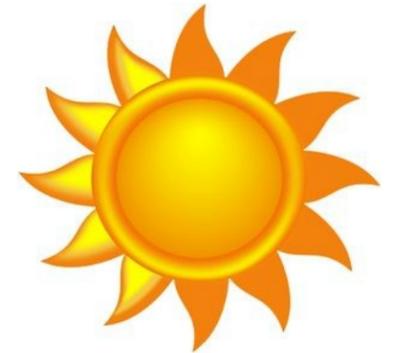


Courtesy of ISU Public Safety

The Heat is On! Summer Safety Tips



Summer break during your college years is always a much needed time away from the books, but staying safe and healthy is important. Some common sense tips listed here will help you stay safe and cool all summer...

Pool Safety

- Don't swim alone. Always have at least one buddy with you.
- Avoid drinking alcohol before and during water activities. According to the CDC, alcohol use is involved in up to 70 percent of water recreation related deaths.

Biking

- Helmets might not "look cool", however, wearing them can greatly reduce your risk of brain injury if an accident occurs.
- Follow the rules of the road, obeying traffic signals and signs.
- Wear reflective clothing at night.

Fun In The Sun

- Always wear sunscreen! Use one that has an SPF of at least 15. Reapply sunscreen as directed.
- Wear protective gear like a hat or sunglasses.
- Stay hydrated! Drink water or sports drinks especially when it's hot outside. Don't risk dehydration.
- Avoid alcohol or caffeine before outdoor activities since these can lead to severe dehydration.

Road Trip

If you and your friends decide to hit the open road for a weekend adventure, make sure to:

- Have your car checked out by a mechanic before you leave.
- Also, make sure to have an Emergency Road Kit in your car complete with jumper cables, flares, first aid kit, flashlight, rain poncho, blankets and gloves.
- Don't forget your AAA Roadside Assistance card, your contact number and a good GPS device either installed in your car or on your cell phone.
- Be sure to map out your route before you go and don't take any shortcuts if you are not ABSOLUTELY positive where you are going...getting lost in the middle of the desert in 100 degree heat is NO FUN and extremely dangerous!

FUN FACTS

Summer in the northern hemisphere begins on June 21 and ends on September 23.

When it is summer in the northern hemisphere it is winter in the southern hemisphere, and vice versa.

Summer is the season with the longest and warmest days of the year.

Summer occurs because of the way the Earth is tilted towards the sun. The hemisphere that is tilted in the direction of the sun experiences summer and the hemisphere that is tilted away from the sun experiences winter.

There will be a total solar eclipse on August 21 across the U.S.

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Fireworks Safety for the 4th of July



Fireworks during the Fourth of July are as traditional as cookouts and parades. However, more fires are reported on the Fourth of July than on any other day of the year in the United States. More than half of these fires are a result of fireworks. But with a little common sense and following some simple safety tips, everyone can have an enjoyable holiday with fireworks and stay safe.

- First, know if where you plan to light your fireworks is a legal, safe place to do so. There are portions of town where fireworks are banned in and around campus communities. Check restrictions on your cities website.
- When you buy fireworks, make sure to purchase only fireworks that are legal for the city where you reside (remember safe and sane).
- Be sure other people are out of range before lighting fireworks and never throw or shoot fireworks at another person.
- Light fireworks outdoors in a clear area away from houses and flammable materials and keep a bucket of water or a water supply ready and nearby for emergencies.
- Never ignite fireworks in a container, especially one made of glass or metal, and light all fireworks with a long-handled lighter, jumbo punk or a flare.
- Make sure all the fireworks are dead out, and there is nothing smoldering in the area. Allow adequate time for the fireworks to cool before throwing them away.
- Alcohol and fireworks do not mix. If alcohol is included in your celebrations, make sure you have a "designated lighter" to light the fireworks.
- Never give fireworks to small children, and closely supervise older children. Do not allow running or rowdy play while fireworks are being used. Even simple fireworks like sparklers can do serious injury.
- Remember pets and fireworks do not mix. Many pets become stressed and fearful during this season and will try to hide or run away from the noise and lights. Make sure your pet has somewhere safe and secure to hide.

(Courtesy ISJ 2016)



REPORT SUSPICIOUS ACTIVITY.
Call 800-223-1661

if you **SEE** **SAY** something

if You See Something Say Something™ used with permission of the NY Metropolitan Transportation Authority



Emergency Preparedness Tip of the Month — The Great American Total Solar Eclipse

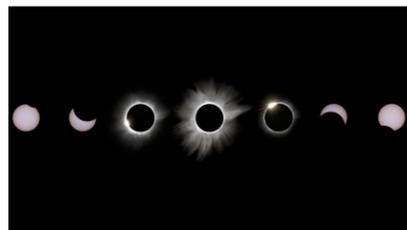
On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe-inspiring sights - a total solar eclipse. This path, where the moon will completely cover the sun and the sun's tenuous atmosphere - the corona - can be seen, will stretch from Lincoln Beach, Oregon to Charleston, South Carolina. Observers outside this path will still see a partial solar eclipse where the moon covers part of the sun's disk. (courtesy NASA)

Bonneville County to Jefferson County and Teton County will be prime locations in our area for watching the eclipse, as will Weiser and the Sun Valley area.

Below are some safety tips from the Bonneville County eclipse website and their link is provided at the end.

General safety information:

- An extremely high volume of traffic could mean extended travel delays following the eclipse. Be prepared with adequate fuel and water in your vehicle at all times.
- **WEAR PROTECTIVE EYEWEAR.** You must have protective eyewear to view the partial phases of the eclipse. Plan ahead.
- High communications demand could impair cell phone use. Plan for compromised service.
- August is often the peak season for fire danger. Use extreme caution with any type of fire use.



- Always completely extinguish all camp fires after use. Aerial fireworks are prohibited in Idaho.

<http://www.co.bonneville.id.us/index.php/2-uncategorised/215-solar-eclipse>

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.



Job Sites

Stay hydrated and take breaks in the shade as often as possible.



Indoors

Check up on the elderly, sick and those without AC.



Vehicles

Never leave kids or pets unattended - LOOK before you LOCK



Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated.



weather.gov/heat

Training Opportunities



If you are interested in Fire Extinguisher training for the fall semester, please contact Carol Prescott at 208-282-2426.

If you are interested in our Active Shooter Presentation, please call Public Safety at 208-282-2911 or 208-282-2515.

Summer and Vacations

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:



When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna,

- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
- Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time; Ground meats: 160 °F; Whole poultry, poultry breasts, & ground poultry:

Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.

Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

When Thunder Roars, Go Indoors!

Historically, the most lightning deaths occur in the months of June and July.

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm.

Too many people wait far too long to get to a safe place when thunderstorms approach.

Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the United States.

The most important message everyone should know is if you can hear thunder, you are in danger. Remember, "When Thunder Roars, Go Indoors".

New this year for the deaf & hard of hearing community "When You See a Flash, Dash to Safety."

Below are tips on how to stay safe indoors and outdoors.



Lightning: What You Need to Know

- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, *immediately* move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips

If you are caught outside **with no safe shelter anywhere nearby** the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.).