Summer Safety: Fire Prevention & Self-Care Tips

Fireworks
Every year, thousands of people go to the emergency room with firework-related injuries around the 4th of July. The safest way to enjoy fireworks is to attend a public display conducted by trained professionals. After the fireworks display, children should never pick up fireworks that may be left over. They may still be active.

Sparklers
Sparklers can heat up to 1,200 degrees, cause severe burns.
• Make sure kids keep sparklers outside, away from their face, clothing and hair, and do not pick up used hot sparklers.

• Supervise kids while they’re playing with sparklers, and dispense used sparklers into water bucket.

Campfires
Prevent your campfire from becoming a wildfire! Follow these tips from the National Fire Protection Agency:
1. Check if you need a permit.
2. Select a level, shaded location away from wind, dry brush, tents and other flammable materials.
3. Campfire should be 25 feet away from anything that can burn: grass, leaves, needles.
4. Scoop a slight hole in the cleared area to build the fire. Place a ring of rocks around it.
5. Cut wood in short lengths. The fire should be built low. Tall, raging camp fires can create many burning embers.
6. Never use gasoline or paper to start a fire.
7. When burning, have a hose, a bucket of water, or shovel and dirt or sand nearby to extinguish the fire.
8. Fire must never be left unattended, and the fire must be extinguished completely before everyone leaves camp. Children should always be supervised around a campfire.

Plan Two Ways Out!
In a fire, seconds can make a difference. Every family needs an escape plan.

Follow these tips to keep your family, home and belongings safe:
• Draw a floor plan or a map of your home. Show all doors and windows
• Mark two ways out of each room.
• Smoke alarms should be in each sleeping room, outside sleeping area, and on every level of the home
• Pick a family meeting place outside where everyone can meet
• Remember, practice your plan at least twice a year!

Find more safety tips at: www.AMERINDRisk.org @AMERINDRisk AMERINDRisk Facebook
A message from
the Chief Executive Officer
Derek Valdo
Guuwaadz’ Haubaa! (Greetings!)
As always, let me begin by thanking you. I would like to send my deepest gratitude to you and your family for choosing AMERIND Risk as your trusted insurance carrier. Your loyalty contributes to the success of our company.

At AMERIND Risk, we are committed to raising awareness of safety measures to protect Native lives and homes. We encourage you to share our prevention and preparedness messages with your neighbors and fellow Tribal members.

Thank you again for working with us to continue the legacy of “Tribes Protecting Tribes.”

Sincerely,

Derek Valdo

“Thank you for believing in Tribes Protecting Tribes.”

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AMERIND Risk would like to remind Tribal homeowners and renters across Indian Country to practice fire safety and healthy lifestyle habits, like staying hydrated, during National Safety Month in June.

“Simple, preventative measures this month and every month can help save your property and most importantly lives,” said AMERIND Safety Manager Kenneth Ruthardt (Mescalero Apache).

View tips to identify risks and ensure No 1 Gets Hurt: amerindrisk.org/safety-resources.

Take Care of Yourself

Hydration
Severe dehydration can result in diarrhea and vomiting, and in some cases, it leads to death. Take hydration seriously this summer and always.

1. Drink water before you feel thirsty.
2. Make sure you’re drinking 6 to 8 cups of fluids each day.
3. Keep water within easy reach day and night.
4. Don’t skip meals.
5. Frequent sun exposure will also dehydrate your body and skin. Wear sunscreen!