



Northville Township Fire Department

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Be Summer Safe

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As we progress through the summer season, it is important to take a moment to talk about ways to stay safe in the heat. This summer continues to be a busy one for the Northville Township Fire Department, as we are on currently on pace to respond to a record number of emergency incidents in 2014.

What does your ideal summer day entail? Perhaps it includes a nice morning jog through one of our beautiful parks, or maybe a scenic bike ride through the township. Of course what would summer be without cooling off in your favorite pool or lake? While running, swimming and bicycling are great ways to stay active in the summer months, it is critical that we do these activities with safety in mind.

Going for a morning run is an excellent way to start the day. Whether your favorite running route is along one of the many paths in the township or through your neighborhood, there are ways to increase your safety and well-being. The Road Runners Club of America suggests the following running safety tips:

- Don't wear headphones
- Run against traffic
- Carry identification & pertinent medical history on you at all times

- Carry a cell phone
- Run with a partner
- Always wear high-visibility/reflective garments

Whether you are an avid cyclist or you just enjoy a nice bike ride, it's vital that you observe some basic safety recommendations. Bicycles on the roadway are by law, vehicles with the same rights, and responsibilities as motorized vehicles. The next time you or your family go for a bike ride, please remember the following recommendations:

- Wear an approved bicycle helmet
- Always wear high-visibility/reflective garments
- Watch for & avoid road hazards
- Ride with traffic
- Don't wear headphones
- Avoid riding at night

As the temperatures have continued to increase, one of the best ways to beat the heat is to go for a swim. While pools and lakes usually offer a great way to stay cool on a hot day, it is important to follow a few simple rules in order to remain safe. Drowning continues to be the second leading cause of death for children 1-14 years of age.

While there are variables associated with a drowning, these events can most often be avoided by exercising a few safety tips:

- Don't swim alone
- Maintain proper supervision
- Learn CPR & First-Aid
- Use approved safety devices
- Ensure your pool is properly fenced

Did You Know?

The Northville Township Fire Department certifies its members in open-water rescue. Members receive the same training as lifeguards and carry all of the necessary life-saving equipment on fire department vehicles.

The Northville Township Fire Department encourages everyone to be safe, smart, and prepared during any and all activities. Running, biking, and swimming are tremendous ways to enjoy the summer season but proper caution should always be exercised. The Northville Township Fire Department continues to look for new ways to improve the safety and welfare of those who live, work and play within our community. Enjoy the rest of the season and do your best to be summer safe!

The Northville Township Fire Department continues to host monthly Community First-Aid & CPR classes. Please feel free to contact Training Officer Jesse Marcotte at jmarcotte@twp.northville.mi.us or by phone at (248) 348-5807.



NTFD personnel conducting
night-time water rescue