NAEC Safety Training

July 2014
Summer Safety
Heatstroke can be deadly.

Share this image to keep dogs safe!

The signs of heatstroke include:

- Excessive or exaggerated panting
- Lethargy
- Weakness
- Drooling
- High fever
- Dark red gums
- Rapid heartbeat
- Unresponsiveness to commands and surroundings
- Vomiting
- Collapse
- Staring/anxious expression
- Warm/dry skin

If you think your dog may have heatstroke, head straight to your vet’s office. It could save his life!
Summer Safety
The Dangers of Heat

• Fill up on water regularly to remain hydrated. If you’re thirsty, you’re not hydrated.

• Never leave a child or pet enclosed in a vehicle on a hot day; the temperature inside can surpass 100 degrees in mere minutes.

• Avoid strenuous exercise on particularly hot days. Early morning and late evenings are the coolest times to work out.
Summer Safety
Heat Exhaustion

Signs of:
- Very sweaty
- Feeling weak, tired, giddy, and/or nauseous
- Elevated body temperature
- Clammy skin, pale or flushed
- Vomiting or fainting (if severe)

What to do:
- Rest in a shaded, cool area.
- Drink an electrolyte beverage (a sports drink like Gatorade).
- Avoid carbonated and caffeinated beverages.
- If severe, call 911 and request an ambulance immediately
Summer safety
Heat Stroke:

Signs of:
• Confusion or delirium
• Fainting
• Seizures
• Elevated body temperature
• Dry and hot skin, often red- or blue-tinged

What to do:
• Call 911 and request an ambulance immediately
• Rest in a cool area
• Soak in cool water or fan the person vigorously
Summer safety
Heat Cramp

Signs of:
• Muscle cramping or spasms
• May occur during work, or some time may elapse

What to do:
• Drink an electrolyte beverage (a sports drink like Gatorade).
• If symptoms persist, seek medical attention
Summer Safety
Heat Syncope (fainting)

Signs of:
• Sweaty skin but normal body temperature
• Temporary loss of consciousness
• Lacks symptoms of heat stroke or heat exhaustion

What to do:
• Lie down in cool place, raise legs or lower head to help oxygen (blood) flow to the brain.
• If symptoms persist, seek medical attention
Summer Safety
Heat Rash (also known as “prickly heat”)

Signs of:
• Small pink or reddish bumps along the skin
• Irritation, itchiness, and a particularly “prickly” sensation
• Occurs when the body’s sweat can’t easily evaporate (i.e. very humid environments)

What to do:
• Reduce the chance of an infection by maintaining the skin as clean and dry as possible
• Refresh the body with cool baths and cool air conditioning
• Wear loose cotton clothes
• Check for specific over-the-counter lotions to ease the symptoms.
Summer Safety

The Importance of Hydration

- Don’t start exercising if you’re not well-hydrated first. Very few summer safety tips are as important as adequate hydration.
- **Copious sweating** is a sign for you to up your water intake.
- When playing, working, or doing sports outdoors, stop for frequent **water breaks**.
- Avoid sugary or alcoholic beverages, which dehydrate you.
- Avoid very cold drinks, which can cramp your stomach.
Summer Safety
Safety Tips at the Beach or Pool

• **Never leave a child unattended** in a pool, spa, or sea.
• **If you have a pool at home, make sure it’s fenced in**
• **Children (and anyone who can’t swim) should wear lifejackets** at all times when participating in any water-related sport or activity.
• **Provide some formal swimming lessons** for a child; they do lower the risk of accidental drowning.
• **Make sure there’s an attentive lifeguard**, especially where there are children.
• **Never swim alone.** Even if you’re an excellent swimmer, you can’t plan for every emergency; you may be stung, get a cramp, or somehow lose your senses or ability to swim.
Summer Safety

Keep rescue equipment close at hand

• A long pole with a “shepherd’s hook” at the end
• A life preserver
• Lifejackets

Make sure these items are made of fiberglass or a material that won’t conduct electricity.

Avoid “floaties” (inflatable floating aids), which offer a false sense of security; they do not substitute for lifejackets
Summer Safety
Realize if someone is drowning.

• The wild flailing and screaming that you see in the movies? Unfortunately, you won’t often get those cues.
• People are too busy to scream; they’re trying to breathe.
• If they are sinking underwater, so they can’t call out.
• They won’t wave for help; their arms instinctively push downwards to help propel their bodies higher above the surface.
• Watch for glassy or unfocused eyes, hyperventilation or gasping, hair over the face, or head too low in the water.
• Instinctively, drowning people remain upright and forget to kick in order to stay afloat—remind them to kick, or (if possible) to relax and float on their back.
• They often have only 20-60 seconds before submersion, unless rescued.
Summer Safety

Repel the bugs

- Use a bug repellent containing DEET (but wash it off when indoors).
- Don’t apply repellent to cuts, wounds, or irritated skin.
- Don’t apply repellent to clothing-covered skin.
- Don’t apply to face, especially not eyes or mouth.
- Scented soaps, perfumes, and hair sprays attract bugs.
- Drinking beer also attracts mosquitoes.
Summer Safety
Keep food safe

• Cook meat thoroughly.
• Separate cooked meat from raw meat to avoid cross-contamination and food poisoning. Use a meat thermometer; ground beef should reach an internal temperature of 160 degrees. Keep food stored in a cool and dry place.
• At a picnic, carry food in a cooler with a cold pack
• A full cooler is colder than a half-empty one. If food must be refrigerated, do so promptly.
• Wash fruits and vegetables thoroughly; remove outer peel.
• Always take bottled water to drink; never risk drinking from a lake, stream, or pond.
Summer Safety

Firework hazards

• Fireworks are fun and beautiful, but they’ve also been a source of severe burns and scars.

• Fireworks displays should be conducted by professionals.

• Avoid using fireworks at home or on your own.
Summer Safety
Lawn mowers

• Should be used only if there’s a control that terminates the mower blade movement when the handle is released.
• Wear sturdy shoes (never sandals and never barefoot) when mowing.
• Prevent injuries by removing stones, toys, sticks, and other objects in the lawn so that they don’t turn into airborne missiles later.
• Always turn the machine off and ensure the blades are motionless before removing or unclogging parts.
• Always turn the machine off before pushing it across gravel, paths, or roads.
• Keep children and pets away from the lawn when mowing.
• If using a ride-on mower, drive up and down slopes, and never across; you might be upended—and trapped or killed.