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August 29, 2018

# **PUBLIC SERVICE ANNOUNCEMENT**

# LABOR DAY SAFETY RECOMMENDATIONS

**EL PASO, Texas** - The El Paso Fire Department would like share some safety tips to help ensure a safe Labor Day Weekend.

# Grilling:

- Use extreme caution when cooking on outdoor grills to prevent painful burn injuries and inhalation of smoke and gases.
- Never use gasoline in place of charcoal lighter fluid.
- Never reapply charcoal lighter fluid after the fire has started.
- Outdoor grills should never be used in confined spaces, such as inside homes, campers or tents, or any other area that is not properly ventilated.

## **Outdoors:**

- Drink plenty of water and other fluids. Don't wait until you're thirsty to rehydrate.
- Avoid alcohol, caffeine, and carbonated drinks. These can lead to dehydration and increase the effects of heat illness.
- Wear light, loose-fitting clothes.
- Know the warning signs of heat exhaustion and heat stroke.
- Animals need shade and water. Pets can dehydrate quickly, so make sure they have plenty of fresh, clean water.

## Travel:

- Wear your seatbelt.
- Never drive under the influence of any substance and to drive attentively and responsibly.
- Plan ahead and be patient. Lots of people travel during the Labor Day weekend.

If you are in need of emergency assistance, dial 9-1-1 immediately.

For a list of these and safety tips, the public is encouraged to visit: <a href="http://www.elpasotexas.gov/fire-department/divisions/fire-prevention">http://www.elpasotexas.gov/fire-department/divisions/fire-prevention</a> and follow us on <a href="facebook">Facebook</a>, <a href="mailto:Twitter">Twitter</a>, and <a href="mailto:Instagram">Instagram</a>.

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