## Don't Take a Vacation from Safety

By Fire Marshal Kevin Wiley

- Summer is here, which means exciting adventures, trips, barbecues and time away from work and school. Yet summer is also known as "trauma season" since tragedies peak because children are supervised less, have more free time and engage in more outdoor activities.
- A properly-fitted bike helmet can reduce the chances of receiving a traumatic brain injury by as much as 85%, so make sure your children have the right size for the upcoming season. Helmets should be used whenever biking, rollerblading or skateboarding, and try to set a good example and have one on yourself. Wear bright colored clothing, ride in the direction of traffic and always look left-right-left before crossing a street.
- When barbecuing this summer, once the grill is lit, it needs adult supervision.
   Children are easily distracted, and often forget safety rules. If the weather turns, never move the barbecue grill indoors, in a garage or too close to the house, as our response to these incidents are not usually fun for the cook.
- Around water, children need constant supervision. Children can drown in just
  a few inches of water, so don't let your guard down. Enroll children in
  swimming classes, have fences and alarms around pools, and have safety
  equipment nearby, such as flotation devices, first aid kits and long-handled
  objects to reach children. If you are boating, make sure you have proper fitting
  Coast Guard approved Personal Floatation Devices (PFD's) for everyone on
  board, and make sure they are being worn.
- If camping is on the list of summer plans, make sure you use only flashlights
  inside tents, keep the campfire well away from any combustibles, and make
  sure the fire is completely out when going to bed or leaving your camping site.
- Many people have incorrect information about fireworks. Just because a sparkler is a legal firework, it does not mean that it is safe...the tip of a sparkler can burn up to 1800 degrees Fahrenheit! The number one day for unwanted fires in the United States is the Fourth of July. Celebrate safely by attending a professional display.