

MINOOKA FIRE PROTECTION DISTRICT

Smoke Signals

www.minookafire.com



The dedicated members of the Minooka Fire Protection District strive to provide reliable emergency services, public education and awareness for our customers in a cost effective and responsible manner.



2018 CPR and First Aid schedule will be available on our website on December 1st.
www.minookafire.com

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Keep the Wreath RED

Minooka Fire Protection District is participating in the "Keep the Wreath Red" program to raise awareness of fire dangers associated with decorating for the holidays.

On December 1st through January 2nd, the fire department will hang a wreath strung with red lights on the front of both fire stations. The wreath will remain lit 24 hours a day throughout the holiday season. If a fire occurs that is a result of holiday decorations, a white bulb will then replace a red bulb on the wreath. This wreath serves as a constant reminder to practice safety while installing and displaying holiday decorations and this awareness may help to prevent a fire during this time.

Snow Shovel Safety

Shoveling snow is a strenuous activity that can take a heavy toll on your body and well-being. Recognize the danger signs. Stop shoveling and call 9-1-1 if you feel:

- Discomfort or heaviness in your chest.
- Pain that radiates to your arm, neck, or jaw.
- Unusual or prolonged shortness of breath
- Dizziness or feeling faint
- Excessive sweating
- Nausea/Vomiting

Here are a few more tips:

- Take your time. People often get hurt when they try to shovel in a hurry. Lifting heavy snow can lead to back injuries. Try shoveling small sections at a time and use a proper snow shovel.
- Once you start feeling cold, go inside to warm up.
- When outside, wear several layers of light-weight clothing which you can remove as you get warm.



Keeping Kids Warm and Safe in the Car

Winter is a tricky time for car seats. As a general rule, bulky clothing, like winter coats or snowsuits, should not be worn underneath the harness of a car seat. During a crash, fluffy padding flattens out from the force, leaving extra space under the harness. The child can slip out of the straps and be thrown from the seat. Here is a few safety tips:

- * Warm up the car first, before buckling the kids in their seats.
- * Dress them in thin layers. Place blankets on top of them. As they get warm, you can remove the blanket.
- * Try the backwards coat trick: once the child is buckled in, have them put their arms in the sleeves so the coat is on top of them.
- * Pack an emergency kit for your car, like extra blankets, hats, gloves, snacks, etc.
- * Drive carefully! Make sure your phone is fully charged before leaving.