

# Summer Safety

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# Heat Injury Prevention

- Drink plenty of water
- Combine with sports drinks
- Plan your work or activity with rest and cooling time
- Wear sunscreen
- Wear appropriate clothing
- Keep work areas ventilated

# Heat Injury Prevention

- Try to do strenuous work in either early morning or late evening
- Use a buddy system
- Check on any high risk neighbors or relatives
- **USE COMMON SENSE!**



# Sunburn Prevention

- Don't get in the sun
- Use sunscreen and re-apply often
- Avoid exposure between 1100 and 1700
- Avoid repeated exposure
- Seek medical attention if you become severely sunburned

# Heat Related Emergencies

- Heat Rash
  - Skin irritation caused by excessive sweating in a hot and humid environment
  - appears as a cluster of pimples or small blisters around neck, groin, armpits, under the breasts, or any other skin crease.
  - Treat with baby powder and corn starch, cool showers, frequent clothing changes
  - DO NOT USE LOTION

# Heat Related Emergencies

- Heat Cramps
  - Caused by an excessive loss of salt from the body.
  - Painful cramps of the major muscle groups: legs, arms, or stomach
  - Move to a cooler environment, provide shade, sip cool fluids
  - Consider Medical Attention



# Heat Related Emergencies

- Heat Exhaustion
  - Caused by excessive loss of salt and water from the body
  - Profuse sweating, headache, paleness, weakness, nausea, cool moist skin, arms tingling.
  - Move to a cooler environment, provide shade, sip cool fluids
  - Seek Immediate Medical Attention

# Heat Related Emergencies

- Heat Stroke
  - Body loses ability to regulate heating and cooling
  - Headache, dizziness, delirium, weakness, nausea, red hot skin, unconsciousness.
  - Move to a cooler environment, provide shade,
  - Provide active cooling measures
  - Immediate Medical Treatment Required



# Active and Passive Cooling

- Passive Cooling - removal of anything that hinders the body's natural cooling process
- Active Cooling – The application of cold to a person.

# General Yard Work Considerations

- Inspect each tool before use.
- Always wear eye protection and ear protection when mowing or weed-eating.
- Ensure all guards and shields are in place
- Watch for traffic when near the roadway.
- Always wear shoes
- Never make any wheel, blade, or guard adjustments while motor is running
- Always disconnect spark plug before maintenance
- Do not operate on severe slopes
- Do not re-fuel inside

# Hiking

- Always plan a route and let someone know that route.
- Take a cell phone (It may not be reliable)
- Do not hike beyond your means
- Take plenty of water, fruit, and food
- Pack as light as possible
- Wear proper clothing and footwear
- Take basic first aid equipment with you
- Know natural hazards
- Insect repellent



# Snake Bites

- Usually bite only if threatened, startled, or provoked
- Snake Species, amount of venom, area of the body, overall health
- Biggest concern is emotional stability and potential for infection and potential anaphylaxis.
- Try to identify what type of snake (Safely)

# Snake Bite Treatment

- Protect yourself
- Calm patient
- Get help
- Keep the bite area below the heart
- No eating or drinking
- Remove anything constrictive
- Wash bite area with soap and water only.
- Potentially use ice or immobilize.
- Medical attention necessary
- <http://www.tennsnakes.org/>

# Bee Stings

- If stung get out of immediate area
- Remove stinger
- If allergic *ALWAYS* carry an epi-pen
- If someone is allergic without an epi-pen call 911 immediately
- Signs of anaphylaxis:
  - Itching
  - Redness
  - Hives
  - Shortness of Breath



# Bee Stings

- Benadryl may slow the allergic process but will not stop it
- Use Ice at the site to relieve pain and to reduce swelling
- If person is stung multiple times it may be best to go ahead and seek medical attention.

# Spider Bites

- Black-Widow and Brown Recluse are the ones we must watch out for.





# Spider Bites



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# Spider Bites

- If you see the spider you are bitten by it will help to determine treatment.
- Black Widow- Muscle Spasms
- Brown Recluse- Necrosis
  
- Basically if known bite apply ice and seek medical attention.

# Water Safety

- Many times the cause of injury or death can be related to alcohol.
- Lake and open water safety
  - Always wear a PFD
  - Don't swim alone
  - Know your limits
  - Check weather conditions
  - Be aware of currents
  - Be aware of boat traffic

# Boating Safety

- Perform inspection of boat before putting it in the water.
- Always wear PFD
- Do not overload boat or PWC
- Operate in defensive mode
- Yield to other watercraft
- Maintain situational awareness
- NO ALCOHOL
- In Tennessee the leading cause of injury or death is a collision



# Swimming Pools

- No Glass
- No Alcohol
- Not Alone
- Not Cluttered
- No Horseplay

# Motorcycle Safety

- Ride Defensively: Be Seen
- Always Wear a DOT approved Helmet if on a motorcycle. Full Face is best.
- Wear Eye Protection
- Long pants and long sleeves
- Gloves
- Leathers
- Novelty helmets do not provide adequate protection

# Bicycle Safety

- 90% of deaths are a result of collision with a vehicle
- Always inspect bicycle
- Wear a helmet
- Check brakes and tire inflation
- See and be seen
- Carry small back pack with essential tools



# Bicycle Safety

- Ride single file with traffic and obey all traffic rules
- Know the hand signals
- Watch for road conditions
- Be alert of other motorists and stay out of their blind spots.

# Final Thoughts

- Lightning Handout
- Grilling Handout