

Safety-Gram

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SUMMER SAFETY TIPS

Don't put yourself at risk for serious injury by forgetting these simple safety tips:

- Be aware of the heat, pay attention to it and modify your activities appropriately.
- Drink plenty of water to stay hydrated, even if you don't feel thirsty, continue to drink water. Avoid alcohol or caffeine.
- Apply sunscreen 30 minutes prior to working outside. It takes 30 minutes for your body to absorb the sunblock to protect you from the UV rays.
- Wear light-colored, loose-fitting, lightweight breathable clothing. Avoid dark colors because they absorb the sun's rays.
- Use insect repellent to protect against ticks and mosquitoes.
- While working in the heat, take frequent breaks in a cool place or shaded area. If possible try to work in the cooler parts of the day.