

Don't let burns spoil your summer fun

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(HealthDay)—As summer kicks into high gear, be sure your fun isn't marred by fires or burns, an expert says.

"Before using your [grill](#), make sure all of the parts—including the gas tank—are in good condition. If you notice any leaks, cracks or breaks, replace the parts before using," said Dr. James Gallagher. He's director of the William Randolph Hearst Burn Center at New York-Presbyterian/Weill Cornell Medical Center in New York City.

Barbecue grills should only be used outdoors and should be at least 10 feet away from buildings, deck railings and overhanging branches, Gallagher said in a hospital news release. Use utensils with long handles, wear short or tight-fitting sleeves and have a garden hose or bucket of sand available to put out small flare-ups.

Keep a fire extinguisher close by, and never leave the grill unattended, Gallagher advised.

To prevent sunburn, apply sunscreen at least 30 minutes before going outdoors. Reapply every one to two hours and after swimming, sweating or exercising, even on cloudy days, Gallagher said.

More information: The American Academy of Family Physicians has more on [burn prevention](#).

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