

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 campfires 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.



AMERIND Risk

Tribes Protecting Tribes

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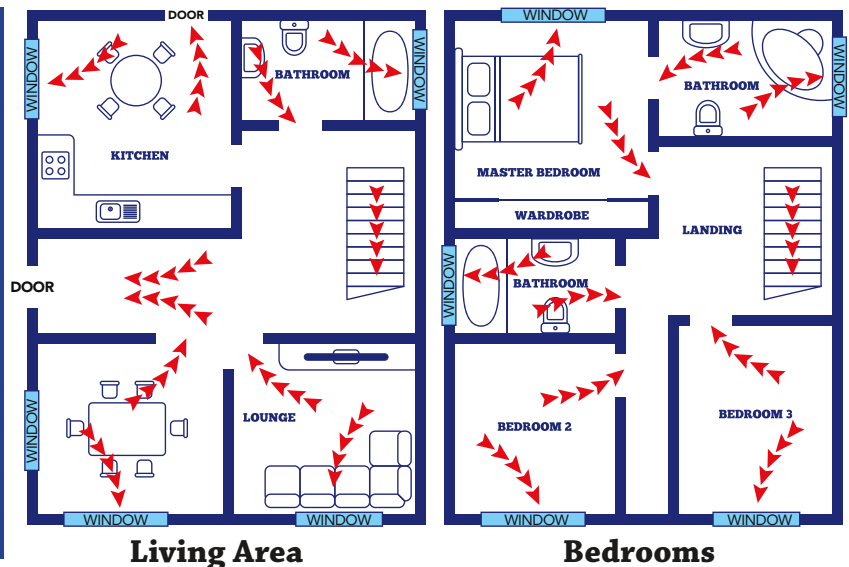
Santa Ana Pueblo, NM 87004

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!





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NATIVE AMERICAN HOMEOWNERS AND RENTERS NEWSLETTER

A message from
the Chief Executive Officer
Derek Valdo

Guuwaadzi' 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."

Summer Safety: Fire Prevention & Self-Care Tips

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!

Home Fires: Useful Facts and Tips

2 minutes In the case of a home fire, you have as little as 2 minutes to get out safely.

50% A working smoke alarm can reduce the chance of death in a fire by 50 percent.

45% Cooking is the leading cause of home fires. In 2013, 45% of all home fires started in the kitchen.

How to Use a Fire Extinguisher

P Pull the pin at the top of the extinguisher.

A Aim the nozzle at the base of the fire, not at the flames.

S Squeeze the handle to release the extinguishing agent.

S Sweep the spray back and forth across the fire.

Safety Facts About Grease Fires

First and foremost, water and grease don't mix.

NEVER POUR WATER ON A GREASE FIRE!

Water will only cause the fire to spread.

Put a lid on it. If a pan catches fire, slide a lid over the pan and turn off the stove burner. Leave the lid on until it is completely cool.

Use a fire extinguisher, or when in doubt, get out and call for help.

If a fire starts within the oven or microwave, keep the oven or microwave door shut. Turn off the heat. If the flames do not go out immediately, get out and call for help.

Stop, drop, and roll. If your clothes catch fire, smother them on the kitchen floor before getting out of the house.

Fire Extinguisher 101

A Class "A" is used for wood and paper fires.

B Class "B" is used for grease and oil fires.

C Class "C" is used for electrical fires.

ABC Class "ABC" is a multipurpose extinguisher. It is recommended to have an "ABC" dry chemical extinguisher in your home as it can be used on most types of fire.

EMERGENCY WELLNESS FALLS DRIVING

NATIONAL SAFETY MONTH 2018

NO 1 Gets Hurt

NATIONAL SAFETY COUNCIL