



This nation will remain the land of the free only so long as it is the home of the brave. ~Elmer Davis

July 3, 2009

Volume 1, Issue 10

INDEPENDENCE DAY



How Do Firework Injuries Occur?

- *Availability
- *Fireworks type
- *Being too close
- *Lack of physical coordination
- *Curiosity
- *Experimentation

<http://www.cdc.gov/HomeandRecreationalSafety/Fireworks/fireworks-factsheet.html>

Campfire Safety

- * During a campfire ban, campfires are limited to fire rings in developed recreation areas. Even these fires can reignite and spread embers to nearby trees.
- * Build campfires away from overhanging branches, steep slopes, rotten stumps, logs, dry grass, and leaves. Pile any extra wood away from the fire.
- * Keep plenty of water handy and have a shovel for throwing dirt on the fire if it gets out of control. Start with dry twigs and small sticks. Add larger sticks as the fire builds up. Put the largest pieces of wood on last, pointing them toward the center of the fire, and gradually push them into the flames.
- * Keep the campfire small. A good bed of coals or a small fire surrounded by rocks give plenty of heat. Scrape away litter, duff and any burnable material within a 10-foot diameter circle. This will keep a small campfire from spreading.
- * Be sure your match is out. Hold it until it is cold. Break it so you can feel the charred portion before discarding it.
- * Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.
- * Drown the fire with water. Make sure all embers, coals and sticks are wet. Move rocks, there may be burning embers underneath.
- * Stir the remains, add more water, and stir again. Be sure all burned material has been extinguished and cooled. If you do not have water, use dirt. Mix enough soil and sand with the embers. Continue adding and stirring until all material is cooled.
- * Feel all materials with your bare hand. Make sure that no roots are burning. Do not bury your coals--they can smolder and break out.

<http://www.fs.fed.us/r8/boone/>

HAVE A FUN AND SAFE 4TH OF JULY!



Tip of the Day

Remember to wash hands, utensils and preparation surfaces often, particularly before and after preparing food, especially after handling raw meat.

www.iowachiroclinic.com

Then join hand in hand, brave Americans all!

By uniting we stand, by dividing we fall.

~John Dickinson



Firework Safety

BANG! There is nothing like the sound and sight of fireworks during the summer. They are very festive, exciting, and fun. Fireworks can also be very dangerous if not handled correctly. To prevent injuries, fireworks should be left to the professionals of pyrotechnics.

In the United States, eleven people died in 2007 due to fireworks. In that same year, approximately 9,800 people were injured and treated by emergency departments. These injuries are common around certain holidays such as the

4th.

What You Should Know

About 2 out of every 3 fireworks-related injuries in 2007 happened between June 22 and July 22. During this time period, an estimated 6,300 people were treated in U.S. emergency departments for injuries related to fireworks.

More than 4 of every 10 people injured by fireworks are children under 15 years of age.

Injuries from fireworks most often affect the hands, eyes, head, face, and ears.

People taking part in fireworks-related activities are more frequently and severely injured than bystanders.

Fireworks can cause blindness, third degree burns, and permanent scarring. They can also cause life-threatening fires.

<http://cdc.gov/Features/FireworksSafety/>