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Courtesy of ISU Public Safety  
and the ISU Safety Committee



# Safety & You at ISU

## Making the Most of Your Vacation

Busy schedules and lifestyle routines can get in the way of having fun while away. Try these simple measures to help you have a great time.

- ⇒ Leave work at home. You told your boss you are on vacation. Mean it!
- ⇒ Forget the stress. You might have some stressful issues at home too. Don't pack them with you on your vacation.
- ⇒ Try new things. This is your chance to learn a new dance, try new foods, or visit a location you might not otherwise visit. Go for it!
- ⇒ Exercise. Yes you are on vacation, but that doesn't mean you have to stop working out. Rent a bike, go on hike or long walk, etc.
- ⇒ Keep a journal. You may not remember all the stories or experiences years from now, so preserve those memories in writing. You'll be glad you did.



## Summer Sun Safety

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.

## Safety Belt Use Facts

Of the 31,910 vehicle occupants killed in crashes in 2001, 60 percent were not wearing a seat belt. (*NHTSA Annual Assessment of Motor Vehicle Crashes, 2001*)

Safety belts saved 13,274 lives in 2001, and if all occupants over the age of 4 had been wearing safety belts, NHTSA estimates 7,334 more lives could have been saved. (*NHTSA, Traffic Safety Facts Overview, 2001*)

Safety belt use in the United States rose to 75 percent in 2002 from 58 percent in 1994. (*NHTSA, National Occupant Protection Use Survey, June 2002*).



*"No man needs a vacation so much as the man who has just had one."*

— *Elbert Hubbard*



# Summer Fire Safety

Every year Americans look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July. Summertime, however, also brings fires and injuries due to fireworks and outdoor grills. Annually more than 8,000 Americans are injured by fireworks and grill fires. More than half these injuries occur during the first week of July.

USFA's National Fire Data Center estimates that yearly outside cooking grills cause more than 6,000 fires, over 5 fatalities, more than 170 injuries, and \$35 million in property loss. Gas grills alone cause over 2,700 fires, 80 injuries, and \$11 million dollars damage. Most of the gas grill fires and explosions were caused by gas leaks, blocked tubes, and overfilled propane tanks.

In addition to outdoor cooking, improper use of fireworks causes more than 6,000 fires and more than \$8 million in damage.

Families also enjoy camping in the summer. It is important to follow the park's rules for the use and extinguishing of campfires.

Summertime should be a time for fun and making happy memories. Knowing a few fire safety tips and following instructions will help everyone have a safe summer.



## Fireworks Safety

- The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks.
- If you plan to use fireworks, make sure they are legal in your area.
- Never light fireworks indoors or near dry grass.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- Do not wear loose clothing while using fireworks.
- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.
- Always read the directions and warning labels on fireworks. If a device is not marked with the contents, direction and a warning label, do not light it.
- Supervise children around fireworks at all times.

## Barbecue Safety



- Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.
- Do not overfill the propane tank.
- Do not wear loose clothing while cooking at a barbecue.
- Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately. Supervise children around outdoor grills.
- Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
- Never grill/barbecue in enclosed areas - carbon monoxide could be produced.
- Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire. Call 911 or your local emergency number if a burn warrants serious medical attention.

## Campfire Safety



- Build campfires where they will not spread, away from dry grass and leaves.
- Keep campfires small, and don't let them get out of hand.
- Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse it again with water.
- Never leave campfires unattended.

(Courtesy FEMA)



*"The summer night is like  
a perfection of thought."*

*By Wallace Stevens*