# FOOTBALL FAN SAFETRY

**Keep it clean:** Opt for non-breakable containers. This will make cleanup easier and help avoid injuries resulting from broken glass.

Be smart: Whether you are tailgating, hosting a football-watching party at your house, sitting in the stands or joining your buddies at the local bar, know your limit on alcohol intake and make sure you have a designated driver.

Know where you're going: Pre-plan travel to & from the stadium to avoid getting lost & to make finding parking easier if you drive. Fill those bellies: Whenever alcohol is consumed, make sure food is too!

Be weather wise: If you're heading to the stadium, be sure to prepare for the weather. In colder temps, bring layers and blankets (especially if you're bringing the little ones along). Also, avoid umbrellas if you find yourself in a lightning storm.

**Keep it close:** Whether you're hitting the live game or the local tavern, be sure to keep your valuables, such as wallets, mobile phones and purses, safe. Also, keep it close to you (better yet, attached) at all times to avoid theft.

## 5 Questions to Keep Your Brood Safe on Halloween

- 1. Are we visible? Add reflective tape to costumes, clothing and candy bags to make it easier for drivers to see you and your group. That also goes for pets who are tagging along. Put reflective tape or flashing lights on their leashes or collars.
- 2. How safe are our costumes? Costumes, including masks and shoes, should fit well to prevent blocked vision, trips and falls. Baggy clothing can also increase the risk of contact with candles. If you purchase costumes, make sure they are marked as flame-resistant.
- 3. Where are we going? It's best to have a plan before taking your kids trickor-treating. You should only go to known neighborhoods and houses that have outside lights on, and children should never enter someone's home unless an adult is with them. If you have older children going out on their own, have them tell you their plan.
- **4. What are the kids eating?** It's always a good idea to examine the items your kids have collected before they dig in. And it's not just about tampering, either. Be aware of choking hazards, too, particularly for young children.
- 5. How are Fido and Fluffy doing? Even if your dogs and cats are just hanging out at home while you hand out candy, don't forget about them. They shouldn't eat candy at all, but especially chocolate, which can be toxic. Make sure candles are placed in areas where they won't be knocked down. And remember that, depending on your pet's personality, having people constantly coming to your door can be stressful. You might want to create a comfortable spot for them away from your home's entrance.

# Labor Day and Tailgate Grilling - Safely!

TIPS FOR ALL GRILLS

Your grill, should be on a level surface outdoors, away from anything that could be ignited by flames (bushes, fences, etc.).

NEVER use a grill indoors. Odorless carbon monoxide fumes could kill you. Keep your grill clean and well-maintained. Check parts regularly to determine if replacements are needed.

Never leave a hot grill unattended or let children play near it.

### **CHARCOAL GRILL TIPS**

Do not add lighter fluid directly to hot coals. The flame could travel up the stream of fluid and burn you. Never use gasoline or kerosene to light a charcoal fire. Use flame-retardant mitts and long-handled barbecue tongs, as coals can reach up to 1,000 degrees. To dispose of coals, allow the ashes to cool for at least 48 hours before disposal in a non-combustible container. If you cannot wait 48 hours, carefully place coals individually in a can of sand or bucket of water.

#### **GAS GRILL TIPS**

Check your grill's hoses for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If you have a leak, and it will not stop after the grill and gas is turned off, call the fire department. If the leak stops when the grill and gas are turned off, have your grill serviced by a professional.

If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

Do not keep a filled propane tank in a hot car or trunk. When getting containers refilled, make that your last stop before going home. Store propane tanks in an upright position, and never indoors.

## Make your house a haven for trick-or-treaters

Here are some pointers for ensuring your house is a safe place for trick-or-treaters on Oct. 31.

Pets first. Many dogs, cats, and other furry family companions get scared when oddly dressed strangers approach their door in droves. Make sure your pet is in a safe and comfortable space or take them to a secure, relaxing offsite location for the evening.

Clean it up. If your yard gathers stuff - like toys, rakes and other yard tools, hoses, tree branches, you name it - take the time to clean it up. Make sure your yard is free of potential hazards and create a clutter-free walking path well before dusk falls this Halloween.

Light it up. Make sure you offer a well-lit path. You can do this using any type of yard lights, from solar, string, LED, existing outdoor lighting or glow-in-the-dark.

Turn it off. When you're done for the night, make it obvious by turning any and all inviting lights off. However, if you're still offering candy in a bowl outside, do make sure to keep the path well-lit until your sweet treats are tucked away inside the house.

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