

Prevention 365 is a quarterly e-newsletter that highlights fire and lifesaving topics designed so you can read them in a minute. Follow along for seasonal safety tips.

Quarterly Safety Tips

Celebrate our country's birthday safely

Independence Day is a time of celebration and fun. Unfortunately, it can also be a time when many people get hurt by fireworks. If you want to see fireworks this holiday, you should go to a professional show instead of using fireworks yourself.

If you're going to use fireworks, keep yourself and your family safe by sticking with these tips for a safe celebration:

- Only light one firework at a time.
- Never give fireworks to a child regardless of their age or maturity level, and keep children away from any fireworks area. Glow sticks are a safer alternative.
- When discarding fireworks, remember to soak them in a bucket of water for several hours before placing them in the trash.



Read more [fireworks safety tips](#) at Gwinnett Safety 411.

Look out for cyclists and share the road

Bicycling is a great way to get out and about and stay fit. With more people cycling to commute to work, for exercise, or just for fun, it's important to be prepared and follow the rules of the road. By law, bicycles on the roadway have the same rights and responsibilities as cars. The best thing you can do is obey all traffic laws and yield to traffic.

Remember these safety tips when bicycling:

- Use lights and reflectors when riding at dusk, dawn, and during evening hours.
- Wear a bicycle helmet no matter your age or experience level. Along with a properly fitted helmet, children should also wear elbow and knee pads to prevent injury.
- Make sure children's feet can touch the ground while sitting on the seat.

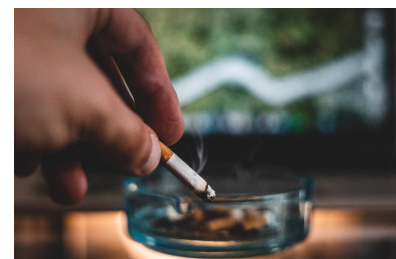


While you are enjoying your time outdoors, [stay safe from the sun](#). Learn more from [Gwinnett Safety 411](#).

Smoking can cause fire hazards

Careless smoking practices and smoking materials are among the leading causes of residential fires and accidental fire deaths. Thankfully, with some best practices in place, smoking material fires are preventable. Remember these tips to prevent smoking-related fires:

- Keep lighters and matches out of the reach of children. Place them up high or in a locked cabinet.
- Avoid throwing cigarette butts in outdoor landscape areas like mulch, potted plants, and grassy areas.
- Put water or sand on smoking materials before throwing them in the trash.



Keep yourself and your family safe! Schedule a [Home Safety Survey](#) or a Safety and Education presentation today by calling 678.518.4845.



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FIRE & EMERGENCY SERVICES
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