

# **SUMMER SAFETY TIPS**

**Stay Safe, Stay Cool, and Have Fun!**



## **SUN SAFETY**

- ✓ Wear sunscreen (SPF 30+) – reapply every 2 hours
- ✓ Wear hats, sunglasses & protective clothing
- ✓ Seek shade between 10 AM and 4 PM



## **HYDRATION**

- ✓ Drink plenty of water — even if you're not thirsty
- ✓ Avoid sugary or alcoholic drinks in heat



## **WATER SAFETY**

- ✓ Always supervise children near water
  - ✓ Swim in designated areas with lifeguards
- Learn CPR & basic water rescue techniques



## **HEAT SAFETY**

- ✓ Take breaks in the shade or air-conditioning
- Know signs of heat exhaustion: Dizziness  
Nausea • Heavy sweating • and weakness
- Call 911 if heat stroke is suspected**



## **OUTDOOR ACTIVITY SAFETY**

- ✓ Wear helmets for biking, skating, or scootering
- ✓ Apply bug spray to prevent bites
- ✓ Watch for signs of dehydration: or sunburn



# **Are Protective Styles Protecting Us?**



**Dangerous Chemicals Were Detected in  
100% of the Braiding Hair Tested**

**Why is this important~**

**~Black women are the primary users of these  
products to include hair wigs and extensions**

BRAND	Lead Level of MADL	Total VOC	Known Carcinogens Detected	Probable Carcinogens Detected	Possible Carcinogens Detected
Sensationnel X-Pression 3X Pre-Stretched Braid, 58	None Detected	<b>4,200,248</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, benzene, 1,2-dichloroethane	<b>Benzene</b>	Methylene chloride, styrene, 1,2-dichloroethane	
Shake-N-Go FreeTress 3X Pre-Stretched Braid 301, 34"	<b>123%</b>	<b>1,203</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, ethylbenzene, isopropylbenzene		Carbon tetrachloride, chloroform, methylene chloride, styrene	Ethylbenzene, isopropylbenzene, naphthalene
Sensationnel Lulutress Crochet Braid Passion Twist, 12"	<b>128%</b>	<b>226</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, ethylbenzene, isopropylbenzene		Methylene chloride, styrene	Ethylbenzene, isopropylbenzene, naphthalene
Hbegant Afro Twist Pre Fluffed Wrapping Hair, 24"	<b>150%</b>	<b>59</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, 1,2-dichloroethane, isopropylbenzene		Methylene chloride, 1,2-dichloroethane	Isopropylbenzene, naphthalene
Debut Wavy Hair Weave, 20"	<b>198%</b>	<b>303</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, 1,4-dichlorobenzene, ethylbenzene		Methylene chloride, styrene	Isopropylbenzene, ethylbenzene, naphthalene

Sensationnel Ruwa 3X Pre- Stretched Kids Braid, 12"	<b>338%</b>	<b>1,900,192</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, benzene, chloroform, chloromethane	<b>Benzene</b>	Chloroform, methylene chloride, styrene	Naphthalene
Shake-N-Go Organique Mastermix Water Curl Weave, 30"	<b>435%</b>	<b>348</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, carbon tetrachloride, chloroform, 1,4- dichlorobenzene		Methylene chloride, styrene	Ethylbenzene, naphthalene
Darling Flexi Rod Curls Crochet, 14"	<b>585%</b>	<b>510,039</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, chloromethane, ethylbenzene		Methylene chloride, styrene	Ethylbenzene, naphthalene
Magic Fingers 3X Pre- Stretched Braiding Hair, 52"	<b>603%</b>	<b>5,250,280</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, benzene, 1,2- dichloroethane	<b>Benzene</b>	Methylene chloride, 1,2- dichloroethane, styrene	
Sassy Collection 100% Kanealon Jumbo Braid	<b>610%</b>	<b>1,050,066</b> Total number of VOCs measured, in ug/kg VOCs detected: Acetone, methylene chloride, toluene, chloroform		Chloroform, methylene chloride, styrene	Naphthalene

"MADL" means "Maximum Allowable Dose Level." "ND" means "not detected." "VOC" means "Volatile Organic Compounds"

Reference:

<https://www.consumerreports.org/health/wigs-hair-extensions/dangerous-chemicals-detected-in-braiding-hair-cr-tested-a4850978424/>