

Sun Safety

No matter what summer activities you enjoy, you are likely to spend some time in the sun, so be sure to follow these safe practices:

- Whenever possible, seek shade, especially between the hours of 10 AM and 4 PM when the sun's rays are strongest.
- Always wear a broad-spectrum sunscreen with an SPF of 15 or higher.
- Reapply sunscreen often, especially after swimming, perspiring heavily or drying off with a towel.
- Wear protective clothing, such as a wide-brimmed hat, sunglasses, long pants or skirts, and a long-sleeved shirt whenever possible.
- Water, sand and snow reflect UV rays, so remember to reapply sunscreen often in these conditions.
- Some medications increase skin's sensitivity to the sun, so be sure to check with your doctor or pharmacist for more information about the medications you are taking.
- DO NOT BURN.



Protect yourself from the sun's rays to be sure your time in the sun is fun!

For preparedness information,
contact:

Federal Emergency Management Agency (FEMA):

www.ready.gov

Oregon Emergency Management:

503-378-2911

www.oregon.gov/OMD/DEM

Citizen Corps:

www.citizencorps.org

American Red Cross:

503-284-1234

<http://oregonredcross.org>

Yamhill County / Office of Emergency Management:

www.co.yamhill.or.us/emerg_mgmt/index.org



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In the  **Summertime...**



Yamhill County Office of Emergency
Management



What you need to know to have a fun and safe
summer.

Tel: 503 434 7340

Summertime Safety

So many great activities are at the forefront of our minds in the summer: picnics and barbecues, swimming, boating, fire-



Remember to reapply sunscreen often when swimming.

works on the 4th of July, hiking, camping, and general fun in the sun. All of these things can be lots of fun, and taking just a few minutes to be safe can help ensure your enjoyment. Here are some tips for safe summer fun.

Picnic Safety

Many of us attend picnics or pot-lucks in the summertime. It is important to be sure the food remains safe to eat.

- Always wash your hands before preparing food.
- Keep all meat products cold with ice or ice packs inside a cooler.
- Keep the cooler in the shade as much as possible.
- Use a separate cooler for drinks.
- Make sure to cook all meats thoroughly.
- Be sure to bring plenty of drinks to stay well hydrated.
- Bring spray, cleaners, soap and water (or hand sanitizer), paper towels, cloths, and napkins. Wash tables or use fresh tablecloths. Clean the grill before cooking!
- Promptly put leftovers back in the cooler and keep them cool with ice or ice packs.
- Wash your cooler when you get home!

Grilling Safety

Outdoor grilling is one of the most popular ways to cook food, but they can be very hot. These simple tips can help keep your grilling safe.

- Propane and charcoal BBQ grills should only be used outdoors.
- Place the grill well away from the home, and deck railings, and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Check the gas tank hose on a propane grill for leaks before using it for the first time each year.
- Never leave your grill unattended.



Use long-handled utensils when grilling.

Water Safety

Swimming and boating are both fun activities. Keep them fun by staying safe.

Swimming safety tips:

- Designate a responsible adult to supervise children in or around the water.
- Always swim with a buddy.
- Water toys are fun, but they can NEVER take the place of a life jacket.
- Learn to swim.

Additional tips for boating safely:

- Use common sense: Operate at a safe speed,

In 2004-2008, U.S. fire departments responded to an average of 7,700 home fires involving grills, hibachis or barbecues per year.

(www.nfpa.org/education)

be alert at all times, and be respectful.

- Develop a float plan that includes where you are going and how long you will be gone.
- Make proper use of lifejackets.
- Avoid alcohol.
- Take a boating course.

Camping and Hiking Safety

- Don't travel alone.
- Know where you are going: Take a map, compass or GPS unit that works in the area.
- Take some basic gear: A lighter or matches; a knife; a simple first-aid kit (and some first-aid knowledge); a flashlight; and toilet paper.
- Take basic provisions: Water is a must, and enough food to last you the anticipated hike time. Don't drink from streams.
- Exercise common sense.

Fireworks Safety

- Use fireworks outdoors only.
- Obey local laws.
- Always have water handy (a hose or bucket)
 - Spectators should keep a safe distance from the shooter and display.
 - Never relight a "dud" firework.

