

## Did You Know?

The summertime in Louisiana can pose many challenges, including heat related injuries, personal vehicle / recreational / sports / water and outdoor safety.

## Summertime Accident Prevention

Heat related injuries are preventable:

- Stay hydrated.
- Avoid heavy meals at lunchtime.
- Maintain a well-balanced diet.
- Wear appropriate clothing for the weather conditions.
- Use sunscreen.
- Maintain adequate work/rest cycles.

Heat injuries ranging from minor to most severe include: sunburn, heat rash, heat cramps, heat exhaustion, and heat stroke.

- Sunburn – Use sunscreen, avoid extended exposure during peak heat hours
- Heat rash – Skin irritation caused by excessive sweating and appears in the form of small blisters or pimples
- Heat cramps – Caused by an excessive loss of salt and is accompanied by painful muscle cramps
- Heat exhaustion – Caused by excessive loss of salt and water and causes severe sweating, headache, paleness, weakness, nausea, cool moist skin and tingling in the extremities.
- Heat stroke – Cause when the heat regulation mechanism fails and is the most severe heat injury illness. All of the symptoms of heat exhaustion can be present in addition to red/hot skin, unconsciousness, and may cause death.

## Personal Vehicle Safety (PVS) – Several factors that increase risk include:

- Age – The age group from 18 – 24 years are people at highest risk. This age group has a risk of fatal accidents at a rate of 4 times greater than other groups.
- Seatbelts – Can prevent 42% of all potentially fatal automobile crashes. The airbag increases survival odds to 47%.
- Alcohol – A driver who is intoxicated is 15 times more likely to be involved in a fatal crash. Approximately, 48% of all traffic fatalities involve an intoxicated or impaired person.
- Fatigue – The 18 – 24 year age group has a risk factor over 56% of fatalities because of fatigue or falling asleep while driving.
- Speed is a contributing factor to driving fatalities. Speed reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road.

## Recreational Safety:

- Start slowly and get in shape.
- Choose the exercise appropriate for age and condition.
- Always warm up.
- Finish with a cool down.
- Know your limits.

## Bicycle Safety

- Inspect your bicycle for proper operation.
- Wear a helmet.
- Inflate tires.
- Check brakes.

## Water Safety

- Drownings are the leading cause of death.
- Do not drink and swim.
- Wear a life preserver when boating.
- Know weather conditions.
- Boating Safety:
  - Be aware of others.
  - Avoid alcohol.
  - Maintain safe speeds.

- Insects and spiders present specific hazards. For most spider bites, the venom is harmless.
  - Poisonous Snakes – Treat all snakes as if they are poisonous, most bites are a result of handling or agitation.
  - Ticks, Spiders, Scorpions and Insects
    - Identify those that could have allergic reactions to insect bites.
    - Keep an emergency first-aid kit handy.
    - Be aware that food and crumbs attract insects.
    - Use appropriate insect repellent.



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# Safety Spotlight: Summertime Safety

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