



**American  
Red Cross**

Heart of Tennessee Chapter

Heart of Tennessee Chapter  
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## News Release NEWS RELEASE

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### Red Cross Encourages Fourth of July Safety

**(MURFREESBORO) July 2, 2010** – The Heart of Tennessee Chapter would like to remind local residents how to have a safe and fun Fourth of July celebration this year.

Follow these easy tips to ensure a Happy Fourth of July:

#### **Firework safety:**

There are nearly 9,000 emergency room-treated injuries associated with fireworks a year, according to the U.S. Consumer Product and Safety Commission. You can enjoy these Fourth of July staples safely by doing the following:

- \* Never give fireworks to small children, and always follow the instructions on the packaging.
- \* Keep a supply of water close-by as a precaution.
- \* Make sure the person lighting fireworks always wears eye protection.
- \* Light only one firework at a time and never attempt to relight "a dud."
- \* Store fireworks in a cool, dry place away from children and pets.
- \* Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- \* Stay at least 500 feet away from professional fireworks displays.
- \* Leave any area immediately where untrained amateurs are using fireworks.

#### **Safe Grilling:**

Nothing says summer quite like the smell of barbecue. Make sure safety is a key ingredient in your Fourth of July by reading the following tips for safer grilling:

- \* Use gas and charcoal barbecue grills outside only.
- \* Position grills far from siding, deck railings, overhanging branches and house eaves.
- \* Keep children and pets at least three feet away from the grill area.
- \* Never add charcoal starter fluid when coals have already been ignited.
- \* Always follow the manufacturer's instructions when using grills.
- \* Always supervise a barbecue grill when in use

#### **Water safety at the pool and beach:**

The best thing anyone can do to stay safe in and around the water is to learn to swim. The Red Cross has swimming courses for people of any age and swimming ability. To find out where lessons are offered or to enroll in a CPR/AED or first aid course, contact your local Red Cross chapter at 615.893.4272.

- \* Swim in a supervised, marked area with a lifeguard present, and swim with others. Never swim alone.
- \* Enter the water feet first. Enter the water headfirst only when the area is clearly marked for diving and has no obstructions.
- \* Adults should never leave a child unobserved around water. Practice "reach supervision" by staying within an arm's length of young children and weak swimmers while they are in and around the pool, lake or ocean.
- \* Take frequent breaks (about once an hour) where everyone gets out of the water, drinks water, reapplies sunscreen (SPF 15 or higher) and rests.

- \* If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- \* Watch out for the "dangerous too's"... too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- \* Post CPR instructions and directions to call 9-1-1 or your local emergency number in the pool area.
- \* Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- \* 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.

To register for a water safety, first aid or CPR/AED course [click here](#), and we wish you a safe and happy Fourth of July!

*The Heart of Tennessee Chapter of the American Red Cross provides vital emergency assistance to help victims of local disasters in Rutherford, Bedford, Cannon, Franklin, Coffee & Moore counties. Over the past year the Chapter trained nearly 15,000 people in CPR & First Aid, Babysitting and Aquatics training, and provided pre-deployment briefings and emergency communications for over 640 active duty military personnel and their families. Over 13,177 pints of life-saving blood were collected from the community last year. All of these services are made possible by over 320 dedicated local Red Cross volunteers as well as through generous gifts from the local community. To get more information please call 615) 893-4272 or log on to [www.midtnredcross.org](http://www.midtnredcross.org).*

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