



Outdoor Hazards

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Outdoor Hazards

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.

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

- Camping
- Eating Outdoors and Grilling
- Water Safety and Children
- Playgrounds

Don't take a vacation from safety this summer!



Camping Safety

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.



Protect against carbon monoxide poisoning

- Carbon monoxide is odorless and colorless and can cause illness or death.
- Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter.

Avoid wild animals

- Avoid touching, feeding, and getting near wild animals.
- Keep foods stored in sealed containers and out of the reach of animals.

Protect yourself from the sun

- UV rays from the sun can reach you on hazy days as well as bright and sunny days.
- Use a broad-spectrum (against UVA and UVB rays) sunscreen and lipscreen with at least SPF 15 .
- Seek shade, especially during midday hours, when the sun's rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.

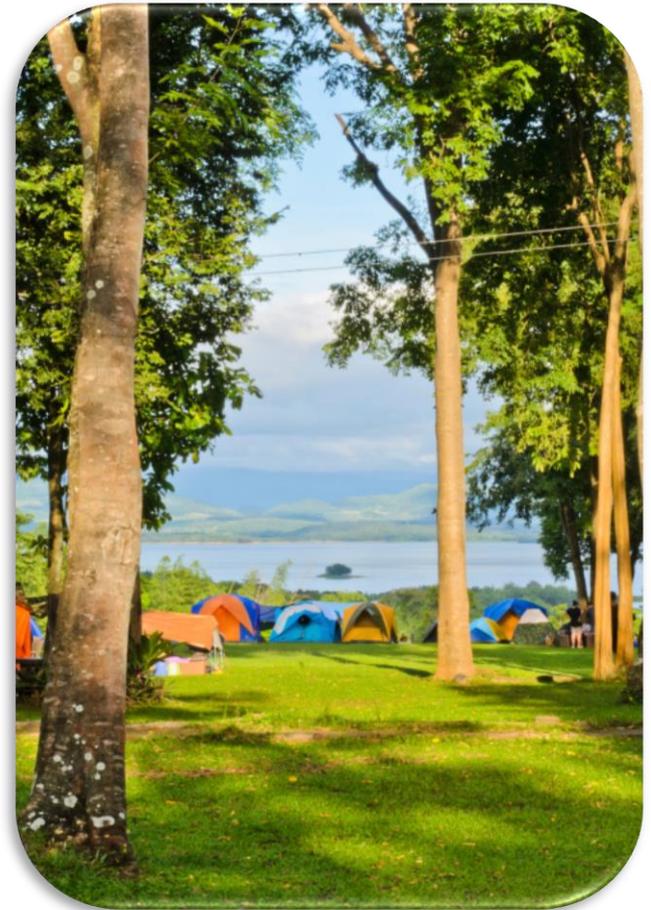
Camping Safety (continued)

Protect against insects

- Mosquitoes, ticks, and other insects can cause certain diseases. Mosquitoes can cause West Nile Virus and ticks can cause Lyme disease.
- 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.
- 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.

Be prepared

- Prepare for the unexpected.
- Check the weather report, learn about security at your camp location, and tell family and friends your plans.
- Bring along a supply kit that includes a first-aid kit, compass or GPS, map, flashlight, blankets, batteries, food, water, clothes, and medications.



Eating Outdoors

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.



Pack and Transport Food Safely

- *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.
- *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.
- *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.
- *Clean your produce.* Rinse fresh fruits and vegetables under running tap water before packing them in the cooler.

Eating Outdoors (continued)

Food Preparation and Cooking

- *Marinate safely.* Marinate foods in the refrigerator, *never* on the kitchen counter or outdoors. Don't reuse marinade.
- *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.
- *Cook food thoroughly.* When it's time to cook the food, use a food thermometer to be sure your food is cooked thoroughly.
- *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.
- *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.



Grill Safety

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

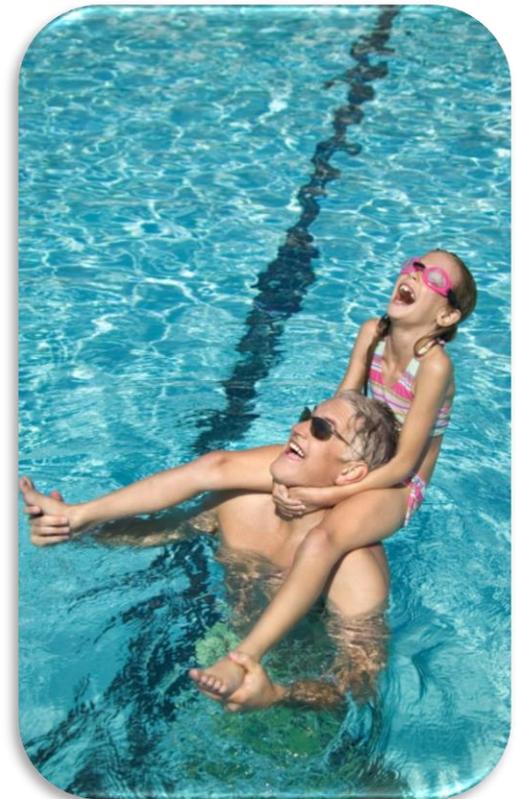


- Propane and charcoal grills must only be used outdoors.
- Position the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area: declare a three-foot "safe zone" around the grill.
- Place the grill a safe distance from lawn games, play areas, and foot traffic.
- Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.
- For more information, see *the NFPA's* [Fact sheet on home fires involving grills](#)

Water Safety and Children

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:

- *Actively supervise* children in and around water, giving them your undivided attention.
 - 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.
- 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.
- Educate your children about the *dangers of drain entanglement and entrapment* and teach them to never play or swim near drains or suction outlets.
- Learn *CPR*.
- Enroll your children in *swimming lessons*.
- Install a four-sided *isolation fence*, with self-closing and self-latching gates, around backyard swimming pools.



Playgrounds

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.



- *Avoid drawstring pants*, jewelry, and bicycle helmets which can get tangled in playground equipment. Per the CSPC, 79 unintentional strangulation accidents, including 23 deaths, occurred in a 15 year period.
- *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.
- *Inspect the playground yourself.*
 - 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.
 - 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.
 - Slides should be no higher than four feet for preschoolers and six feet for older kids. They should also have guardrails to prevent falls

OUTDOOR HAZARDS

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



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