

I-Corps July 4th Safety Message

Greetings from the I-Corps Safety Office. Here are a few important I-Corps safety tips that can assist you when making 4th of July weekend plans.

1. Alcohol Awareness: According to the National Highway Traffic Safety Administration (NHTSA), the 4th of July holiday has historically been associated with an increase in alcohol-related accidents and fatalities on the roads. According to the NHTSA, 38% of all traffic fatalities involved alcohol-impaired drivers. The Insurance Institute for Highway Safety reported that on average, more people die in motor vehicle crashes on the 4th of July than any other day of the year.

- ✓ Assign a designated driver or use alternative transportation options to ensure everyone gets home safely.

2. Hiking: Hiking can be a wonderful and rewarding outdoor activity, but it's essential to prioritize safety while enjoying the trails. Here are some important tips to ensure a safe hiking experience.

Research the trail beforehand, including its difficulty level, length, and terrain. Obtain a map and familiarize yourself with the route.

- ✓ Check the weather forecast and dress accordingly. Wear appropriate clothing and footwear.
- ✓ Pack essential items such as a first aid kit, sufficient water, snacks, a navigation device a flashlight, a multi-tool, and a whistle.
- ✓ Inform someone about your hiking plans, including the trail you'll be taking, estimated time of return, and emergency contact information.

3. Fireworks Safety: If you plan to use fireworks, follow all local laws and regulations.

- ✓ Always light fireworks in a clear, open area away from buildings, trees, and other flammable materials.
- ✓ Have a bucket of water or a hose nearby in case of emergencies.

4. Water Safety: Make sure to follow all posted water safety rules.

- ✓ Never leave children unattended near water and ensure everyone wears appropriate life jackets.
- ✓ Cold water is anything below 70 degrees, so you should treat any water temperature below 60 degrees Fahrenheit with caution

Prioritize the safety of ourselves and those around us. Have a fun and safe Independence Day!

5. Resources

[Cold Water Safety | Washington State Parks](#)

[Hiking | Washington State Parks](#)

[Hike Smart \(U.S. National Park Service\) \(nps.gov\)](#)

[NHTSA | National Highway Traffic Safety Administration](#)

[WSDOT - Crash Data Portal \(wa.gov\)](#)

[USACRC Home \(army.mil\)](#)