

# 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!

**Petfinder**  
SUMMER **Pet**  
Safety

# 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:

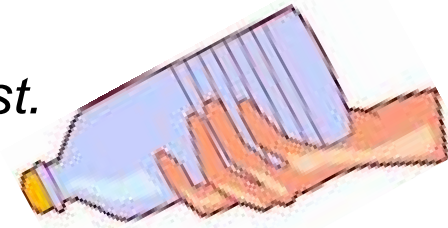
- Reduce the chance of an infection by maintaining the skin as clean and dry as possible
- Refresh the body with cool baths and cool air conditioning
- Wear loose cotton clothes
- Check for specific over-the-counter lotions to ease the symptoms.



# 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

