



**STATE SAFETY OFFICE**  
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD  
330 OLD NISKAYUNA ROAD  
LATHAM, NEW YORK 12110-2224



## **SAFETY MESSAGE 16-11**

### **Keep Summer Fun!**



#### **Family Safety = Family Fun:**

Summer is a very busy time to be a Soldier in the New York Army National Guard. It is also a very busy time for Soldier's families. School is out, vacation travel, summer jobs, camp, and busy parents; combine all of those ingredients and you have a recipe for one hectic summer! Although there is a lot going on, keep in mind that accidents can happen without warning and you need to maintain a watchful eye on your environment.

#### **Sobering Statistics:**

Our homes are the most common place for accidents to occur. Statistics show that there are over 18,000 fatalities a year happening due to accidents in the home.<sup>1</sup> The top 6 categories of accidents are: falls, poisonings, suffocation, drowning, inadequate railings, and unsafe storage of medications. Children have the highest likelihood of sustaining one or more of these types of injuries. Supervision can prevent many of these accidents from occurring. If children are old enough, explaining the dangers can sometimes be all that is needed. Fireworks displays, camp fires and backyard barbeques can be great entertainment and fun for the whole family. Being careful and watching for dangerous behavior can avoid a trip to the emergency room.

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<sup>1</sup> [www.asecurelife.com/home-accident-statistics](http://www.asecurelife.com/home-accident-statistics)



## **Food Borne Diseases:**

We all hear about the fast food chain that has caused an outbreak of food poisoning, or an item that has been recalled from a supermarket. These are cases of food borne illnesses. What we fail to see is that it happens much closer to home, far more frequently than we would like to believe. Picnics, county fairs, and any other occasion where food may be left out for a period of time are prime targets for norovirus, salmonella, and botulism. The Center for Disease Control (CDC) advocates some simple techniques to avoid these illnesses.<sup>2</sup> Clean / separate / cook / chill – these are the steps the CDC teaches to help prevent a food borne illness from ruining your meal. In addition to those tips from the CDC, [foodsafety.gov](http://foodsafety.gov) can provide the minimum safe cooking temperatures for poultry, meats, fish, and seafood.<sup>3</sup> It is critical to cook these items to the proper temperatures to insure that any germs present are killed.

For more information on Summer Safety, visit:

<https://safety.army.mil/OFF-DUTY/HomeandFamily/HomeSafety.aspx>

**To find previously published Safety Messages go to our NYARNG Safety Website:**

<http://dmna.ny.gov/safety/>

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<sup>2</sup> [www.cdc.gov/features/befoodsafe/index.html](http://www.cdc.gov/features/befoodsafe/index.html)

<sup>3</sup> [www.foodsafety.gov](http://www.foodsafety.gov)