

Summer Safety

Summer is a great time for everyone to enjoy inside and outside activities! Summer brings lots of fun, but also many health and safety challenges. Learn ways to keep yourself and others safe and healthy while enjoying your summer.

Fireworks Safety

Firework-related injuries are most common during this time of year. Each year, fireworks cause on average 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires resulting in thousands of injuries. It is best to leave it up to the professionals when it comes to fireworks. If you choose to use them, be sure to follow these [safety tips](#).

Foodborne Illness

During the summer months, more people are cooking outdoors at [barbecues, picnics, and camping trips](#). It is important to handle food properly because foodborne illnesses are more prevalent in the warm, summer weather. Bacteria multiply faster in warmer temperatures (90 to 110 °F) and preparing food outdoors makes safe handling of food more difficult. Here's how to prevent foodborne illnesses.

Heat Safety

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. There are several heat-related illnesses including, heat stroke, heat exhaustion, and heat cramps. Summertime activity must be balanced with actions that help the body cool itself to prevent heat-related illness. Find out how to prevent, recognize, and cope with [heat-related illnesses](#).

Water Safety

Swimming, boating, and other water-related activities are great ways to cool off this summer. However, they aren't risk-free. While partaking in these activities, you should always choose areas with lifeguards, limit alcohol consumption, wear personal flotation devices, and supervise children at all times. Tips on minimizing [water-related injuries](#).

