



LIGHTNING SAFETY...

Approximately 400 people are struck by lightning each year in the United States. The US Centers for Disease Control and Prevention recommends the following steps to prevent death or injury by lightning.



- When playing or working outdoors, be mindful of weather reports of thunderstorms, especially during the thunderstorm season;
- Take steps to protect yourself before it actually starts to rain, as lightning sometimes starts before rain begins;
- If you hear thunder, avoid standing near trees or tall objects;
- Avoid high ground, water, open spaces, and metal objects, such as golf clubs, umbrellas, fences, and tools;
- When indoors, turn off appliances and other electronic devices and stay inside until the storm passes;
- If you see someone struck by lightning who is suffering cardiac arrest, begin CPR immediately.

WALKING THE LINE...

Before summer vacation gets under way, make sure your child has learned these important walking safety tips:



- Walk on the sidewalk if there is one.
- If there is no sidewalk and you have to walk on the road, be sure to walk facing traffic.
- Before crossing the street, always Stop first. Look left, then right then left again for moving cars before stooping into the street.
- At intersections, always pay special attention to turning vehicles.
- Never dart out in front of parked car. The driver of a car coming down the street can't see you. Always check to make sure there is no driver in the parked car and that the car is not running. Then walk - don't run - across the road.

And remember:

It is better to be safe and seen than sorry. During the day, wear light, brightly colored clothing, and at night, carry a flashlight and wear special reflective markers on your shoes, cap, or jacket.



**FIRE & HEALTH SAFETY
BEGINS IN THE HOME**

- ✓ Watch Children Carefully
- ✓ Know What To Do In An Emergency

To Notify the Fire Department
About a Fire or Medical Emergency
Dial 911

