



**American  
Red Cross**

Heart of Tennessee Chapter

Heart of Tennessee Chapter  
501 Memorial Blvd  
Murfreesboro, TN 37129  
[www.midtnredcross.org](http://www.midtnredcross.org)

News Release  
NEWS RELEASE

Contact: Beth Ferguson  
Phone: 615.893.4272 ext. 106  
Fax: 615.895.8218  
[Fergusonb@hot-redcross.org](mailto:Fergusonb@hot-redcross.org)

## End the Summer Safe and Sound

### *Red Cross Promotes Labor Day Weekend Safety*

**(MURFREESBORO) September 2, 2011-** All across Tennessee local residents are planning grand ways to say their goodbyes to summer during Labor Day weekend. Before you pack up and head out on the lake or to the pool one last time, the American Red Cross asks that you take a moment to ensure you're heading in a safe direction.

Among the concerns revelers need to watch for this holiday are crowded roadways. Whether you are sticking close to home or off on an excursion, remember, accidents can often be avoided through careful preparation. Here are a few precautions to keep in mind:

Keep a kit within reach. You should always have a first aid kit in your home, by the pool, packed with your beach gear and in your car.

You're ready - but is your car? Don't wait for a rattle or a warning light to find out your car isn't up for the trip. Be sure to have brakes, tires, oil and fluids checked before taking to the roadways

Don't keep your plans to yourself. It's important to share your travel plans with family and friends. Let them know the dates you plan to travel and the location of where you're staying. Always share contact numbers in case of an emergency.

Play it safe under the sun. The sun is just as hot on Labor Day as it was 4th of July, so you'll need to take the same precautions. Always wear sunscreen when outdoors. Make sure everyone wears a hat to shield direct sunlight. Keep enough water or juice for everyone to drink continuously throughout the day and be sure to drink fluids even when you're not thirsty.

Enjoy water the safe way. Now is not the time to forget about the rules of water safety. Remember: never swim alone, only swim in supervised areas, enter water feet first, and don't mix alcohol with swimming or boating.

*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, Lincoln, Marshall & 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).*

-END-