



**American
Red Cross**

Heart of Tennessee Chapter

Heart of Tennessee Chapter
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News Release

NEWS RELEASE

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Safety Comes First for 4th of July

Red Cross Promotes Summer Holiday Safety

(MURFREESBORO) June 29, 2011 – Your Fourth of July holiday plans may include taking to the highway, setting up a small fireworks display, or firing up the grill to cook something delicious. The American Red Cross provides useful tips that will help you and your loved ones have a safe weekend.

“Your local Heart of Tennessee Chapter wants to ensure that Middle Tennessee families can celebrate the 4th of July and reduce accidents at the same time,” said Development Director, Beth Ferguson.

How to stay safe as you travel over the holiday weekend:

- Buckle up, slow down, and don't drive impaired.
- Be well rested and alert; give your full attention to the road.
- Use caution in work zones.
- Observe speed limits.
- Make frequent stops.
- Be respectful of other motorists and follow the rules of the road.
- If you plan on drinking, designate a driver who won't drink.
- Clean your vehicle's lights and windows to help you see, especially at night.
- Turn your headlights on as dusk approaches, or during inclement weather.
- Don't overdrive your headlights.
- Don't let your vehicle's gas tank get too low.
- If you have car trouble, pull as far as possible off the highway.
- Carry a Disaster Supplies Kit in your trunk.

Find out what disasters may occur where you are traveling, especially if they are disasters you have never experienced before. Find out how you would get information in the event of a disaster (local radio systems, emergency alert systems).

Pay attention to the weather forecast for your destination. Travel and weather web sites can help you avoid storms and other regional challenges that could impact your safety.

Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.

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Use caution around fireworks:

- 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.

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.

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