

Munford Crime Prevention Newsletter • July, 2024

Community Survey

The Community Survey is available at tiptonconstables.org
The purpose of the Community Survey is to gather the thoughts and opinions of the members of our community. These are presented to our government officials to inform them of the needs in our community. If you haven't taken the community survey, please consider taking it at: tiptonconstables.org/survey

Results of the survey will be presented here in the crime prevention newsletter. You can sign up for the electronic version of the newsletter at tiptonconstables.org

July Driver Safety Tips

Tip#23 Make use of turn signals - State law requires the use of a turn signal for every turn. It is also required for any lane change where the flow of traffic could be affected. Turn signals warn other motorists of your intentions and allow them to prepare for changing conditions. Caution: If you are following a vehicle and the driver signals a turn, you do not have to relay their signal. This can cause confusion and lead to collisions. Tennessee Law TCA – 55-8-143

Tip#24 Don't Stop for Funeral Processions - Drivers should not stop for a funeral procession but should yield to their right of way. It is illegal to merge into or cut between the vehicles in a funeral procession. To show courtesy, you can slow down while the procession is going by. Tennessee Law TCA – 55-8-183

Tip#25 Give highway workers a brake! Drivers should reduce their speed in construction and maintenance zones to comply with state law and for the safety of workers and other drivers. Fines are enhanced for violations in construction zones. Tennessee Law TCA – 55-8-153

Tip#26 Look before you leap. Following the directions or “motions” of another driver to turn or cross a lane of traffic can be risky. Never follow such directions without first checking to see for yourself that the maneuver is safe and clear.



Inside this issue

Driver Safety Tips.....	1
Fireworks Safety	2
Tennessee Laws	2
Stay Connected.....	3
Church Security	3
Staying Hydrated	3
Hydrating Food	4
Heat Exhaustion.....	5
Heat Stroke	5
What is a Constable?	6

Points of Interest

- Fireworks Safety - don't get hurt, have fun. We also have the Atoka & Munford rules inside!
- Working together with a Neighborhood Watch can keep us safer.
- Staying hydrated for health and safety.
- Understanding Heat Exhaustion and Heat Stroke

Fireworks Safety: Celebrate Safely This Summer



Tennessee Laws: Fireworks

T.C.A. § 68-104–105. The minimum age to purchase common fireworks is 16. Persons 16 or 17 who wish to buy these fireworks must show a state-issued ID or be accompanied by an adult.

The state requires anyone manufacturing, distributing, selling, or displaying fireworks to have a permit issued by the state fire marshal. An application for a retailer's permit must be accompanied by a statement that selling fireworks within its county or municipality is permissible. The statement must be signed by the mayor or an appointee responsible for enforcing this requirement.

Atoka Rules - Discharge times 10am to 1130pm only on July 3rd and 4th.

Munford Rules - Discharge only on July 4th, only allowed by persons over the age of 16 or accompanied by an adult over the age of 21.

As summer arrives and we prepare to celebrate holidays with fireworks, it's crucial to prioritize safety. Fireworks can bring joy and excitement, but they also pose significant risks if not handled properly. Every year, thousands of people are injured in fireworks-related incidents, many of which could be prevented with proper precautions. This article provides essential fireworks safety tips to ensure you and your loved ones enjoy a safe and festive celebration.

Legal Considerations

- **Know the Laws** - Before purchasing or using fireworks, familiarize yourself with local laws and regulations. Some areas have strict rules regarding the sale, possession, and use of fireworks.
- **Purchase from Licensed Vendors** - Buy fireworks from licensed and reputable vendors. Illegal or homemade fireworks can be extremely dangerous and are often of poor quality.

General Safety Tips

- **Supervise Children** - Fireworks should only be handled by adults. Keep children at a safe distance from all fireworks activities. Even sparklers, which seem harmless, can cause serious injuries.
- **Read Instructions Carefully** - Follow all instructions on the fireworks packaging. Misuse or improper handling can lead to accidents and injuries.
- **Use Outdoors Only** - Fireworks should always be used outdoors in a clear, open area away from buildings, vehicles, trees, and other flammable materials.
- **Keep Water Nearby** - Have a bucket of water or a garden hose readily available in case of a fire or other emergency.
- **Light One at a Time** - Light fireworks one at a time, and then move back quickly. Never try to relight a dud firework. Wait 20 minutes and then soak it in water.

Handling and Disposal

- **Wear Protective Gear** - Wear safety glasses and keep a safe distance while lighting fireworks. Long sleeves and pants can provide added protection.
- **Use a Clear, Flat Surface** - Set fireworks on a clear, flat surface to ensure they don't tip over during ignition.
- **Dispose of Properly** - After the fireworks have been used, douse the spent items with plenty of water before disposing of them in a metal trash can.
- **Keep Pets Indoors** - Pets can be frightened by fireworks. Keep them indoors to prevent them from running away or getting injured.

Considerations for Large Displays

- **Hire Professionals** - For large fireworks displays, consider hiring a professional. They have the experience and equipment to handle fireworks safely.
- **Secure the Area** - Ensure the viewing area is a safe distance away from the launch site. Use barriers or caution tape to keep spectators at a safe distance.
- **Communicate Clearly** - Have clear communication among those setting off the fireworks. Use hand signals or radios to coordinate safely.

Emergency Preparedness

- **First Aid Kit** - Keep a first aid kit nearby to handle minor injuries. Know basic first aid procedures for burns and other common injuries.
- **Emergency Contacts** - Have a phone readily available to contact emergency services if necessary. Know the location of the nearest hospital or emergency medical facility.

Conclusion

Fireworks can be a highlight of summer celebrations, but they require careful handling and respect for safety guidelines. By following these tips, you can help ensure a safe and enjoyable experience for everyone involved. Remember, the key to a successful fireworks display is preparation, awareness, and caution. Celebrate responsibly, and let's make this summer memorable for all the right reasons.

For more safety tips and updates, visit the Tipton Constables Facebook page. Stay informed and connected with your community to foster a safer, happier environment for all. www.facebook.com/Constable.Darren.Smith

Staying Hydrated and Healthy for Summer

As summer temperatures rise, it's essential to prioritize your health and well-being. Dehydration, heat exhaustion, and other heat-related illnesses can pose serious risks during the warmer months. Whether you're spending time outdoors, traveling, or simply enjoying the sun, staying hydrated and maintaining healthy habits are crucial. Here are some practical tips to help you stay hydrated and healthy this summer.

Importance of Hydration

Proper hydration is vital for maintaining body functions, including temperature regulation, joint lubrication, and nutrient transportation. During the summer, your body loses more water through sweat, making it essential to replenish fluids regularly. Tips for hydration:

- **Drink Plenty of Water** - Aim to drink at least 8-10 glasses of water per day. Increase your intake if you're active, spending time outdoors, or exposed to high temperatures.
- **Carry a Reusable Water Bottle** - Keep a water bottle with you throughout the day. This makes it easier to stay hydrated, especially when you're on the go.
- **Infuse Your Water** - If plain water is unappealing, try adding slices of fruit, cucumber, or mint to enhance the flavor. This can make drinking water more enjoyable.
- **Monitor Your Hydration** - Pay attention to signs of dehydration, such as dark urine, dry mouth, dizziness, and fatigue. If you notice any of these symptoms, increase your water intake immediately.
- **Limit Caffeinated and Sugary Drinks** - Beverages like coffee, soda, and energy drinks can contribute to dehydration. Opt for water, herbal teas, or natural fruit juices instead.

Eating for Hydration and Health

In addition to drinking water, your diet plays a significant role in maintaining hydration and overall health. Focus on consuming hydrating foods and balanced meals to support your body's needs.

- **Eat Hydrating Foods** - Include plenty of fruits and vegetables in your diet. Watermelon, cucumbers, strawberries, and oranges are high in water content and can help keep you hydrated.
- **Balanced Meals** - Ensure your meals contain a balance of carbohydrates, proteins, and healthy fats. A well-rounded diet supports energy

Are you concerned about church safety?

Our Tennessee Constable for Munford is offering FREE church safety & security classes for our local church leaders. Please influence them to visit tiptonconstables.org for class schedules and offerings to make sure our community is prepared.

Stay Connected

For the latest updates on community safety, crime prevention tips, and local events, we encourage you to visit the Tipton Constables Facebook page. Stay informed about the efforts of our dedicated law enforcement officers as they work tirelessly to keep our community safe. By following the page, you'll gain access to valuable information, timely alerts, and opportunities to engage with your local constables. Join the Tipton Constables Facebook community today and be an active participant in fostering a safer, more connected neighborhood.

Your involvement makes a difference!

Hydrating Food

Staying hydrated during the summer isn't just about drinking plenty of water; incorporating hydrating foods into your diet is equally important. Summer offers a bounty of fruits and vegetables that are not only delicious but also high in water content. Watermelon, cucumbers, strawberries, and oranges are excellent choices, providing a refreshing and hydrating boost. Additionally, leafy greens like lettuce and spinach, along with hydrating snacks such as yogurt and smoothies, can help maintain hydration levels and keep you energized throughout the day. Including these foods in your meals and snacks will help you stay hydrated, healthy, and cool during the hot summer months.

Other choices include:

- Celery Sticks
- Grapes
- Yogurt
- Smoothies
- Pineapple Chunks
- Tomato Slices
- Bell Pepper Strips
- Apples
- Peach Slices
- Cantaloupe
- Honeydew Melon
- Carrot Sticks

levels and overall health.

- **Healthy Snacks** - Choose hydrating and nutritious snacks, such as yogurt, smoothies, and salads. These can provide essential nutrients and keep you energized.
- **Avoid Heavy, Greasy Foods** - Heavy and greasy foods can make you feel sluggish and dehydrated. Opt for lighter meals that are easier to digest and provide sustained energy.
- **Monitor Portion Sizes** - Overeating can lead to discomfort and dehydration. Eat smaller, more frequent meals to maintain energy levels and hydration.

Protecting Yourself from the Sun

While enjoying the summer sun, it's important to protect your skin and overall health from harmful UV rays. Taking precautions can prevent sunburn, heat exhaustion, and other sun-related issues.

- **Use Sunscreen** - Apply a broad-spectrum sunscreen with an SPF of at least 30. Reapply every two hours, especially if you're swimming or sweating.
- **Wear Protective Clothing** - Opt for lightweight, long-sleeved shirts, wide-brimmed hats, and sunglasses to shield your skin and eyes from the sun.
- **Seek Shade** - Avoid direct sunlight during peak hours, typically between 10 a.m. and 4 p.m. Seek shade or use umbrellas to protect yourself.
- **Stay Cool** - Take regular breaks in the shade or indoors to cool down. Overexposure to heat can lead to heat exhaustion or heat stroke.
- **Monitor Weather Conditions** - Stay informed about local weather forecasts and heat advisories. Plan outdoor activities for cooler parts of the day.

Staying Active Safely

Physical activity is essential for maintaining health, but it's important to adjust your routine to the summer heat. Here are some tips to stay active safely.

- **Exercise Early or Late** - Plan your workouts for early morning or late evening when temperatures are cooler. Avoid strenuous activities during the hottest parts of the day.
- **Stay Hydrated During Exercise** - Drink water before, during, and after physical activity. Consider sports drinks for intense workouts to replenish electrolytes.
- **Choose Appropriate Activities** - Opt for water-based activities like swimming, or exercise in shaded or air-conditioned environments to stay cool.
- **Listen to Your Body** - Pay attention to how your body feels during exercise. If you experience dizziness, headache, or excessive sweating, stop immediately and rest.
- **Gradually Acclimate** - If you're not used to exercising in the heat, gradually increase the intensity and duration of your workouts to allow your body to acclimate.

Conclusion

Staying hydrated and healthy during the summer requires mindful practices and adjustments to your daily routine. By prioritizing hydration, eating a balanced diet, protecting yourself from the sun, and staying active safely, you can enjoy a safe and healthy summer. Remember to listen to your body, take necessary precautions, and make hydration a top priority.

Understanding Heat Exhaustion & Heat Stroke

As temperatures rise during the summer months, the risk of heat-related illnesses such as heat exhaustion and heat stroke increases significantly. Both conditions are serious and can have severe consequences if not addressed promptly. This article provides an overview of heat exhaustion and heat stroke, including their symptoms, prevention strategies, and appropriate responses to ensure safety during hot weather.

Heat Exhaustion Prevention

- **Stay Hydrated** - Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid caffeinated and alcoholic beverages, as they can contribute to dehydration.
- **Wear Appropriate Clothing** - Opt for lightweight, loose-fitting, and light-colored clothing to help your body regulate temperature more effectively.
- **Take Breaks** - If you're working or exercising outdoors, take frequent breaks in the shade or a cool area to allow your body to cool down.
- **Avoid Peak Heat** - Schedule strenuous activities for the cooler parts of the day, such as early morning or late evening.
- **Use Fans and Air Conditioning** - Utilize fans and air conditioning to maintain a cooler indoor environment.

Heat Exhaustion Response

- Move the person to a cooler environment, preferably indoors or in the shade.
- Remove any excess clothing.
- Apply cool, wet cloths to the skin or have the person take a cool shower or bath.
- Encourage the person to drink cool water or sports drinks.
- Monitor symptoms closely. If they worsen or do not improve within an hour, seek medical attention.

Heat Stroke Prevention

- **Stay Informed** - Keep abreast of weather forecasts and heat advisories. Plan your activities accordingly to avoid extreme heat.
- **Acclimate Gradually** - Allow your body to gradually adjust to the heat, especially if you're not accustomed to high temperatures.
- **Use Cooling Devices** - Utilize fans, air conditioning, and cooling towels to help manage body temperature.
- **Monitor Physical Activity** - Reduce the intensity and duration of outdoor activities during extreme heat. Opt for indoor activities when possible.
- **Check on Vulnerable Individuals** - Ensure that elderly individuals, children, and those with chronic illnesses are staying cool and hydrated.

Heat Stroke Response

- Call 911 immediately. Heat stroke is a medical emergency.
- Move the person to a cooler environment and remove excess clothing.
- Attempt to cool the person rapidly by any means available. This can include immersion in cool water, spraying with cool water, or applying ice packs to the armpits, groin, neck, and back.
- Do not give the person anything to drink if they are unconscious or show signs of altered mental state.

Heat Exhaustion

Heat exhaustion is a heat-related illness that occurs when the body loses excessive amounts of water and salt through sweating. It typically results from prolonged exposure to high temperatures, physical exertion, or a combination of both.

Symptoms:

- Heavy sweating
- Weakness or fatigue
- Dizziness or fainting
- Nausea or vomiting
- Headache
- Muscle cramps
- Rapid heartbeat
- Cool, moist skin with goosebumps in the heat

Heat Stroke

Heat stroke is a life-threatening condition that occurs when the body's temperature regulation system fails, leading to a rapid increase in core body temperature. It often results from prolonged exposure to high temperatures or strenuous physical activity in the heat.

Symptoms:

- High body temperature (104°F or higher)
- Altered mental state or behavior, such as confusion, agitation, slurred speech, or seizures
- Hot, dry skin or profuse sweating
- Nausea and vomiting
- Flushed skin
- Rapid, shallow breathing
- Rapid heartbeat
- Loss of consciousness

Core Values

Integrity

Service before self

Excellence

Compassion



What's a Constable?

Constables operate as individually elected officers at no cost to the citizens or governments of the county. Constables supply their vehicles, fuel, and equipment. They stand ready to aid or assist all citizens and/or agencies within the county. The Tennessee Constable is a non salaried office!

The mission of the Constable's Office is to improve the quality of life for the citizens of Tipton County by working collaboratively with area law enforcement, General Sessions court, and our community to prevent crime, enforce the law, increase mobility and target violent offenders for prosecution.

Constables supplement the county Sheriff's Office and local Police Departments. They are also at the disposal of the various fire departments, EMS units, and rescue squads as well as any state or federal agency which might have use of their services.

Tipton County Constables

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