

San Gabriel Fire Department

SUMMER SAFETY TIPS

The San Gabriel Fire Department would like to encourage the citizens of our community to use care when enjoying the summer months and outdoor activities. Summer can be a time for family fun and relaxation, but it also poses special hazards for burns, fires and swimming accidents. Here are a few tips to make your summer safe:

Barbecue Grills: Keep children away from grills and lighter fluid. Don't leave grills unattended while lit and keep a fire extinguisher nearby. If someone gets burned, run cool water over the burn for 10 to 15 minutes. Cover the burn loosely using dry, sterile dressings or a clean cloth. Do not use butter or a salve on burns. If you receive a serious burn, seek medical attention immediately.

Fireworks: Fireworks are not legal in the City of San Gabriel. Check your local newspaper for a fireworks display in your area.

Pools: There is no substitute for adequate supervision. Children need to be watched. Never leave children unattended in or around pools or spas – **NOT EVEN FOR A SECOND.** Locking doors, windows and self-closing, self-latching gates on fences surrounding the pool will limit access to the pool or spa area. Latches should be above the reach of children. Keep rescue equipment near the pool area.

Do not allow anyone of any age to swim alone. Drowning happens to adults too.

Exposure to the Sun: Protect your skin from excessive exposure to the sun (especially between 10 a.m. to 2 p.m.) and use a sunscreen with a Sun Protection Factor (SPF) of at least 15.

Know the “Heat-related Illness” and what to do:

Heat Cramps: These are muscle pains and spasms caused by heavy exertion, which triggers loss of water through heavy perspiration. To relieve the cramps, press on the cramping muscles or use gentle massage. Take sips of water unless nausea occurs.

Heat Exhaustion: This is a mild form of shock marked by heavy sweating, weakness, cold and clammy skin, a weak pulse, fainting and vomiting. Immediately move to a cool place. Loosen clothing and apply cool, wet cloths; continue taking sips of water unless nausea occurs. If vomiting occurs, seek medical attention. **NOTE:** Brief exposure to extreme heat can precipitate this condition in very young children and the elderly.

Heat Stroke (Sunstroke): Heat stroke is life threatening and requires immediate medical attention! This occurs when your body's ability to sweat has stopped and your body temperature rises so high that it may cause brain damage and/or death in less than 10 minutes, unless medical help is immediate. Symptoms include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. If you notice any of the above symptoms in yourself or another person, immediately call for emergency medical services. While waiting for emergency personnel, take the following steps to care for the individual:

1. Move the individual to a cool environment.
2. Remove the person's clothing.
3. Cool the person in a tub of cold water, cover the person with a wet sheet and turn a fan or air conditioning on high, or sponge the person with cool water in an attempt to lower the body temperature.
4. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels.

If you have any questions regarding summer safety tips or any other information, please feel free to contact the San Gabriel Fire Prevention Bureau at 626-308-2883.

HAVE A SAFE SUMMER!!