

MetroWest Public Safety Offers Tips for a Safe Summer

MetroWest Public Safety wants all our residents to have a fun and safe summer. Please keep in mind the following tips from the National Safety Council for summer safety as related to heat, fireworks and swimming.



Beat the Heat

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. The best way to avoid a heat-related illness to limit exposure outdoors during hot days. Air conditioning is the best way to

cool off, according to the CDC. Also:

- *Drink more liquid than you think you need and avoid alcohol*
- *Wear loose, lightweight clothing and a hat*
- *Replace salt lost from sweating by drinking fruit juice or sports drinks*
- *Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.*
- *Wear sunscreen; sunburn affects the body's ability to cool itself*
- *Pace yourself when you run or otherwise exert your body*

Leave Fireworks to the Professionals

The National Safety Council advises everyone to stay away from all consumer fireworks and to only enjoy fireworks at a public display conducted by professionals.

Following are some fireworks that are legal for consumers to purchase and use in some states. But just because they are legal doesn't mean they're safe.

- **Sparklers** – Parents don't realize that sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and many children have received severe burns from dropping sparklers on their feet.
- **Bottle Rockets** – These small rockets are attached to a stick, lit by a fuse and typically fired from a bottle. Bottle rockets can cause chest, head and eye injuries.



- **Firecrackers** – Firecrackers are designed to explode on the ground. They are often linked together by one long fuse and explode in a series. They can cause burns and other serious injuries.
- **Roman Candles** – Roman candles eject multiple exploding shells from a tube the user holds in his or her hand. There have been numerous reports of children losing fingers, severe burns and other injuries, which are sometimes caused when the device gets jammed.
- **M-class Fireworks** – The explosions associated with these devices can rattle the windows of homes for blocks. They are produced illegally and without quality control, have short fuses and cause hundreds of extremely severe injuries each year.



Water Safety

Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and be in the present moment with your children.

- Never leave your child alone; if you have to leave, take your child with you
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- Lifeguards aren't babysitters; always keep your eyes on your child
- Don't let children play around drains and suction fittings
- Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets
- Don't underestimate the power of water; even rivers and lakes can have undertows
- Always have a first aid kit and emergency contacts handy
- Get training in CPR
- If a child is missing, check the water first