

# The NEBLINE<sup>®</sup>

UNIVERSITY OF  
**Nebraska**  
Lincoln

University of Nebraska Cooperative Extension in Lancaster County  
"Helping Nebraskans enhance their lives through research-based education."

June 2004  
Vol. XVII, No. 6

441-7180 • Web site: [lancaster.unl.edu](http://lancaster.unl.edu)

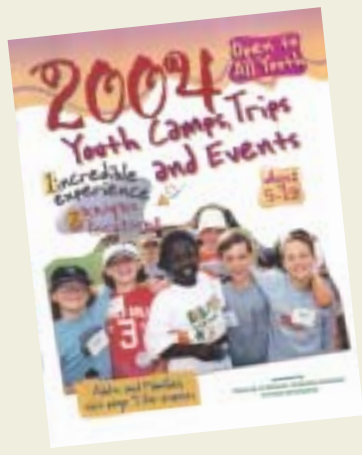
## In This Issue

Horticulture . . . . .	2
Family Living . . . . .	3
Farm Views . . . . .	4
Urban Agriculture . . . . .	5
Food & Fitness . . . . .	6
4-H & Youth . . . . .	7-9
Community & Home Living . . . . .	10
Miscellaneous . . . . .	11
Environmental Focus . . . . .	12

## 4-H SUMMER CAMPS OFFERED

**JUNE 1-AUG. 13**

More than 40 camps to choose from! For complete information, go to [4h.unl.edu/camp](http://4h.unl.edu/camp) or pick up a brochure at extension office.



## Better Safe Than Sorry

Lorene Bartos  
Extension Educator

How safe are you? June is National Safety Month. This is a time to focus on heightening awareness of important safety issues. Stop — take a look around your home, yard, farm, acreage or apartment — are there places or items that make it unsafe?

Accidents don't just happen out of the blue. They are caused by hazards. A hazard can be anything that has the potential to cause an injury. It is important to keep an eye out for objects or situations that may be a hazard and correct the problem at once.

Heat rash, heat stroke and heat exhaustion can also happen if one overexerts in the heat. One should use sun screen and drink plenty of liquids when working outside or taking part in outdoor activities such as sports, boating or even being a spectator at sports events. It is recommended sun screen should have a Sun Protective Factor (SPF) of a minimum of 15.



### Farm Safety

Farm safety during this time of year is especially important. Anyone working with machinery need to exhibit



Everyday in everything one does, safety needs to be top on the list of precautions and considerations. Being prepared for emergencies or disasters and aware of safety precautions will help you keep yourself and others safe.



### Safety on the Road

The National Safety Council's theme for 2004 is "Crash-Free June" to draw

attention to behaviors that cause motor vehicle accidents. It is estimated 90 percent of all motor vehicle crashes — about 16.4 million of 18.3 million reported in 2002 were at least in part due to driver behaviors. Speeding, aggressive driving, distracted driving, drinking, drowsy driving, failure to yield the right of way and teenagers driving are the key behaviors contributing to accidents.



### Weather Safety

Weather safety is very important. All family members should know the difference between a weather watch and a warning.

A watch is when conditions are right for severe weather. A warning means a tornado, flood, blizzard or severe weather is in your area. Knowing what to do in each situation can save lives and reduce the risk of injury. Have a battery-operated radio and flashlight in a place you can find easily in case the power fails. Lightening is the most frequent weather threat to personal safety during a thunderstorm.



### Sun Safety

With warm weather and summer here, more families are spending time outside for work or pleasure. Exposure to sun can cause damage to the skin and skin cancer.

extra precautions especially with power take-offs, etc. Before leaving equipment unattended turn off the equipment, lower hydraulics and remove the key. Always wear appropriate clothing so it doesn't get caught in equipment. Be very careful when little children are around. They can appear out of nowhere. Never carry them on tractors or other equipment.



### ATV Safety

ATVs are used frequently on farms and acreages. Correct and safe usage is very important. ATVs are not toys and riding them can be a hazard. Young people under the age of 16 should not operate an adult-sized ATV. From 1985-1989 children under the age of 16 accounted for 40 percent of the injuries from ATVs. Always wear protective equipment. Helmets save lives. Do not ride double on an ATV. Only operate a motorized vehicle that fits you properly.



### Personal Safety

Personal safety should be a top priority of all family members. All family members and especially children should know the correct rule when dealing with strangers, answering the phone or door and playing in the yard or parks. Put dead bolt locks on front and back doors and install a peephole in the front door to help add to the security of a home.

Always be alert to the surroundings. It is best to use the "buddy" system when playing, walking, etc. Avoid taking short cuts. Hedges, trees or shrubs should not hide the view of the street.

Family members should know what to do in case of emergency. Post emergency numbers and your address by each telephone. Children should know their address and phone number. Written directions to the home may be helpful in case of emergency.

## Safety in the Home

Home accidents rank among the top sources of injuries. Life can't be risk-free, but most household accidents can be prevented. Here is a safety checklist to help you identify and eliminate potential hazards in your home.



- Have smoke detectors in the hallways near sleeping areas. Test the batteries monthly and replace yearly.
- Homes should have a carbon monoxide detector.
- Homes should be equipped with fire extinguishers and a first aid kit.
- Set the water heater thermostat at 120° F to prevent accidental scalding.
- Store gasoline, charcoal lighter fluid, pesticides and other poisonous material safely.
- Every family should have an emergency plan to deal with fire or weather related emergencies.

### Preventing Slips and Falls

Falls are the primary cause of home and community unintentional-injury deaths. One third of the unintentional injury deaths among elderly come from falls. Safety precautions helpful for the elderly — but apply to all — include:

- Keep walkways and steps clear of clutter.
- Electrical cords should be placed out of the flow of traffic and out from underneath rugs and furniture.
- Cordless phones eliminate the hazard of the dangling cord. Locate a telephone jack in the bedroom.
- Always clean up spills immediately.
- Steps should be in good condition and free of objects.
- Use non-skid rugs on linoleum, wood or tile floors.
- Have a non-skid mat or strips on the standing area in the bathtub and shower.
- Handrails should be sturdy and securely fastened. All steps should have hand rails.
- Install grab bars on the walls by the bathtub and toilet.
- Locate light switches at the top and bottom of stairways and at both ends of long hallways.
- Have sufficient lighting to safely enter your home after dark.
- Always use a sturdy, stable step ladder or step stool rather than a chair to reach objects in overhead cabinets.
- Have lever-action handles instead of round knobs on doors.

Most Profit Organization  
U.S. Postage Paid  
Permit No. 537  
Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council  
Cooperative Extension in Lancaster County  
444 Cherry Creek Road • Suite A  
Lincoln, Nebraska 68528-1507