Fireworks during the Fourth of July are as American as apple-pie, but did you know that more than twice the number of fires are reported on that day than on any other day of the year in the United States? Two out of five of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

**PROCEED WITH CAUTION!**

- Leave fireworks to the professionals. Do not use consumer fireworks.
- The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- After the firework display, children should never pick up fireworks that may be left over, they may still be active.

**CONSUMER FIREWORKS**
include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees Fahrenheit**, which is hot enough to cause third-degree burns.

**HOW HOT DOES A SPARKLER BURN?**

- Glass melts at 900 °F
- Wood burns at 575 °F
- Cakes bake at 350 °F
- Water boils at 212 °F

**FACTS**

- Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.
- The risk of fireworks injury is highest for children ages 5-14.
- More than 80% of emergency room fireworks injuries involve fireworks consumers are permitted to use.

Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education
Symptoms:
- Faintness/dizziness
- Nausea or vomiting
- Heavy sweating
- Rapid pulse
- Pale flushed face
- Muscle cramps
- Headaches
- Fatigue

Solutions:
- Notify supervisor if symptoms occur
- Drink water about every 15 minutes
- Wear light weight loose clothing
- Use cooling pads or ice packs
Importance of Hydration

**Symptoms:**
- Thirst
- Dry or Sticky Mouth
- Less Frequent Urination
- Dark-colored Urine
- Dry, Cool Skin
- Headache/ Dizzy
- Muscle Cramps
- Rapid Heartbeat/Breathing
- Sunken Eyes
- Sleepiness
- Lack of Energy
- Confusion
- Irritability
- Fainting

**Prevention:**
- Drink fluids all day.
- Have between 6 - 8 cups per day.
- If temperatures are high- drink more.
- Don’t skip meals.
- Drink water, sports drinks and milk.
- Avoid sugar drinks and alcohol.
- Eat a balanced diet with fruits & vegetables.

DRINK MORE WATER.
Prevention:

- **Watch the clock:** The sun's rays are strongest between 10 a.m. and 4 p.m. If you can't stay indoors during that block of time, at least stick to shady spots.
- **Wear the right clothes:** When you have to be outdoors, wear sun-protective clothing, such as:
  - A broad-brimmed hat
  - A long-sleeved shirt and pants
  - UV-blocking sunglasses
- **Use Sunscreen:** The sunscreen should have a sun protection factor of at least 30. Follow these tips for applying sunscreen:
  - Apply sunscreen about 30 minutes before you go outside.
  - Use sunscreen even on overcast days because UV rays can penetrate clouds.
  - Reapply sunscreen every two hours -- or more often if you're sweating heavily or swimming.

Relief:

- **Compresses:** Apply cold compresses to your skin or take a cool bath to soothe the burn.
- **Creams or gels:** To take the sting out of your sunburn, gently rub on a cream or gel containing ingredients such as:
  - Menthol
  - Camphor
  - Aloe
- **Stay hydrated:** Drink plenty of water and other fluids so that you don't become dehydrated.
- **Avoid the sun:** Until your sunburn heals, stay out of the sun.
Poison Ivy

Poison Oak

Poison Sumac

Urushiol is an oil resin that can be found on poison Ivy, Oak and Sumac; this is what causes the blisters and itching effect once your skin has come into contact.

The first time you come into contact with the resin you may not get a rash but the second time you will start to form an itchy red blistering rash. Here’s how to prevent it or if you have it here’s how to care for it.

Avoid the plant

Poison Ivy, Oak, and Sumac can be found in the garden, lawn, woods, open fields, side of the road, and river banks

Wear long pants, high socks and long sleeves

Use bentoquatam (IvyBlock) to prevent or lessen your skin's exposure to the resin

Quick response

Wash off the resin within 15 minutes to prevent the rash.

You can use soap and water, rubbing alcohol or chlorinated water; like a swimming pool

STOP THE ITCHING!

Once the rash form the itching sensation will begin

DO NOT ITCH! Itching the rash can cause a bacterial infection

To relieve itching us a cold compress or Calamine lotion

Benadryl or over the counter pain medication can help reduce swelling and pain

When will it End

The rash will start to go away within one to three weeks;

If it keeps spreading after the initial 72 hours it’s time to see the doctor.

Not Quick Enough?

A rash will start to form in 12-72 hours after exposure

Urushiol can stay active for up to 5 years

Wash all clothing and objects that may have come into contact with the resin; laundry or dish detergent will work
What are recreational water illnesses?
Recreational water illnesses (RWIs) are caused by germs and chemicals found in the water we swim or play in, including swimming pools, water parks, hot tubs, splash pads, lakes, rivers, or oceans. They are spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water.

What are the symptoms?
- Diarrhea
- Vomiting
- Stomach Cramps
- Loss of Appetite
- Weight Loss
- Fever

Other RWIs can cause skin, ear, eye, respiratory, or neurologic symptoms.

How can I prevent RWIs?
- Stay out of the water if you have diarrhea.
- Shower before and after swimming.
- Don’t swallow the water.
- Take children on frequent bathroom breaks.
- Change diapers frequently and away from the water.
- Wash your hands and the child’s hands after changing diapers.
SEVEN ROOT CAUSES FOR ACCIDENTS

WHY do accidents happen? Many times, people look for “unsafe physical conditions” to blame when an accident happens. Consider some of the underlying accident causes described below. Have you been guilty of any of these attitudes or behaviors?

1. **Poor Housekeeping**: Poor housekeeping also creates hazards of all types. A well-maintained area sets a standard for others to follow.

2. **Ignoring Safety Procedures**: Purposely failing to observe safety procedures can endanger you and your co-workers.

3. **Mental Distractions from Work**: Having a bad day at home and worrying about it at work is a hazardous combination. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off the machine "just for a minute."

4. **Failure to Pre-Plan the Work**: Being hurried in starting a task, or not thinking through the process can put you in harms way. Instead, “Plan Your Work” and then “Work Your Plan”.

5. **Taking Shortcuts**: Every day we make decisions we hope will make the job faster and more efficient. Shortcuts that reduce your safety on the job are not shortcuts, but an increased chance for you to be injured.

6. **Being Over Confident**: Confidence is a good thing. Overconfidence is too much of a good thing. "It will never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury.

7. **Starting a Task with Incomplete Instructions**: To do the job safely and right the first time you need complete information. Don't be shy about asking for explanations about work procedures and safety precautions.

“The workplace itself is never really safe. It is the system and the behavior of people in the workplace that determine whether or not injuries occur.”

Please contact the EHS department, (610) 436-3333, with any questions, comments or concerns.