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Independence Day



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. Independence Day, in the United States, is the annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776.



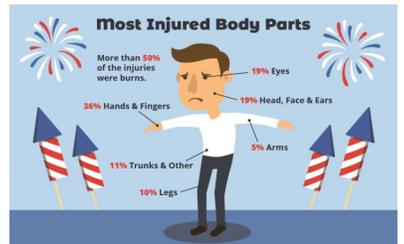
The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day.

Enjoy Fireworks Safely This 4th JULY

- There are more than 280 fireworks-related ER visits a day around the Fourth of July.
- Never re-light misfired or "dud" fireworks.
- Even sparklers can be a serious burn hazard. They get as hot as a blow torch.
- Keep a hose or bucket of water nearby.

Firework Safety

Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks - devastating burns, other injuries, fires, and even death.



Follow these safety tips, and others, when using fireworks:

- ⇒ Light fireworks one at a time, then move back quickly.
- ⇒ Never try to re-light or pick up fireworks that have not ignited fully.
- ⇒ Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve <p>Heat exhaustion can lead to heat stroke.</p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice <p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>

Heat Related Illness

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. Heat stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the

body is unable to cool down. Heat exhaustion can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

HEAT EXHAUSTION

- Excessive Sweating
- Headache
- Nausea or Vomiting
- Faint, Weak Pulse
- Muscle Cramps

HEAT STROKE

- Throbbing Headache
- Severe Heat
- Confusion
- Loss of Consciousness

STAY SAFE

DRINK WATER

TAKE A BREAK

AVOID PEAK TEMPS

WORK IN TEAMS

WEAR SUNSCREEN

TREATMENT OPTIONS

Get to a cooler, air conditioned area

Drink water if fully conscious

Use a cool shower

Use a cool compress

CALL 9-1-1 Immediately

Reduce Temperature Until Emergency Services Arrive

Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.