainting, dizziness, headache, nausea, rapid pulse, flushed skin, and body temperature of 104 degrees.
2. If suffering from a heat illness, rest in a cool area and sip cool, non-alcoholic drinks.
3. To avoid losing salt and water when sitting or sunbathing, replenish with fluids often and avoid beverages with alcohol or caffeine. Keep the skin moist and cool.
4. Wear loose-fitting clothing, a hat, and a waterproof sunscreen.
5. Wetter is Better. Don't change into a dry shirt at breaks or time-outs. Completely soaked shirts do better at cooling the body.
6. If you take prescription drugs, check with your doctor before sunbathing.
7. Exercise in the morning or evening when the weather is coolest. Also be sure to wear light-colored, lightweight porous clothing.
8. Kids should drink every 15 minutes when they're active.
9. Our perception of thirst decreases as we age so older people need to drink more – even if they're not thirsty.
10. By the time you're thirsty, you're already dehydrated so drink before you get to that point.

Symptoms You Should Know for Dehydration:

- Dry lips and tongue
- Apathy and lack of energy.
- Muscle cramping.
- Bright-colored or dark urine.
- If left untreated dehydration can escalate to heat exhaustion or heat stroke, which can be deadly.

Bites:

1. Human or animal bites often become infected or transmit illnesses such as rabies. Medical evaluation is necessary for thorough cleansing and treatment, and a tetanus shot may be required if you have not had one within five years.
2. Insect bites or stings that cause severe swelling at the site of the bite, a generalized rash or any swelling of the face or difficulty breathing, require immediate medical evaluation. Remove stingers from bee or wasp stings by scraping (the edge of a credit card works well). Don't use tweezers or fingernails.
3. Minor swelling and itching can be treated with cool compresses, over the counter oral antihistamines or hydrocortisone creams. (Use only as directed).

4. Lyme disease, Rocky Mountain Spotted-Fever and West Nile virus can be caused by tick bites, and must be treated by a physician. To prevent tick-related diseases, wear long-sleeved shirts, pants, and shoes; use insect repellent; check for ticks and chiggers every day; and if you spot an insect, gently remove with tweezers and swab the bite with alcohol.
5. To reduce mosquito bites wear long-sleeved shirts, pants, and shoes, use insect repellent, and come inside before dusk.

Burns:

1. If there is significant blistering or charring or if the burn involves the palms, soles, face or groin area or a large area of skin, seek immediate medical evaluation.
2. Minor burns are treated with cool (not cold or ice) compresses. After cleansing, a mild antibiotic ointment and bandages may be applied. Take care not to break any blisters.
3. Sunburns with extensive blistering or general symptoms of nausea, vomiting, weakness, or chills, are more serious and need medical evaluation.

Allergies.

1. Try to avoid the outdoors on windy days or when you begin to notice allergy symptoms, as the wind stirs up pollen and carries it through the air.
2. Do not cut grass or be near someone mowing his or her lawn, and avoid high pollen exposure times at dawn and dusk.
3. Use air conditioners at home; close windows when you drive; and don't hang laundry out to dry as pollen and molds collect on sheets and clothes.

Water Safety: Drowning is the third leading cause of accidental death of children age 14 and under. Each year nearly 1,200 children drown, and another 5,000 are hospitalized due to near drowning. Most drownings occur when a child falls into a pool or is left alone in the tub.

Safety Tips:

1. Avoid swimming past your ability or in rough water.
2. Never swim alone or leave young children unattended.
3. Know how to swim, teach young children.
4. Wear life jackets during recreational boating or at dockside by small children.
5. Make sure the pool or lake is deep enough before diving into the water.
6. Do not consume beer, wine, or liquor when swimming or boating.
7. Be cautious of strong currents when swimming in the ocean.
8. When in a boat, know distress signals, safety equipment and tell someone where you're going.
9. Fence all home pools.
10. Learn CPR.

Camping/Travel: In the United States, approximately 10,000 people die each year from food poisoning.

Camping Survival Kit should include: first aid kit, compass, map, flashlight, knife, waterproof fire-starter, personal shelter, whistle, warm clothing, high energy food, water, and sun and insect protection.

Safety Tips:

1. Refill any prescription medications and carry them with you in the original marked container.
2. Carry important medical information with you. (Names and phone numbers of your doctor and pharmacist, insurance cards, etc).
3. Pack a first aid kit (for minor problems like sunburn, insect bites, cuts and scrapes, etc.).
4. Be cautious when exploring, chopping wood, or building campfires.
5. Dress appropriately for the weather.
6. Before hiking, check for potential hazards or terrain, sanitation, climate, or infectious diseases.
7. When traveling abroad, consult with your doctor regarding immunization requirements and ask about the safety of the water supply.
8. Avoid fresh fruits and vegetables except those with a peel that can be removed.

Lightning: Lightning strikes are fatal less than a third of the time.

Safety Tips:

1. Don't go near the water.
2. Don't lie down on wet ground.
3. Don't go near tall or metal objects, such as flagpoles, fences, and trees.
4. If you're inside, stay away from electrical appliances and don't use the telephone, as they are good conductors of electricity.
5. Don't watch storms from an open window or door, and avoid the fireplace, as it is often a lightning target.

Fireworks: Over half of fireworks injuries occur during the 4th of July week.

Safety Tips:

1. Never light an explosive indoors or near any objects.
2. Never place an explosive in a container, as it could explode and spray harmful fragments into the eyes and face.
3. Never use fireworks near dry grass or leaves.
4. Always check for spilled gasoline before lighting a match.
5. Do not wear loose clothing while using fireworks.
6. Read the labels and follow the directions carefully.
7. Make sure the firework contains less than 50 mg of gunpowder. If it has more than this amount, it is illegal and may be dangerous.
8. Always wear safety goggles while shooting fireworks and stand in a safe place.
9. Make sure nothing is left burning before leaving the scene.

Disclaimer: The information provided herein is not intended as a substitute for professional and medical advice, diagnosis or treatment. Fort Wayne Fire Department does not recommend or endorse any specific tests, products, procedures, opinions, or other information that may be stated in this material. Reliance on any information provided within this material is solely at your own risk. Fort Wayne Fire Department will not be held responsible for any action taken by readers as a result of their interpretation of this material, which is intended for educational and information purposes only.