

ATI Physical Therapy Experts Offer Safety Tips to Avoid Firework Injuries this Holiday

With the Fourth of July holiday fast approaching, ATI Physical Therapy experts are urging people to use caution when it comes to handling fireworks and have provided a list of safety tips to consider.

According to the latest [U.S. Consumer Product Safety Commission](#) report, fireworks sent roughly 11,000 people to the emergency room over the course of the Fourth of July holiday. Of these injuries, approximately 36 percent were to the hand, thumb and digits. Interesting enough, 40% of the injuries are caused by fireworks that were thought to be somewhat safe such as sparklers and firecrackers.

Be responsible when incorporating fireworks into your holiday and summer festivities. In keeping up with best practices, here are 10 fireworks safety tips to keep yourself and others safe:

- While lighting fireworks, never position any part of your body over them
- After lighting fireworks, immediately back up to a safe distance
- To avoid burns from sparklers, poke a hole at the bottom of a cup and put the handle of the sparkler through the hole. This technique will shield your hand from sparks that are emitted from the sparkler. It's also important to wear gloves when using sparklers (leather preferred) as they can be as hot as a blow torch and over 15 times hotter than boiling water.
- Never attempt to re-light or handle malfunctioning fireworks
- Light only one firework at a time – at arm's length – with an extended lighter
- Always wear eye protection/safety glasses when lighting fireworks
- Never carry a firework in your pocket or shoot them from a metal or glass container
- Never aim or throw fireworks at another person, animal or building
- Have a bucket of water or working garden hose accessible
- Properly dispose of all fireworks (used and unused). Allow used fireworks to soak in water for a few hours before discarding.

The potential long-term severity of fireworks-related injuries can have undesirable outcomes to the body, so remember to enjoy the holiday safely and responsibly and don't take any unnecessary risks.

If you or anybody you know happens to sustain a hand injury this Fourth of July holiday (or summer) [ATI occupational therapists](#) can help get you the care you deserve.

For more information on ATI Physical Therapy, and a complete list of ATI's clinic locations and services, please visit [ATIPt.com](#). You can also follow @ATIPhysicalTherapy on [Facebook](#) and @ATIPT on [Instagram](#), [Twitter](#) and [Pinterest](#). Or subscribe to the official [ATI YouTube Channel](#) for a glimpse into our world!

About ATI Physical Therapy

ATI is a privately held, nationally recognized healthcare company, specializing in outpatient rehabilitation and adjacent healthcare services. With a focus on delivering a remarkable experience to every patient, every day, ATI has close to 700 locations from coast to coast. ATI was named "Best Physical Therapy Practice in the Nation" by *ADVANCE* magazine, and was one of the first physical therapy companies in the country to achieve URAC Core Accreditation, a mark of distinction that recognizes its commitment to quality healthcare. Based in Bolingbrook, Illinois, ATI gives back to communities across the country through the ATI Foundation, a non-profit established by ATI, which has provided more than \$3 million in resources and funding to children with physical impairments. For more information on ATI Physical Therapy, and a complete list of clinic locations, services and the ATI Foundation, please visit [ATIPt.com](#).

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