

Seasonal *Risks*



Summer

Extreme Heat

Heat Storm

- When temperatures exceed 100°F over a large area for three days in a row

Heat Wave

- More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected

Heat-Related Illnesses

- Heat-related illnesses may cause serious injury or even death.
- Heat Exhaustion
 - Heat exhaustion occurs when people are exposed to extreme heat and have become dehydrated. It is important to know the symptoms of heat exhaustion.
 - Confusion
 - Dark-colored urine
 - Dizziness
 - Fainting
 - Fatigue
 - Headache
 - Muscle cramps
 - Nausea
 - Pale skin
 - Profuse sweating
 - Rapid heartbeat
 - If you, or someone you know, have symptoms of heat exhaustion, immediately remove yourself from the heat and rest. Also, drink plenty of non-caffeinated beverages, remove extra, unnecessary clothing, take a cool shower or bath, and apply other cooling measures such as fans or ice towels.

- If symptoms persists for 30 minutes after taking cooling measures, contact a medical professional

- Heat Stroke

- Heat stroke is a life-threatening condition. Heat stroke occurs when the body temperature rises so high that brain damage and death may result if the body is not cooled quickly. It is important to know the signs of heat stroke.

- Very high body temperature (over 105°F)
- Rapid pulse (heart rate)
- Shallow breathing
- Hot, red, dry skin
- Confusion
- Throbbing headache
- Nausea
- Failure to sweat
- Unconsciousness
- Seizures



- If you, or someone you know, have symptoms of heat stroke, immediately call 911 to seek emergency medical attention. Also, cool the body by moving the person to a cooler place.

Planning for Extreme Heat

- Follow the National Weather Service for critical updates
- Never leave children or pets in closed vehicles
- Stay indoors / limit exposure to the sun
- Stay on the lowest floor if air conditioning is not available
- Eat well-balanced, light, and regular meals
- Avoid salt, unless directed to do so by a physician



- Drink plenty of water. Avoid caffeinated drinks. Limit alcoholic beverage intake.
- Wear loose, lightweight, and light-colored clothing
- Avoid strenuous work during the warmest part of the day
- Check on family, friends, and neighbors

*Information gathered from:
Centers for Disease Control and Prevention
www.cdc.gov
FEMA: Ready
www.ready.gov*



Water Safety

- Drowning Prevention
 - According to the CDC, two to three children die every day as a result of drowning.
 - Water Safety Tips:
 - Always supervise children around water
 - Teach children to swim / Consider swimming lessons
 - Install a locking fence around home pools
- Learn cardiopulmonary resuscitation (CPR)
 - Boating Safety
 - It is paramount to make safety a priority when boating.
 - 73 percent of boating incidents involve a drowning. More than 90 percent of those who drowned were not wearing a life jacket.

- Boating Safety Tips:
 - Always wear a life jacket
 - Ensure life jackets are properly fitted

*Information gathered from:
Centers for Disease Control and Prevention
www.cdc.gov*

Camping Health & Safety

- Prepare healthy and safe food
 - Pack foods in sealed bags or containers. Store in an insulated cooler.
 - Wash hands and surfaces often
 - Separate raw from cooked foods
 - Prepare food to proper temperature
- Carbon Monoxide Poisoning
 - Carbon Monoxide is odorless and colorless. It can cause illnesses or death.
 - Avoid using fuel-burning equipment (heater, lantern, gas stove, charcoal grill) inside a tent, camper, or enclosed shelter
 - Use alternative heat sources inside the enclosed shelter. Consider bringing adequate bedding and clothing for warmth



- Bug Bites
 - Diseases can be caused by mosquitoes, ticks, and other insects.

- Apply insect repellent containing DEET to exposed skin
- Apply insect repellent permethrin to clothing as directed on the packages
- Check for ticks daily, and remove ticks promptly from skin

*Information gathered from:
Centers for Disease Control and Prevention
www.cdc.gov*

Lightning

- According to the CDC, from 1968 to 2010, the deaths from lightning decreased by 78.6% among males and 70.6% among females in the United States. The average number of deaths from lightning is 79 per year.
- Learn the measures to take to lower your risk of being struck by lightning:
 - If above the tree line when the storm approaches, descend quickly.
 - Avoid isolated trees
 - Avoid pitching a tent near the tallest trees in the area
 - Do not hold onto metal objects (golf clubs, umbrellas, tennis rackets)
 - Get off bikes, motorcycles, horses, golf carts, and metal bleachers
 - If caught in an open field, seek a low spot
 - Get off lakes or rivers, and get at least 100 yards away from shore

*Information gathered from:
Centers for Disease Control and Prevention
www.cdc.gov*

Sun Exposure and Skin Cancer

- Skin cancer is the most common form of cancer in the United States.
- Each year more than 3.5 million skin cancers are diagnosed



- Skin cancer prevention tips:

- Avoid or eliminate sun exposure between 10 AM and 4 PM
- Avoid burning when exposed to the sun
- Avoid tanning and UV tanning booths
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- Use a broad spectrum sunscreen with SPF of 30 or higher
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Repeat every two hours. Remember immediately following swimming or excessive sweating.
- Consider seeing a physician annually for a professional skin exam

*Information gathered from:
Skin Cancer Foundation
www.skincancer.org*

Winter

Extreme Cold

- When the body is exposed to cold temperatures, it begins to lose heat faster than it can be produced.

- If your body temperature drops below 95°F, seek medical attention immediately.

- Frostbite

- Injury to the body caused by freezing
- Frostbite causes a loss of feeling and color in affected areas.
- The most often affected areas include the nose, ears, cheeks, chin, fingers, or toes
- Frostbite can cause permanent damage and result in amputation.
- Recognize the warning signs:
 - Redness and pain in any skin area
 - White or grayish-yellow skin area
 - Skin feeling unusually firm or waxy
 - Numbness



- What to do:

- Seek medical attention
- Move into a warm room
- Avoid walking on frostbitten feet or toes
- Immerse the affected area in warm, not hot, water or warm the affected area with body heat

- Do not rub the affected area with snow or massage it
- Avoid using a heating pad, heat lap, stove, fireplace, or radiator for warming. Affected areas can be easily burned.
- Hypothermia
 - An abnormally low body temperature, which affects the brain
 - Those at risk:
 - Elderly with inadequate food, clothing, or heating
 - Babies sleeping in cold bedrooms
 - Anyone with extended periods of time outdoors
 - Homeless, hikers, hunters, road crew workers
 - People who consume alcohol or use illicit drugs
 - Recognize the warning signs:
 - Shivering
 - Exhaustion
 - Confusion
 - Fumbling hands
 - Memory loss
 - Slurred speech
 - Drowsiness
 - What to do:
 - Seek medical attention immediately
 - Move to a warm room or shelter
 - Remove any wet clothing
 - Wrap in blankets
 - Use electric blankets if available or skin-to-skin contact
 - Drink warm beverages

Vehicle Preparedness

Here are some suggestions for your vehicle's preparedness kit!

- Prepare your vehicle for winter by checking:
 1. Antifreeze levels
 2. Battery and ignition system
 3. Brakes
 4. Exhaust system for leaks
 5. Fuel level
 6. Heater and defroster
 7. Lights
 8. Oil
 9. Tires
 10. Windshield wipers and fluid
- Consider including these items in your winter vehicle survival kit:
 1. Shovel
 2. Windshield scraper
 3. Flashlight and extra batteries





4. Water
5. Snack food
6. Extra hat, socks, and gloves
7. First aid kit
8. Necessary medications
9. Blankets
10. Road salt/sand/litter
11. Tow chain or rope
12. Jumper cables
13. Emergency flares
14. Whistle
15. Cell phone charger/adaptor

*Information gathered from:
FEMA: Ready
www.ready.gov*

Winter Sports Safety

Skiing Safety Tips

Skiing is a popular way to stay in shape and have fun during the winter. Practice safe habits to avoid injury when hitting the slopes.

- Use proper equipment. Adjust bindings properly and ask for help from a professional.
- Take lessons to help you handle terrain, position your body correctly, and stop abruptly.

- Drink enough water to avoid dehydration.
- Do not use alcohol or drugs.
- Dress in layers to accommodate your body temperature, which changes with the amount of activity performed. Polypropylene fabrics are comfortable, dry quickly and absorb sweat while keeping you warm. A good rule of thumb is wear a turtleneck, sweater and jacket.
- Keep your head covered and wear gloves or mittens.
- Use sun protection. The sun's reflection off snow is stronger than you may think.
- Protect your eyes with proper glasses or goggles.
- Know your limits and take a break when you are tired.

Snowmobiling Safety Tips

In winter months, a snowmobile ride is an exciting way to see nature's beauty and visit areas inaccessible on foot. A few simple tips are all it takes to stay safe throughout the season.

- Do not use alcohol. Most states prohibit the use of a snowmobile while under the influence. Alcohol makes you feel warm, but actually increases hypothermia risk.
- Keep your snowmobile in condition and read the owner's manual. Be aware of your snowmobile's capabilities.
- Be a safe rider. Know your skill level and stick with it.
- Use caution when crossing roads and use appropriate hand signals.
- Stay alert of other riders.
- Be careful riding during snowy, dark or overcast days.
- Never cross lakes or rivers.
- Know the rules and terrain of the riding area. Use maps and speak with local riders.
- Join a club. Clubs and state associations provide learning courses, information and activities for

additional practice. Plus, they are a great place to meet fellow riders.

Information gathered from National Ski Patrol and International Snowmobile Manufacturers Association

www.nsp.org/slopesafety/skiandsnowtips.aspx

www.snowmobile.org/snowmobilesafety6.asp



Holiday Meal Safety

- Thawing
 - Clostridium perfringens is a bacterial cause of food poisoning. It is the second most common cause of food poisoning. Most outbreaks occur in November and December. Meat and poultry account for 92% of the outbreaks.
 - Keep thawing turkeys at a safe temperature. Turkeys thawing in the danger zone between 40 and 140°F can multiply foodborne bacteria that were present before freezing.
 - To safely thaw a turkey, place the turkey in the refrigerator or in cold water.
- Preparing
 - Clean hands and surfaces that will come in contact with the food.

- When preparing raw poultry, keep it away from other foods. Raw poultry can transfer bacteria to other foods.

- Stuffing

- For families wishing to cook the stuffing inside the turkey, wait to place the stuffing inside the turkey just before cooking.
- Use a food thermometer to ensure the stuffing reaches a minimum internal temperature of 165°F.

- Cooking

- To safely cook the holiday turkey, set the oven temperature to at least 325°F. The turkey should reach a minimum internal temperature of 165°F.

*Information gathered from:
Centers for Disease Control and Prevention
www.cdc.gov*

Holiday Decorations Safety Tips

- Stand the Christmas tree away from the fireplace, radiators, and other heat sources.
- Make sure the tree does not block foot traffic or doorways.
- Only use indoor lights indoors and outdoor light outdoors.
- Check lights for cracked sockets, frayed or bare wires, or loose connections. Replace any damaged light sets.
- Use no more than three light sets on any one extension cord.
- Turn off all lights on trees and decorations when leaving the house or going to bed.
- Never place lighted candles on a tree or near any flammable materials.
- Avoid placing breakable ornaments on lower tree branches where small children or pets can reach them.

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