

Safety Sense

Make Summer Fun & Safe



Ahhhh summer – a time for outdoor fun, swimming, camping, cookouts, and taking that well-deserved vacation. Of course, nothing sidelines a great summer quicker than an injury. So, what can you do to keep you and your loved ones safe and enjoying your summer? Consider these health and safety tips.

- Hydrate, hydrate, hydrate! Make sure you drink plenty of water – not sugary drinks – to stay hydrated. Dehydration can begin within just a few hours of exposure to extreme heat causing symptoms like fatigue, headaches, dizziness, sleepiness, and dry mouth. If you are feeling any of these symptoms:
 - Immediately stop all activity.
 - Move indoors or to a shaded area – any cooler place.
 - Apply cool, wet cloth to your skin or take a cool shower.
 - Rest and if symptoms worsen within an hour, seek medical attention.
- Apply sunscreen to exposed skin to reduce your chance of sunburn or other skin damage.
- Be water smart. Drowning is the leading cause of death in children ages 1 – 4.
 - If you have a pool, make sure it's secured with fencing at least 4' high and has a self-closing, self-latching gate to separate the pool from the house and yard.
 - Teach your family and friends who frequent your home about the risks of swimming and diving.
 - Participate in swimming lessons with the entire family, or at the least – your children.
 - If your boating, wear life jackets when on the water.
 - ALWAYS, ALWAYS keep your eye on children when around water.
- Follow safe grilling practices, like:
 - assuring your grill is not near your home, deck railings, or under any tree branches;
 - never add charcoal fluid or any other flammable liquid to the fire; and
 - keep children and pets at least 3' away from the grilling area.
- When working outside – for your job, doing yardwork, or hiking – take precautions to reduce your risk of heat exhaustion or heat stroke.
 - Take frequent short cooling breaks inside or in shade.
 - Eat smaller meals before activity and avoid consuming sugar, caffeine, and alcohol.
 - Drink small amounts of water frequently.
 - Wear light-colored, loose-fitting, breathable clothing.

With the kids out of school and everyone spending more time outdoors, summer should be a time of enjoyment and excitement. By following these guidelines, you can reduce the risk of summertime accidents and reduce visits to the emergency room and urgent care. Be safe, be smart, plan accordingly, and have fun!

