

USFK Safety Gram

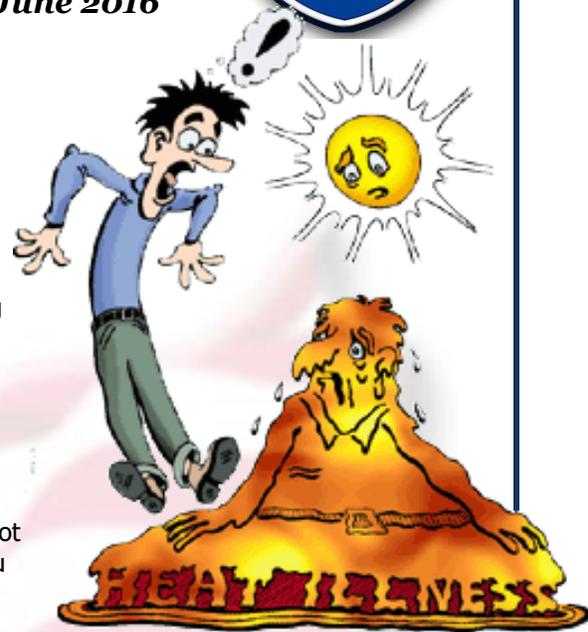


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15 June 2016

Hot Tips to Stay Safe This Summer

The warm and sunny weather that comes with summer means that most of us will be doing more outdoor activities. Whether heading outside as part of your activities or just to have fun, it is important to remember that summer also brings seasonal hazards that we must be aware of. Consider the following when planning to work or play outdoors:



Protecting yourself from the heat and the *summer sun*

- ◆ **Stay Cool.** Drink water frequently, even if you don't feel thirsty. Avoid drinks which cause dehydration - beverages containing alcohol or caffeine. Eat foods that are light and easily digested; fruits, salads and vegetables are examples. Don't over-exert yourself when the weather is hot even if you are having a great time. It's easy to push your limits when you are having fun or want to squeeze every minute you can out of your summer fun.
- ◆ **Eyes.** Protect your eyes from exposure to the sun's ultraviolet rays by wearing sunglasses. Check the label to make sure they will absorb most of the UV rays. The glare from water, sand and concrete increase the risk to your eyes.
- ◆ **Skin.** Protect your skin from sun exposure with clothing and sunscreen with a sun protection factor of at least 15. Sun exposure can lead to skin cancer. Try to stay out of the direct sunlight between 10 a.m. and 2 p.m.

Water safety

- ◆ **Swimming.** Learning to swim is the number one thing you can do to ensure your safety around water. Never swim alone. Do not eat or chew gum while swimming because of the possibility of choking. Keep in mind that it is more difficult to judge distance in the water. Do not swim beyond your abilities or your strength. Most important, wear a personal floatation device.
- ◆ **Boating.** Watch the weather. Write down a detailed plan of your boating route and leave it with a responsible person ashore in case you don't return when expected. Wear a Personal Flotation Device (PFD). Over 80 per cent of boating deaths involve persons who were not wearing PFDs. Don't overload boats. This is a common cause of capsizing, especially in small boats or canoes. Do not drink alcohol when boating.

Other summer safety concerns

- ◆ **Pests.** Carry your insect sting kit if you are allergic to insect bites. Wear insect repellent to avoid bites and stings, unless you are allergic to these substances. If you find a tick on you, pull it off by grasping it firmly with tweezers near your skin and pulling slowly and steadily. Wash the area and apply an antibiotic or antiseptic product. Call your doctor if you see signs of a rash in the area of the bite, a possible sign of Lyme disease.
- ◆ **Grilling Safety.** Always read the use and care manual before operating your grill. Never leave grill unattended when in use. To avoid flare-ups you should drain off excess marinade or oil before putting food on grill, trim excess fat to 1/4-inch on steaks and chops, and remove skin and excess fat from chicken pieces. Avoiding high heat will also help to avoid flare-ups. If flare-ups do occur, move food to a cooler spot on the grill or temporarily cut off the air supply by closing lid or shutting the air vents.



**Remember to make safety awareness part of your summer planning.
Be prepared by being aware of potential summer dangers.**