

MINOOKA FIRE PROTECTION DISTRICT NEWSLETTER



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SPRING

Spring Cleaning Safety Tips

Before you start your spring cleaning, the Illinois Poison Center (IPC) advises you to take additional precautions when clearing out cupboards, closets, basements and garages. Spending a few extra minutes to correct any potential poisoning hazards in your home could prevent serious harm – even death – for a family member, neighbor or pet.

To protect your family from an accidental poisoning exposure during your spring clean-up, the IPC offers the following tips for poison-proofing your home:

- Always read the product label first and use the product according to the label directions on all cleaning products.
- Keep all cleaning products in their original containers with original labels. Many poisoning incidents happen when a chemical is moved into containers that kids recognize, such as a water bottle or a Gatorade bottle.
- Store cleaning products out of sight, in locked cabinets.
- Keep all household cleaning products and other poisonous products separated from food products.
- Never leave a cleaning product open and unattended.
- When using cleaning products, work in well-ventilated areas.
- Dispose of cleaning products according to the product label or at your community chemical waste drop-off site.
- Never combine chemicals together, especially if they contain bleach or other chlorine-active compounds (sodium hypochlorite). If bleach is mixed with ammonia or ammonium-based products, it will release a noxious gas called chloramine. If bleach is mixed with an acid-based product, such as a toilet bowl cleaner or lime remover, it will release chlorine gas. These types of poisonings often occur in the bathroom, in part, because many bathroom cleaners are acid-based.

Because of their curious nature, children frequently come in contact with household cleaning products. Keeping the Poison Control phone number **(1-800-222-1222)** on all your phones will ensure you don't waste precious seconds when dealing with a poisoning emergency.





SUMMER

In the time it takes to reply to a text, check a fishing line, or apply sunscreen, a child or weak swimmer can drown. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Keep your family safe by following these safety tips:

- The whole family should learn or know how to swim.
- Everyone should learn and know how to do CPR.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard approved life jackets.
- Always swim in a lifeguarded area.
- Provide close and constant attention to children in or near water, even if there is a lifeguard on duty.
- Pools and spas should be fenced with adequate barriers and locked gates.

Everyone should read all posted safety signs before entering the water.

Summer heat safety tips for older adults

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems.

The elderly are more vulnerable to heat for several reasons.

- The ability to notice changes in your body temperature decreases with age.
- Many seniors have underlying health conditions that make them less able to adapt to heat.
- Many medicines seniors take can contribute to dehydration.
- Seniors may not feel the urge to drink and can forget to hydrate.

Preparation is key to maintaining a healthy balance of fun and sun.

- Drink plenty of liquids to avoid dehydration
- Wear appropriate clothes to prevent heat exhaustion
- Stay indoors during midday hours
- Pay attention to the heat index and dew point
- Take it easy and avoid heat exposure
- Check in regularly with elderly loved ones

Keep your loved one safe this summer by learning how to prevent heat strokes, heat exhaustion, and sunburns.

Heat exhaustion is a warning that your body can no longer keep itself cool. Symptoms include feeling thirsty, dizzy, weak, uncoordinated, rapid pulse, and nausea. You may be sweating a lot even though your body temperature may stay normal. Skin may feel cold and clammy. Rest in a cool place and get plenty of fluids. If you do not feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke

Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

If heat stroke is suspected, call 9-1-1 immediately. Cool them off as best as you can until emergency services arrives.

Summer Travel Safety Tips

On the Road

- Become familiar with your travel route before you start. Map it out and study it. Let someone know where you are going/staying and approximate destination time.
- Make sure your car is in good operating condition.
- Keep your purse, camera bag and other valuables concealed, not lying on the seat where it is visible to someone walking by.
- Keep car doors locked while you are driving. Store luggage in the truck.
- Park in well-lighted areas only, close to building entrances and walkways.
- Have car keys ready when approaching your car. Check the back seat and the floors before you get in.
- If you are bumped by another car, think before you get out. If you are in doubt or uncomfortable, signal the other driver to follow you to a nearby police station or a busy, well-lighted area where it's safe to get out.



Hotel/Motel Fire Safety

Vacations and business travel make hotels and motels our home away from home. It is just as important to be prepared and know what you would do in a hotel/motel emergency as it is in your own home.

- When you enter your room, review the escape plan posted in your room.
- Take the time to find the exits and count the number of doors between your room and the exit.
- Make sure the exits are unlocked. If they are locked, report it to management right away.
- Keep your room key by your bed and take it with you if there is a fire.
- If the alarm sounds, leave right away, closing all doors behind you. Use the stairs — never use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.
- If you can't escape:
 - SHUT off fans and air conditioners.
 - STUFF wet towels in the crack around the doors.
 - CALL the fire department and let them know your location.
 - WAIT at the window and signal with a flashlight or light colored cloth.



CLASSES OFFERED
FOR 2023



1ST AID/CPR

February 4
April 1
June 3
September 9
December 2



SAFE SITTER

April 6
(at Minooka Fire)
June 9
(at Channahon Fire)
June 16
(at Minooka Fire)

For more information or to register online, visit our
website: www.minookafire.com

*Classes held at Channahon Fire, please visit their website: www.channahonfire.com

To ask any questions about our classes, contact us at:

info@minookafire.com