



MSU-ES Dawg Tracks

July, 2014



Safety Tips: Summer
Safety Tips



This might be a “tad” late, as the Mississippi summer weather is already upon us. We probably won’t hear many gripes after the winter we just experienced, but we have learned, in regards to our weather, that there always is a few “lumps in the gravy.”

Summer time offers many opportunities that we all enjoy, so we shall discuss a few reminders that can make those times more enjoyable, assuming that we take heed to some basic safety tips that will protect us and reduce the potential for an injury.

HERE COMES THE SUN!

- According to the National Safety Council (NSC), one out of five American citizens develops skin cancer at some point in their lifetime.
- According to the Yosemite.epa.gov link - one American dies from cancer every hour.
- Skin cancer is the most common type of cancer in the USA, affecting more than two million people each year.
- Skin cancer cases outnumber breast, prostate, lung and colon cancer combined.
- Overexposure to ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

As all of us millions of Americans enjoy the activities of summer time, the EPA on their sponsored “Don’t Fry Day” in late May encouraged all citizens to practice the following simple precautions:

- ✓ *Slip, Slop, Slap, Wrap* – Slip on a shirt: Slop on SPF+15 sunscreen: Slap on a hat: and Wrap on sunglasses to protect your body from overexposure to the sun.
- ✓ *Seek Shade* – *Find a shade during the sun’s peak hours between 10 a.m. and 4 p.m. to reduce the risk of too much exposure.*
- ✓ *Check the UV index* – *When planning outdoor activities check the UV index to identify the times that pose the greatest risk for overexposure to the sun.*

FOOD & BAR-B-O TIPS-

Gas Grill Safety-

- Before using a grill – Check the connection between the tank and the fuel line. Make sure the venturi tubes are unclogged.
- Do not wear loose clothing while you’re grilling.

Charcoal Grill Safety-

- Be careful using charcoal lighter. Do not add fluid to an existing fire- the flame can flashback up into the container and explode.
- Keep matches and lighters out of the reach of children.
- Supervise children around the grill, or more importantly, if young children are outside with you, close supervision and scrutiny is imperative for their well- being.
- Dispose of hot coals A.S.A.P. Douse them with plenty of water and stir them to make sure that they are out.
- Do not grill in enclosed areas- carbon monoxide could be produced, and the potential of a fire is present.

Grill Cooking Tips-

Grilling/Picnicking go hand in hand. Just as the quality of cooking indoors is important, the outdoors cooking should have the same safe and quality features.

- ✓ **Marinate safely** – Marinate foods in the refrigerator- never on the kitchen counter or outdoors. Do not reuse the marinate liquid. If you plan on using marinate for sauce, reserve some to the side before adding the meat, poultry or seafood.
- ✓ **Cook immediately after “partial cooking.”** – If you partially cook food to reduce grilling time, do so immediately before the meat goes on the grill.
- ✓ **Cook food thoroughly** – When it’s time to cook the food, have the food thermometer ready. Always use it to be sure that food is cooked thoroughly.
- ✓ **Keep “ready” food hot** – Grilled food can be kept hot by moving it to the side of the grill rack, away from the coals. It will stay hot but won’t overcook.
- ✓ **Don’t reuse platters or utensils** – Using platters or utensils that held or was used on raw meat allows bacteria to spread to the cooked food. Instead use a clean platter and utensils to serve the food.
- ✓ **Check for foreign objects in the food** – If you use a bristle brush to clean the grill, check your food to be sure that a bristle isn’t in the food.

FOOD SAFETY TIPS – (Packing Picnic Food Transporting)

- **Keep cold food cold** – Place cold food in a cooler with ice or gel packs and maintain it at temperature of 40° or below to prevent bacterial growth. Meat, poultry and seafood can be packed while it is frozen to stay colder longer.
- **Organize cooler contents** – Consider packing beverages in one cooler and perishable food in another. Beverage coolers normally get more action than other food coolers, so the perishables in a separate cooler won’t get exposed to the warm outdoor temperatures.
- **Keep coolers closed** – Try to refrain as much as possible from opening the food coolers. The less time the food coolers are opened, the longer the food will stay cold.
- **Don’t cross contaminate** – Make sure that all raw meat is kept securely wrapped. This way the juices won’t contaminate the prepared foods or raw vegetables.
- **Clean your produce** – Rinse fresh vegetables and fruits with cool tap water before packing them in the cooler- including those with skins and rinds that aren’t eaten. Firm-skinned fruits/vegetables should be cleaned with a vegetable brush and water. Dry fruits/vegetables should be cleaned with a paper towel or cloth towel.

COLD FOOD- (40° or below)

Once you have served cold food, don’t allow it to sit out longer than two hours - one hour if the temperature is above 90° F. If it does- discard it.

HOT FOOD- (AT 140° F. or above)

Wrap it well and place it in an insulated cooler. As in cold food- don’t allow it to sit out longer than two hours and only one hour if the temperature is above 90° F.

THE SAFE WAY IS THE ONLY WAY!