Autumn is Here!

Contact:
[Name of your health/safety officer]
[Phone number of your organization]

[Your Organization's Name]
Offers Autumn Safety Tips for the
[Name of Your Town or County]
Community

With autumn fast approaching, more and more people in the
(name of town or county) area will be enjoying the change of
the leaves and the cooler temperature. Unfortunately, some
autumn-related weather activities such as hiking and camping,
turning the furnace back on, cleaning the chimney, and trick-or-treating do present
their share of hazards. To help ensure everyone in the community enjoys a
safe autumn, the members of (name of your organization) offer the
following tips and suggest you post them where they are likely to be
seen by your family members and co-workers.

CHIMNEYS AND FURNACES
Chimney maintenance is vital to your
family’s safety.
• Have your chimney inspected and
  cleaned on a regular basis.
• When possible, burn seasoned woods
  (dryness of the wood is more important
  than hard wood versus soft wood).
• Smaller, hotter fires will burn more
  completely and produce less smoke
  than larger fires.
• Do not burn cardboard boxes or trash,
  as they can spark a chimney fire.
• Install stovepipe thermometers, which
  help monitor flue temperatures where
  wood stoves are in use, then adjust
  burning practices
  as needed.

TRICK-OR-TREAT SAFETY
Don’t get caught up in the holiday spirit —
make sure your children trick-or-treat safely.
• Rather than buying a mask, use makeup to
  decorate children. That way, they can see
  more easily.
• If your kids go trick-or-treating after dusk,
  make sure they have a flashlight and are
  wearing retro reflective material. Dress
  children in warm, light colored clothing so
  that they may be easily seen when crossing
  the street.
• Do not purchase Halloween costumes and
  other items which are not marked
  “Flameproof” or “Flame-Retardant”.
• Remind children to skip houses that are not
  well-lit.
• Check candy before allowing kids to eat it.
• Avoid tricks that could cause bodily injury,
  destroy property, or cause a fire.

Continued on reverse
Press Release: Autumn Safety Tips, continued

HIKING AND PICNICS/CAMPING
As you take in the fall’s beautiful scenery, think ahead, be prepared, and stay safe.
• Check the weather forecast before heading outdoors for a hike. It is not safe to hike when thunderstorms or heavy snowfall is expected.
• Carry drinking water. Don’t drink from streams, springs, or lakes without first properly treating the water.
• Observe wildlife from a safe distance. Don’t try and get too close to wild animals.
• Stay on the trail — if you leave it, you may get lost.
• To help prevent food poisoning, keep cold foods cold and hot foods hot. Don’t store perishable foods in a hot car.
• Clean all surfaces and utensils that come into contact with raw meat or meat juices before re-using them.
• Wash hands frequently when preparing food, and before serving and eating.
• Keep kids away from grills and lighter fluid, and keep grills away from anything that can burn them.
• Be aware of tiny deer ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellant, wear light-colored, long sleeved-shirts, pants, and socks.
• Do not build a fire near tree trunks, fallen trees, or over hanging branches.
• When extinguishing a campfire, let it die down, then break up the coals or logs, spread the pieces, soak them with water, and then cover the area with dirt or sand.

BACK TO SCHOOL SAFETY
Parents must do some homework to keep their kids healthy and safe. Don’t let safety “fall” by the wayside.
• Walk and ride to school safely. Obey traffic lights and signals, walk only in crosswalks, and listen to the crossing guard.
• If your kids bike to school, be sure they wear a helmet.
• If possible, always walk your child to the bus stop and pick them up as well.
• Keep backpacks light — a child’s backpack should only be 5 to 10 percent of his or her body weight, according to the American Chiropractic Association.
• A backpack with wheels is easy to maneuver and reduces back stress. If your child does choose to wear a backpack, utilize both straps. Slinging the backpack over one shoulder may cause spinal curvature.

PET SAFETY
Watch out for family pets as you prepare for the cold, festive days of fall.
• Many brands of antifreeze are highly toxic. Store new and used antifreeze in a sealed container.
• Chocolate is a special treat for nearly all humans during Halloween and Thanksgiving, but it is toxic to dogs, cats, and birds.
• Holiday meals can be hazardous to pets. Chicken and turkey bones can get stuck and pierce the digestive tract. Rich foods can cause pancreatitis or bloating.
• Indoor pets not acclimated to winter temperatures should not be outside in cold weather for long periods. Outdoor pets can withstand fairly cold temperatures, but make sure they have proper shelter from wind and rain, and provide them with good bedding. Frostbite is a winter hazard to pets.

Most important of all, remember to call 911 in the event of an emergency.

FALL CLEANUP
Yard work does not end simply because summer is over. Here are some safety tips for tackling autumn tasks around your home.
• When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.
• Be careful when pruning. Pruning from a ladder is especially dangerous.
• To avoid blisters when doing yard work, wear gloves.
• If you are doing a lot of raking, try an ergonomic rake, which can be found at most hardware stores and garden centers.