

Put Safety into Summer Play

Summertime activities can often lead to safety hazards. Dehydration and other heat related hazards can often lead to serious illness and sometimes even death. When working outdoors, it is very important that you protect yourself from the hidden dangers of the summer heat. You should also be on guard of the hazards of summer when you are having fun with your family.

Here are a few tips for being cool about summer safety:

- Be sure to drink plenty of water. Avoid alcohol and caffeinated beverages while in hot environments.
- Take breaks often to cool off during hot summer days.
- Avoid the sun as much as possible when its rays are strongest, from 10 a.m. to 4:00 p.m.
- Use sunscreen with a SPF of 15 or more and wear clothing that minimizes exposed skin during activities in the sun.
- Always swim with someone else or when there is a life guard on duty. Never swim alone.
- Especially during the early summer, never cool yourself by swimming in canals or rivers. On the surface, the water may appear to be calm, cool, and refreshing, but the water is actually freezing and the currents deadly.

Have fun and be safe!