



# Outdoor Hazards 戶外傷害

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# Outdoor Hazards 户外伤害

During the summer months, many of us enjoy participating in outdoor activities with friends and family such as camping, cookouts, swimming, or trips to the park.

在夏季，很多人喜欢与朋友和家人一起参加户外活动，如露营，野餐，游泳，或者前往公园。

Although these activities can be enjoyable, they can also present safety hazards. This presentation includes safety information and tips on the following topics:

虽然这些参加这些活动是很愉快的，他们同时也存在安全隐患。此PPT包括以下主题安全信息和小提示：

- Camping 露营
- Eating Outdoors and Grilling 户外饮食和烧烤
- Water Safety and Children 儿童与水的安全
- Playgrounds 游乐场

**Don't take a vacation from safety this summer!**

在这个夏天，安全不能去“度假”



# Camping Safety 露营的安全

Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure that your camping trip is safe.

露营是一种有趣的与家人和朋友一起享受户外活动的方式。按照这些提示，以帮助确保您的露营之旅是安全的。



## *Protect against carbon monoxide poisoning* 防止一氧化碳中毒

- Carbon monoxide is odorless and colorless and can cause illness or death.  
一氧化碳是无色无味的，并可能导致疾病或死亡
- Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. 切勿使用燃料燃烧设备，如燃气灶，热水器，灯笼，炭烤一顶帐篷，野营，或其他封闭的住所内。

## *Avoid wild animals* 避免野生动物

- Avoid touching, feeding, and getting near wild animals. 避免接触，喂养，和靠近野生动物
- Keep foods stored in sealed containers and out of the reach of animals. 保持储存在密封容器食品避免让动物接触。

## *Protect yourself from the sun* 保护自己避免来自太阳直射

- UV rays from the sun can reach you on hazy days as well as bright and sunny days. 来自太阳的紫外线可以在 雾霾天或者是阳光灿烂天气中伤害你。
- Use a broad-spectrum (against UVA and UVB rays) sunscreen and lipscreen with at least SPF 15. 使用广谱（抵御UVA和UVB）的防晒霜，唇膏，SPF至少有15。
- Seek shade, especially during midday hours, when the sun's rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.  
寻找遮阳处，尤其是在中午时段，太阳的光线是最强的。穿戴服装，宽边帽，太阳镜。

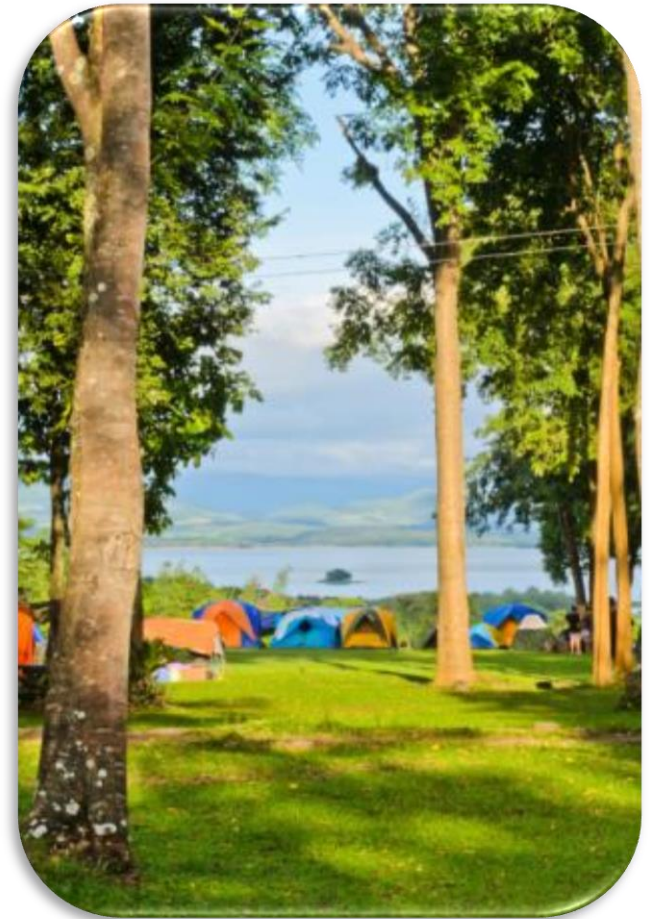
# Camping Safety (continued) 露营的安全（续）

## *Protect against insects* 防止昆虫

- Mosquitoes, ticks, and other insects can cause certain diseases. Mosquitoes can cause West Nile Virus and ticks can cause Lyme disease. 蚊子，蜱和其他昆虫可能会导致某些疾病。蚊子会导致西尼罗河病毒和蜱可引起莱姆病。
- Apply insect repellent containing DEET to exposed skin. Apply the insect repellent permethrin to clothes to help keep ticks from attaching to them. Be sure to follow directions on the package. 用含DEET成分的药膏涂在暴露的皮肤上驱蚊。应用驱虫剂氯菊酯衣服，以帮助防止蜱附着于上面。一定要遵循的包装上的方向。
- Check for ticks daily, and remove them promptly. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily. 检每天查蜱，并及时将其去除。穿长袖，长裤，等浅色衣服，以帮助防止更容易附着蜱。

## *Be prepared* 时刻准备好

- Prepare for the unexpected. 准备意想不到的
- Check the weather report, learn about security at your camp location, and tell family and friends your plans. 查询天气报告，了解你的营地位置的安全性，并告诉家人和朋友你的计划。
- Bring along a supply kit that includes a first-aid kit, compass or GPS, map, flashlight, blankets, batteries, food, water, clothes, and medications. 带工具包，包括一个急救包，指南针或GPS，地图，手电筒，毛毯，电池，食品，水，衣物和药物。



# Eating Outdoors 户外饮食

Picnic and barbecue season offers opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive which can cause illness. 野餐和烧烤的季节提供了户外的乐趣与家人和朋友在一起的机会。但是，这些温暖的天气也存在容易滋生食源性细菌并有可能引起疾病。



## *Pack and Transport Food Safely* 包装和运输食品安全

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Keep it stored at 40 °F (4 °C) or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so it stays cold longer. 保持食物冷冻。将生冷食物与冰或冷冻凝胶包。保持在40° F (4°C) 或以下，以防止细菌的生长。肉类，家禽，海鲜可以包装，同时还要冻结，使其能保持冷更长的时间。
- **Organize cooler contents.** Pack beverages in one cooler and perishable foods in another. This way, as picnickers open/reopen the beverage cooler, the perishable foods won't be exposed to warm outdoor air temperatures. 带好制冷的容器。将饮料和食物分冷却容器保存。这样一来，重复开启饮料冷却容器腐食品将不会被暴露高中。
- **Don't cross-contaminate.** Keep raw meat, poultry, and seafood securely wrapped to prevent their juices from contaminating prepared/cooked foods or foods that will be eaten raw. 不要交叉污染。保持生肉，家禽，海鲜包裹牢固，以防止其汁液污染准备好的/煮熟的食物。
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler. 清洁你的食品。在包装之前用流动的水清洗的新鲜水果和蔬菜然后再包装好，放进的容器。

# Eating Outdoors (continued) 户外饮食 (续)

## Food Preparation and Cooking 食品准备和烹饪

- **Marinate safely.** Marinate foods in the refrigerator, *never* on the kitchen counter or outdoors. Don't reuse marinade.  
安全腌制。腌制食品在冰箱里，不要放在厨房的柜台或室外。不要重复使用卤汁。
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food. 不要重复使用盘子或器具。使用同样的盘子或器皿，以前放过生肉，家禽，或海鲜的盘子或器具容易将细菌引入果汁和熟食中。相反，用一个干净的盘子和餐具准备好，烧烤好端来装你的食物
- **Cook food thoroughly.** When it's time to cook the food, use a food thermometer to be sure your food is cooked thoroughly. 食物要彻底煮熟。煮的时候用食物温度计，以确保食物彻底煮熟。
- **Cook immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill. 如何你准备将食物煮成半熟再烧烤，请煮好后立即烧烤
- **Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. 保持“准备好”食品热。烧烤类食品可以保持热，将其移动到烧烤架的一侧，只要离开火就可以了。



# Grill Safety 烧烤安全

According to the NFPA, July is the peak month for grill fires followed by May, June and August. In 2012, 16,900 patients in the U.S. went to emergency rooms because of injuries involving grills 根据 NFPA, 七月是烧烤高峰月随后五月, 六月和八月。2012年, 在美国16900例急诊是因为涉及到烤受伤。



- Propane and charcoal grills must only be used outdoors.
- 丙烷和炭烤只能在室外使用。
- Position the grill well away from siding, deck railings and out from under eaves and overhanging branches. 定位格栅远离壁板, 甲板栏杆和从屋檐下悬分支部分。
- Keep children and pets away from the grill area: declare a three-foot “safe zone” around the grill. 让孩子和宠物远离烧烤区: 定义烧烤周围的“三角安全区”。
- Place the grill a safe distance from lawn games, play areas, and foot traffic. 将格栅与草坪上游戏, 游乐区和步行交通的区保持安全距离。
- Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers. 拿出几个长柄工具, 在明火烤牛肉饼时给厨师充足的间隙。
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

周期性地将下面烤架塔板除去油脂或脂肪堆积, 因此才不能被一个热烤架点燃。

- For more information, see [the NFPA's Fact sheet on home fires involving grills](#) 欲了解更多信息, 请参阅家庭火灾涉及的烤架NFPA的情况介绍

# Water Safety and Children 儿童与水的安全

When enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, basis U.S. data, drownings are the leading cause of injury death for young children ages 1 to 4. The tips below are specific to protecting children from drowning: 当在游泳池或海滩享受时，我们头脑中的第一件事肯定不会想到受伤。然而，美国的基础数据是溺水伤害是年龄1至4的幼儿死亡的首要原因，以下的提示是专门针对保护防止儿童溺水

- *Actively supervise* children in and around water, giving them your undivided attention. 积极督促孩子远离周围的水，给他们全程的关注。
  - Use the *Water Watcher card strategy*, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. 使用水观察卡策略，这表示一个成人，作为水观察员对一定量的时间（如15分钟期间）内负责，以防止在监督上失误。
- Teach children, even those who know how to swim, *never to go near or in water without an adult* present. Have children wear life jackets in or around natural bodies of water such as lakes or the ocean. 教孩子，即使是那些会游泳的，无成人在场的情况下不要接触水，将孩子在周围有天然水体如湖泊或海洋穿上救生衣。
- Educate your children about the *dangers of drain entanglement and entrapment* and teach them to never play or swim near drains or suction outlets. 教育孩子有关排水口和压力的危险，并教他们不要在排水沟或吸水口附近游泳。 Learn *CPR*. 学习心肺复苏术。
- Enroll your children in *swimming lessons*. 让孩子在游泳课学游泳。
- Install a four-sided *isolation fence*, with self-closing and self-latching gates, around backyard swimming pools. 安装四面隔离护栏，与自闭和自锁大门，如果周围或后院是游泳池。





# Playgrounds游乐场

About 200,000 children in the U.S. are treated in the country's emergency rooms each year for playground injuries. Follow these tips to help prevent injuries.在美国每年大约有20万孩子因为在游乐场受伤急诊。按照这些提示，以帮助防止受伤。



- *Avoid drawstring pants*, jewelry, and bicycle helmets which can get tangled in playground equipment. Per the CSPP, 79 unintentional strangulation accidents, including 23 deaths, occurred in a 15 year period.避免穿戴束带裤，珠宝，和自行车头盔，可在游乐设备中发生问题。15年内79例绞杀事故，其中23人死亡。
- *Rule out school playgrounds for children 4 and under.* They are designed for school-age kids who are taller, have bigger hands, and possess more strength and coordination.4岁以下儿童不要进入学校儿童游乐场。他们是专为学龄的孩子准备的，有较大的双手，并具备更多的力量和协调性。
- *Inspect the playground yourself.*自己检查操场。
  - Since 79% of injuries are fall-related, look for 9-12 inches of sand, pea gravel, wood products, rubber products, or mats as flooring. Walk away if you see cement, asphalt, dirt, or grass since these surfaces are linked to head injuries. 79%的伤害都是与下降有关，寻找9-12英寸的沙子，豆砾石，木制品，橡胶制品，作为垫地板。，如果你看到水泥，沥青，泥土，草，就走开，因为这些地面容易引起头部受伤。  
Examine the equipment for gaps between three and nine inches (where a child's head could get stuck), hot surfaces, pinch points, sharp edges, and catch points like protruding bolts or gaps.检查设备三个点及一个九英寸（其中，孩子的头会被卡住），热表面，夹点，锐利边缘和抓点状突起的螺栓或间隙之间的差距。
  - Slides should be no higher than four feet for preschoolers and six feet for older kids. They should also have guardrails to prevent falls学龄前儿童滑行应不超过4英尺，年长的孩子不超过六英尺。他们也应该有护栏，以防止跌倒。

# OUTDOOR HAZARDS 户外伤害

When enjoying the **GREAT** outdoors this summer,  
it is important **to be** aware of potential hazards  
and stay **SAFE!**

在享受大自然这个夏天，  
意识到潜在的危险是很重要的  
保持安全！



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