Here are some tips to prevent hand injuries while carving pumpkins.

- Ask for help in carrying a big pumpkin. Big pumpkins are fun to carve but their weight can put lots of stress on your hands, wrists and arms. Lift your pumpkin carefully. Ask for help if your pumpkin is too heavy.

- Make sure your pumpkin carving spot is well-lit, clean and dry. Be sure to wash and carefully dry all of the tools that will be used as well as the cutting surface. Any moisture on your tools, surface or hands can cause a slip that can lead to a nasty cut or other injury.

- Always have adult supervision. Children and adolescents often sustain injuries because adults allow them to do the carving on their own. It only takes a second for a severe injury to occur.

- Leave the cutting and carving to adults. Don’t let children carve. Let children clean the pumpkin and scoop out the inside pulp and seeds. Encourage kids to draw a design or face on the pumpkin with markers for an adult to carve out.

- Carve with care. When carving, cut away from yourself and cut in small, controlled strokes. Cutting through thick pumpkin skin can cause strain to your hands, wrists and arms. Use the right tool for the job and be patient.

- Sharper is scarier. A sharper knife is not necessarily better. Often, sharper kitchen knives become lodged in the thicker part of the pumpkin. An injury can occur if your hand is in the wrong spot when you use force to remove the knife from the firm pumpkin shell.
Halloween should be a memorable day for your kids. Getting dressed up in scary costumes, and going to trick or treat for candies are great adventures of Halloween. Here are some tips to keep your kids safe when trick or treating.

- Make sure that a responsible adult will go along with younger kids to keep an eye on things.
- Plan a safe route for older kids to know where they are at all times. Set a time for their return home. Make sure that they have a cell-phone.
- Make sure that they bring a flashlight to use for dark areas and to make them visible to cars.
- Instruct your kids to not eat treats until they get home. Make sure that you examine them first before letting your kids eat them.
- Instruct your kids to stay together as a group in the absence of an adult to go along with them.

For more Halloween safety tips, visit [Halloween Safety Guide](#) website.

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**September 2017 First Aid Summary Report**

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

To view the most recent first aid report [CLICK HERE](#)