The American Red Cross of King and Kitsap Counties present a guide to

SUMMER SAFETY

The Red Cross... Your Community's Partner in Preparation

Complimentary
Hiking and Camping

Hiking and camping provide exercise and interest for people of any age. Just getting out and walking around is a wonderful way to see nature. Since unexpected things happen, however, the best way to help guarantee a good time for all is to plan ahead carefully and follow common-sense safety precautions.

- If you have medical conditions, discuss your plans with a health care provider and get approval before departing.
- Review the equipment, supplies and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were unexpectedly confronted by an animal? What if someone became ill or injured? What kind of weather might you encounter?
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter or give first aid. Practice your skills in advance.
- If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
- It's safest to hike or camp with at least one companion. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, one can stay with the victim while two go for help.
- Some areas require you to have reservations or certain permits. If an area is closed, do not go there. Find out in advance about any regulations—there may be rules about campfires or guidelines about wildlife.
- Pack emergency signaling devices, and know the location of the nearest telephone or ranger station.

- Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.
- Get trained in American Red Cross first aid before starting out. Contact your local American Red Cross chapter for a Community First Aid and Safety course.

What to Bring: A Hiking Checklist

What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Clothing (always bring something warm, extra socks and rain gear)
- Compass
- First aid kit
- Food (bring extra)
- Flashlight
- Foil (use as a cup or signaling device)
- Water purification tablets
- Waterproof matches or matches in waterproof tin
- Whistle (to scare off animals or to use as a signaling device)
- Candle and matches
- Cell Phone
- Hat
- Insect repellent
- Map
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Space blanket or a piece of plastic (for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes a poncho)
- Water

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly. It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle. With these items, the chances
**Bicycle Safety**

Many bicycle injuries can be prevented by wearing a helmet. In fact, head injuries cause about 75% of all bicycling fatalities. Always wear a correctly-fitting helmet when riding. Even children using tricycles or bikes with training wheels should wear helmets. Adults should also wear helmets at all times. Helmet construction should meet standards set by the Consumer Product Safety Commission (CPSC), the Snell Memorial Foundation or the American Society for Testing & Materials (ASTM). Look for a label or a sticker on the box or inside the helmet indicating that it meets the above standards.

Wear closed shoes when riding.

Make sure your bike and your child's bike have good brakes, a front light and effective reflecting material.

Ride only in safe areas and at safe times. Make sure bikes are the correct size for the rider.

Learn about bicycle etiquette, laws, and safe riding practices and teach your children about them.

Obey traffic rules. Cyclists must follow the same rules as motorists. Ride in a single file **with** traffic, not against it. Stay as far right as possible, watching for car doors, sewer gratings, soft shoulders, glass and other debris.

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**Pet First Aid**

Summer-time activities often find us in unfamiliar surroundings, performing tasks we aren't used to doing on an everyday basis. Accidents and medical emergencies can happen at any time, to anyone. Thankfully, classes in CPR and First Aid prepare us to deal with most eventualities. But, if a medical emergency happened to your pet, would you know what to do?

The Seattle Chapter of the American Red Cross proudly offers classes in Pet First Aid for Dogs & Cats. In this four hour class, students learn and practice the appropriate life saving skills for medical emergencies that might involve their pets.

Unlike the "human" version of this training, "EMS" response from "911" is not available for our animal kingdom friends. Which is all the more reason pet owners are eagerly learning what to do when their pet is involved in an accident or is suffering from a medical emergency.

Using life-like manikins, class participants practice the hands-on skills of CPR for small-medium and large dogs & cats. Demonstrations of CPR, rescue breathing and the care for choking emergencies are all a standard part of the class. Splinting, controlling bleeding, care for poisoning, bloat/torsion, dealing with burns and other common illnesses are also discussed in First Aid.

Get prepared for ANY emergency you might experience ... even those that could affect your pet. Sign up now for a Pet First Aid class. Life saving skills are not only important for the "people" in our lives ... but, knowing what to do for our four-legged friends is equally important. (Class cost is $38.00. A Pet First Aid Manual is included). Call 206.726.3534 for information.

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**Preventing Heat-Related Sports Emergencies**

Summer is a great time of year to enjoy sports. Whether you're a weekend warrior or play an organized sport, take precautions to prevent injury and improve your game.

Dehydration occurs when you fail to drink enough liquids to replace fluids lost through perspiration. Excessive fluid loss causes fatigue, weakness, irritability, nauseousness, dizziness, and even disorientation. Heat-related emergencies, or hyperthermia, may be life threatening. Heat stroke, exhaustion and cramps result from the body losing so much fluid that its natural cooling mechanism fails and the body overheats. Fortunately, these injuries are preventable.

- Exercise during cooler times of the day if possible.
- Be certain you are fully hydrated before you begin recreational exercise.
- Take constant water breaks.
- Do not use salt tablets.
- Limit exercise when weather is excessive.
- Give yourself time to adjust to warmer seasons or climates.
- Children are more susceptible to heat-related emergencies than adults—ensure that they constantly replenish fluids.
**General Water Safety Tips**

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone.
- Swim in supervised areas only and obey all rules and posted signs.
- Watch out for the "dangerous too's"—too tired, too cold, too far from safety, too much sun or strenuous activity.
- Don't mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Know how to prevent, recognize, and respond to emergencies.

**Beach Safety**

- Protect your skin: Sunlight contains two kinds of UV rays—UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight between 10 a.m. and 4 p.m. and wear a sunscreen with a sun protection factor containing a high rating such as 15.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.
- Watch for signs of life-threatening heat stroke. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. Keep the person lying down.
- Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
- Wear foot protection: Many times, people's feet can get burned from the sand or cut from glass in the sand.

**Boating**

- Alcohol and boating don't mix. Alcohol impairs your judgment, balance, and coordination—over 50 percent of drowning results from boating incidents involving alcohol. For the same reasons it is dangerous to operate an automobile while under the influence of alcohol, people should not operate a boat while drinking alcohol.
- Use Coast Guard-approved life jackets for yourself and your passengers when boating and fishing.
- Develop a float plan. Any responsible person and how long you will be because if the boat is delayed because of an emergency, becomes lost, or encounters other problems, you want help to be able to reach you.
- Find a boating course in your area (Red Cross, U.S. Power Squadron, the U.S. Coast Guard Auxiliary, US Sailing, etc) -- these courses teach about navigation rules, emergency procedures and the effects of wind, water conditions, and weather.
- Watch the weather: Know local weather conditions and prepare for electrical storms. Watch local news programs. Stop boating as soon as you see or hear a storm.
Home Pools

- Never leave a child unobserved around water. Your eyes must be on the child at all times. Maintain adult supervision.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandparents, and others who care for your child know CPR.
- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.
- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than four inches wide. If the house is part of the barrier, the doors leading from the house to the pool should remain locked and be protected with an alarm that produces sounds when the door is unexpectedly opened.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices (PFDs) are recommended.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- Pool covers should always be completely removed prior to pool use.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.

Keeping Children Safe In, On, and Around the Water

- Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.
- Don’t rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.
- Enroll children in a water safety course or Learn to Swim program. Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards. These courses encourage safe practices. You can also purchase a Community Water Safety manual at your local Red Cross.
- Parents should take a CPR course. Knowing these skills can be important around the water and you will expand your capabilities in providing care for your child. You can contact your local Red Cross to enroll in a CPR for Infants and Child course.

Lakes and Rivers

- Select a supervised area. A trained lifeguard who can help in an emergency is the best safety factor. Even good swimmers can have an unexpected medical emergency in the water. Never swim alone.
- Select an area that is clean and well maintained. A clean bathhouse, clean restrooms, and a litter-free environment show the management’s concern for your health and safety.
- Select an area that has good water quality and safe natural conditions. Murky water, hidden underwater objects, unexpected drop-offs, and aquatic plant life are hazards. Water pollution can cause health problems for swimmers. Strong tides, big waves, and currents can turn an event that began as fun into a tragedy.
- Make sure the water is deep enough before entering. Too many swimmers are seriously injured every year by entering too shallow. A feet-first entry is much safer than headfirst. Too many swimmers headfirst into water that is too shallow.
- Be sure rafts and docks are in good condition. Never swim under a raft or dock. Always look before jumping off a raft or dock to be sure no one is in the way.
- Avoid drainage ditches and arroyos. After heavy rains, they can quickly change into raging rivers that can easily take a human life. Even the strongest swimmers are no match for the power of the water. Fast water and debris in the current can make ditches and arroyos very dangerous.
Ocean Safety
- Stay within the designated swimming area within the visibility of a lifeguard, and never swim alone. Before you enter the water, check to see if a warning flag is up or for water conditions, beach conditions, or any potential hazards.
- Check surf conditions before you enter the water. Check to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions, or any potential hazards.
- Stay away from piers, pilings, and diving platforms when in the water.
- Be safe with Mother Nature. Avoid patches of plants. Leave animals alone. Have enough energy to swim back to shore.
- Do not try to swim against a current if caught in one. Swim gradually out of the current.

Personal Watercraft (Jet Skis)
- Know your local laws and regulations. Some states have special laws governing the use of personal watercraft (PWC) which address operations, registration & licensing requirements, education, required safety equipment and minimum ages.
- Operate your PWC with courtesy and common sense. Follow traffic patterns and obey no-wake and speed zones.
- Use extreme caution around swimmers and surfers. Run your PWC at a slow speed until the craft is away from shore, swimming areas, and docks. Avoid passing close to other boats or jumping wakes. This can be dangerous and often illegal.
- Coast Guard-approved life jackets should be worn by the operator of the PWC as well as any riders.
- Ride with a buddy. PWCs should always travel in groups of two or three. You never know when an emergency might occur.
- Alcohol and operating a PWC doesn’t mix. Alcohol impairs your judgment, balance, and coordination. For the same reasons it is dangerous to operate an automobile, people should not operate a boat or PWC while drinking alcohol.

Sailing and Windsurfing
- Always wear a Coast Guard-approved life jacket.
- Wear a wet suit in cold water to prevent hypothermia.
- You need good physical strength and swimming ability.
- Take windsurfing lessons from a qualified instructor.
- Know local weather conditions. Make sure the water and weather conditions are safe. Because water conducts electricity, it is wise to stop swimming, boating or any activities on the water as soon as you see or hear a storm. Also, heavy rains can make areas dangerous.

Water Parks
- Be sure the area is well supervised by lifeguards before you or others in your group enter the water.
- Read posted signs. Follow the rules and directions given by lifeguards. Ask questions if not sure about correct procedures.
- When you go from one attraction to another, note that the water depth may be different and that the attraction should be used in a different way.
- Before you start down a water slide, get in the correct position — face up and feet first.
- Some facilities provide life jackets at no charge. If you cannot swim, wear a Coast Guard-approved life jacket.

Skin and SCUBA Diving
- Receive instructions/take lessons from qualified divers before participating.
- Get a medical examination and take a swim test before learning SCUBA diving.
- Once certified, do not dive in rough or dangerous waters or in environments for which you are not trained.
- Never dive by yourself and be aware of local weather conditions.

Snorkeling
- Practice in shallow water and never snorkel alone.
- Check the equipment carefully and know how it functions.
- Learn how to clear water from the snorkel.
- Learn how to put your mask back on when you tread water.
- Don’t swim or be carried by a current too far from shore or the boat.
- Pay attention to local weather conditions and forecasts.
- Be aware of current patterns and wave breaks.
Water Skiing
- Wear a Coast Guard-approved life jacket.
- Be sure the boat and ski equipment are in good shape.
- Always turn the boat motor completely off when you approach a fallen skier.
  - Watch the water ahead of you at all times.
  - Have an extra person aboard to watch and assist the skier.
  - Run parallel to shore and come in slowly when landing. Sit down if coming in too fast.
- Use proper hand signals to signal boat operator.
  - Do not ski at night or in restricted areas.
- Know local weather conditions. Make sure the water and weather conditions are safe.

Surfing
- Take lessons from an experienced individual.
- Wear a wet suit when in cold water and never surf alone.

Tubing and Rafting
- Always wear a Coast Guard-approved life jacket.
- Do not overload the raft and do not go rafting after a heavy rain.
- When rafting with a tour company, make sure the guides are qualified.

Outdoor Tips for Picnic Food Safety

Picnic Preparation Tips
Keep everything that food may contact clean, and always wash your hands before preparing foods. It helps to prepare picnic foods at home where you have a controlled environment and better facilities.

Prepare home-made salads with pre-chilled ingredients. For example, cook potatoes, chicken, eggs, etc. and cool them under refrigeration to 45°F before mixing. Use utensils to mix salads rather than hands.

Rinse and pre-chill whole melons thoroughly before cutting into them. Keep cut pieces of melon at 45°F or colder.

Prepare raw meat items such as hamburger patties, at home where you are better equipped to clean and sanitize surfaces that come in contact with raw meats.

Purchase ice for beverages from an approved source (i.e. grocery or convenience store). Do not use food storage ice for iced beverages.

Transportation of Foods
Transport foods to the picnic site in a well-insulated cooler packed with ice. Clean and sanitize the cooler before filling.

Pack ice or freezer pack inserts around food to keep perishable and potentially hazardous foods cold.

Place the cooler inside the car. The trunk will be much hotter.

Picnic Site Storage Tips
Keep the cooler in a shady spot and keep the lid closed.

During the hot summer months (85 degrees F and above) all potentially hazardous foods should be served within one hour.

Food Safety
Foods that present the greatest risk for causing food-borne illness are called potentially hazardous foods. These foods are capable of supporting pathogenic (disease-causing) bacterial growth. Bacteria responsible for most food-borne illness outbreaks actively grow within a temperature range of 45 to 140 degrees F. Simply put—in order to prevent food-borne illness—keep hot foods hot and cold foods cold (above 140 and below 45 degrees F).

Leftovers can be saved if they were kept at or below 45 degrees F in the cooler. Put perishable foods on ice as soon as you finish eating.
That day at the beach, picnic at the park or camping trip in the Cascades can take an unexpected turn if Billy gets a bee-sting, Sis falls off a horse and breaks a leg, dad hikes through the poison oak, or Mary Lou has sudden cardiac arrest. Accidents and medical emergencies can happen at anytime, to anyone. Are you prepared to respond? Would you know what to do?

Thankfully, classes in CPR and First Aid can prepare us to deal with most eventualities. The American Red Cross of King and Kitsap Counties proudly offer classes which cover response to an emergency, proper techniques of controlling bleeding, treatment for burns, poisoning and sudden illness, chokesaving maneuvers, rescue breathing and CPR.

The American Red Cross invites you and your family, neighbors, friends and co-workers to register for a class and become certified in CPR, first aid and AED (automated external defibrillator) skills. Consider it an insurance policy for your family’s safety. Simply call (206)726-3534 or visit www.seattleredcross.org.

For first aid kits or other emergency preparedness supplies call (206)-726-3530.