



SAFETY MOMENT

SUMMER HEAT SAFETY TIPS:

Summertime brings activities of leisure and fun, but did you know it also brings a number of risks and hazards? Learn what you need to know to be safe this summer!

Tips for Fun in the Sun

It's always important to monitor weather conditions in extreme heat, especially if you plan to be outside. Keep in mind:

- 1) No matter how long you plan to be outside, wear sunscreen with SPF of at least 15 (SPF 30 is recommended) and wear a hat or UV-absorbent sunglasses.
- 2) Eat small, light meals before outdoor activity and take water breaks every 15 minutes in a shady or air conditioned recovery area.

Be cautious of overexertion, as well. Overexertion accounts for about 3.3 million ER visits each year in the U.S. Stop and take a break if you experience the following symptoms; dizziness, sore or painful muscles, abnormal pulse, feeling very hot and sweating profusely, low abdominal pain, and/or nausea.

Yard Safety

Yard upkeep is also a common cause of injury in summer months. Lawn mowing alone sends tens of thousands of people to the ER each year. Don't start mowing until you:

- 1) Fill up the gas tank when the engine is cold.
- 2) Clear the area from rocks and sticks to prevent flying debris and wear eye and ear protection, and appropriate shoes and clothing.
- 3) Keep children and pets away from the area.

Water Safety

Every day, about ten people die from unconditional drowning. Of these ten, two are children aged 14 or younger. Drowning ranks fifth among leading causes of unintentional injuries in the U.S. Visit www.cdc.gov and search for "unintentional drowning: get the facts". Be safe around water!

Firework Safety:

The National Fire Protection Association reports, U.S. hospitals treat an average of 8,700 people a year for firework related injuries. The risk is highest for young people 15-24 and children under the age of 10. When using fireworks, follow these tips:

- 1) Never let children handle fireworks alone.
- 2) Light one device at a time in a clear area and maintain a safe distance after lighting.
- 3) Never ignite in a container and don't try to re-light malfunctioning fireworks: soak them in water and discard.
- 4) Keep a bucket nearby to properly extinguish the fireworks and also in case of fire.

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