

# METHODIST UNIVERSITY PUBLIC SAFETY NEWSLETTER

Issue 5

June 1, 2019

## Schools Out, Safety Still Counts!

### Uber #WhatsMyName



(From Issue 4, Please remember this and be safe out there)

Do you use Uber? Whether you are here or away, we want you to be safe. Remember **#WhatsMyName!** Never get into a waiting vehicle unless the person can tell you your name. **#WhatsMyName** is a movement that has started spreading across the country since a USC student mistakenly got into a vehicle that was not her Uber driver. Always remember to be safe no matter what company you use. They all should be able to tell you who they are picking up. Whatsmyname.org provides us with a great safety acronym SAMI (Stop, Ask, Match, Inform).

### Grilling Safety 101:



Keep grills at least 10 ft away from buildings, trees, deck railings etc. Keep children and pets at least 3 feet away. For gas grills always check gas tank hose for potential leaks prior to use and make sure to open the lid prior to lighting to prevent gas build up. With charcoal grills, be sure coals are cooled completely before disposing in a metal container. For your safety use utensils with long handles to prevent burns and splatters.

### Staying Cool



The following steps are what the CDC (Centers for Disease Control and Prevention) recommends that everyone follow in order to avoid heat related illnesses:

- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



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