

The Great Outdoors

Tips and tools for a safe and enjoyable summer vacation



July 2015 UC-ANR All-Staff Meeting
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Outdoor Hazards

- ^ More likely to suffer effects of heat or cold
- ^ More likely to be distracted, confused, or lost
- ^ More likely to encounter dangerous insects or animals
- √ Less likely to know what to do in case of emergency
- √ Less likely to apply common sense or known safety principles
- √ Less likely to have ready access to services and facilities
- Unaddressed hazards may have greatest impact on children and elderly



Outdoor Safety for Children

Clover Safe Notes are good guide for safety in children's activities

[http://safety.ucanr.edu/4-H Resources/Clover Safe Notes by Project Area/](http://safety.ucanr.edu/4-H_Resources/Clover_Safe_Notes_by_Project_Area/)

Camping and outdoors: ATV safety, heat illness, knives, hiking (general, nighttime, and creeks), campfire, motorized dirt bike, hazardous animals (bears, bees, snakes, hantavirus), thunderstorms

Sporting activities: Firearms, skateboarding, surfing, bicycling, canoeing, archery, swimming

Food preparation: Knives, food safety, safe handling of fresh produce, campfire cooking, handwashing



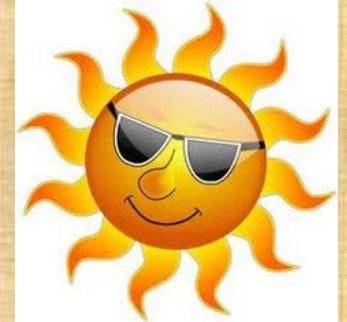
Outdoor Safety for Children

Kids.gov websites:

- US Forest Service Outdoor Safety Website:
<http://www.fs.fed.us/recreation/safety/safety.shtml>
- US Fish and Wildlife “Let’s Go Outside!” website (children’s resources):
<http://www.fws.gov/letsgooutside/kids.html>
- US EPA “Kid’s Air” website (air quality index info):
<http://www.airnow.gov/>
- US EPA water safety website:
<http://water.epa.gov/learn/kids/beachkids/safety.cfm>



Heat Illness 101



- **Know the signs and symptoms of heat-related illnesses:**
 - **Heat stroke** – Extremely high body temperature (above 103°F), hot and dry red skin (no sweating), rapid strong pulse
 - **Heat exhaustion** – Heavy sweating, paleness, muscle cramps, weakness
 - **Heat rashes and cramps** – Can be first signs of worsening condition!
- **First aid:** Remove person from heat and lower body temperature ASAP, get medical attention or call 911 if condition does not improve or if heat stroke is suspected.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Risk factors:** Lack of acclimatization, age (children under 4 & adults over 65), medications, illness, obesity
- **Prevention:** Avoid unnecessary sun exposure, stay hydrated, use buddy system, identify local medical services or assure 911 service is available.

Source: http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp



A day at the park...

- Heat stress – Acclimatization, temps > 80F
- Insects – Bites, stings, allergies
- Sports and recreation – Physical safety, hydration
- Picnics – Food safety (<1hr if >90F), allergies



Photos: UC-ANR and USDA-ARS image gallery



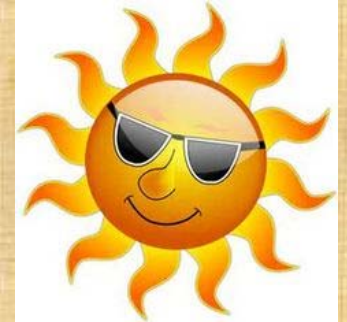
Resources

Parks and Urban Outdoors

- May 2015 Safety Spotlight on Heat Illness Prevention
- UC-ANR Food safety checklist: <http://safety.ucanr.edu/files/146566.pdf>
- Fieldwork Safety Notes:
 - Safety Note #20 (Heat Illness Awareness): <http://safety.ucanr.edu/files/1367.pdf>
 - Safety Note #85 (West Nile Virus): <http://safety.ucanr.edu/files/1482.pdf>
 - Safety Note #86 (Biting Stinging Insects): <http://safety.ucanr.edu/files/1483.pdf>
 - Safety Note #120 (Working safely with horses): <http://safety.ucanr.edu/files/152253.pdf>
 - Safety Note #121 (Safe Horseback Riding): <http://safety.ucanr.edu/files/1367.pdf>
 - Safety Note #137 (Allergy Awareness): <http://safety.ucanr.edu/files/1367.pdf>
 - Safety Note #149: (BBQ Cooking Safety): <http://safety.ucanr.edu/files/1397.pdf>
- Clover Safe Notes for children/family activities



UV Protection 101



- **Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin.** “Broad-spectrum” provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours or as indicated on the label, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Use extra caution near water and sand** as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Check your birthday suit on your birthday.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.



UV Protection Trivia Question



- What percentage of WOMEN reported that they regularly use sunscreen on their face and exposed areas of their body?
- What percentage of MEN reported that they regularly use sunscreen on their face and exposed areas of their body?



UV Protection Trivia Question



- What percentage of WOMEN reported that they regularly use sunscreen on their face and exposed areas of their body? 30%
- What percentage of MEN reported that they regularly use sunscreen on their face and exposed areas of their body? 15%

Source : CDC 2015



A day at the waterfront...

- Sun exposure – Sunburn and heat stress
- Boating - Got PFD?
- Water hazards – Currents and underwater hazards
- Remote or unfamiliar locations – where are we?



Water Safety Trivia

- What percentage of drowning victims were not wearing a personal floatation device?
- What is the leading known contributing factor in fatal boating accidents?



Water Safety Trivia

- What percentage of drowning victims were not wearing a personal floatation device? **84%**
- What is the leading known contributing factor in fatal boating accidents?

Alcohol Use

Source: American Boating Association 2014



Resources

Outdoor Water Venues

- Safety Notes:
 - Safety Note #23 (Eye Protection/UV Radiation): <http://safety.ucanr.edu/files/1414.pdf>
 - Safety Note #46 (Skin Protection/ UV Radiation): <http://safety.ucanr.edu/files/1439.pdf>
 - Safety Note #81 (Fieldwork Safety: Water): <http://safety.ucanr.edu/files/1478.pdf>
 - Safety Note #109 (Tsunami Awareness): <http://safety.ucanr.edu/files/1352.pdf>
 - Safety Notes #138 (Marinas/Boatyards General Safety): <http://safety.ucanr.edu/files/1385.pdf>
 - Safety Notes #139 (Marinas/Boatyards Physical Safety): <http://safety.ucanr.edu/files/1386.pdf>
- Clover Safe Notes for children/family activities



Cold Stress 101



Hypothermia - "a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired." - Medicine for Mountaineering

Conditions Leading to Hypothermia

- Cold temperatures – warning! any temperature less than 98.6 degrees can be linked to hypothermia or peripheral circulation problems such as trench foot and frostbite
- Wetness/Improper clothing and equipment
- Fatigue, exhaustion
- Dehydration/Poor food intake/Alcohol

Prevention: warm dry clothing for night time events, hats, extra clothes, emergency blanket, use caution with water activities and weather events.

Source: <http://www.princeton.edu/~oa/safety/hypocold.shtml>



A weekend at camp...



- Fire! – Be safe and prepared
- Hazardous plants and animals – Be educated and avoid
- Unexpected weather events – Lightning and rain?
- Remote or unfamiliar locations – Off-road adventures!



Resources

Wilderness Outdoors

- Safety Notes:
 - Safety Note #30 (All-Terrain Vehicles): <http://safety.ucanr.edu/files/1422.pdf>
 - Safety Note #54 (Cold Stress Awareness): <http://safety.ucanr.edu/files/1448.pdf>
 - Safety Note #80 (Lightning): <http://safety.ucanr.edu/files/1484.pdf>
 - Safety Note #87 (Toxic Plants): <http://safety.ucanr.edu/files/1484.pdf>
 - Safety Note #88 (Fieldwork Safety: Fire Prevention): <http://safety.ucanr.edu/files/1485.pdf>
 - Safety Notes #89 (Fieldwork Safety: Terrain): <http://safety.ucanr.edu/files/1486.pdf>
 - Hazardous animal encounters: Poisonous Snakes (#77), Mountain Lions (#78), Lyme Disease (#79), Bears (#84), Rabies (#83) and Hanta Virus (#82)
- Clover Safe Notes for children/family activities



And many happy returns...

Make sure you get yourself and your loved ones home safe!

- Travel planning
- Maps/GPS
- First aid kits
- Photos and journals



KIDS CAMPING CHECKLIST	
Clothing	
<input type="checkbox"/> pair(s) of pants	<input type="checkbox"/> pair(s) of underwear
<input type="checkbox"/> short(s)	<input type="checkbox"/> socks
<input type="checkbox"/> t-shirt(s)	<input type="checkbox"/> pajama(s)
<input type="checkbox"/> hoodie(s)/sweatshirt(s)	<input type="checkbox"/> bathing suit (s)
<input type="checkbox"/> rain jacket	<input type="checkbox"/> swim shirt (s)
<input type="checkbox"/> runners	<input type="checkbox"/> water shoes/flip flops
<input type="checkbox"/> sandals	<input type="checkbox"/> hat(s)
Toys	
<input type="checkbox"/> deck(s) of cards	<input type="checkbox"/> book(s)
<input type="checkbox"/> stuffed animal	<input type="checkbox"/> balls/frisbee
<input type="checkbox"/> game(s)	<input type="checkbox"/> bike/helmet
<input type="checkbox"/> beach toys	<input type="checkbox"/> goggles/mask
Other	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Resources

Planning and Mapping

- Safety Note #168 (Emergency Planning): <http://safety.ucanr.edu/files/152253.pdf>
- Clover Safe #13 (Emergency Planning): <http://safety.ucanr.edu/files/1575.pdf>
- Clover Safe #29 (Field Trip Safety): <http://safety.ucanr.edu/files/3097.pdf>
- American Red Cross First Aid Kit info: <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>
- American Red Cross First Aid for Wilderness, Sports, and Pets: <http://www.redcross.org/take-a-class/program-highlights/cpr-first-aid/wilderness-sports-pets>
- CDC Traveler's Health Website: <http://wwwnc.cdc.gov/travel>
- Injury and Illness Planning for Trips: <http://wwwnc.cdc.gov/travel/page/plan-ahead>
- USGS Topographic maps: <http://nationalmap.gov/ustopo/index.html>



Have a Great Summer!!

