Summer Safety
SUMMER SAFETY ISSUES

- Heat Injuries
- Personal Vehicle Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety
HEAT INJURY

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.
HEAT INJURY PREVENTION

Prevention tips include:

• Drink plenty of water
• Avoid heavy meals at lunch time
• Maintain a well balanced diet
• Wear appropriate clothing
• Use sunscreen
• Follow recommended work/rest cycles
HEAT INJURY PREVENTION

Prevention tips include:

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense
SUNBURN PREVENTION

To prevent sunburn:

• Use sunscreen - reapply frequently
• Moderation - avoid extended exposure during peak hours (1000-1600)
• Avoid repeated exposure
• Seek medical care if severely burned
HEAT RASH

CAUSE
• Skin irritation caused by excessive sweating in a hot, humid environment

SYMPTOMS
• Appears as a cluster of pimples or small blisters: neck, groin area; under breasts & arms; and skin creases

TREATMENT
• Baby powder with corn starch
• Cool shower - avoid lotions – change clothes frequently
HEAT CRAMPS

CAUSE
• Excessive loss of salt from the body

SYMPTOMS
• Painful cramps of the major muscle groups (arms, legs, or stomach)

TREATMENT
• Provide cool water - shade - monitor
HEAT EXHAUSTION

CAUSE
• Excessive loss of salt and water in the body

SYMPTOMS
• Profuse sweating
• Weakness
• Cool moist skin
• Tingling sensation in extremities

• Headache
• Paleness

TREATMENT
• Provide water, shade, elevate feet, monitor condition, and seek medical attention immediately
HEAT STROKE

CAUSE
• The body’s heat regulatory mechanism stops

SYMPTOMS
• Headache • Dizziness
• Delirium • Weakness
• Nausea • Red, hot skin
• Unconsciousness

SEEK MEDICAL TREATMENT IMMEDIATELY
• Put in cool shaded area
• Soak clothing
• Fan, and elevate feet
• Massage extremities
PERSONAL VEHICLE SAFETY (PVS)

Factors that influence our risk:

- Age
- Seatbelts
- Alcohol / Drugs
- Fatigue
- Location
- Speed
Age is a contributing factor:

Ages 18 – 24:

- People who are at the highest risk. Risk of involvement in a fatal crash of those who are 18-24 is nearly 4 times greater than any other age group.
PVS – Cont’d

Seatbelts

• Seatbelts prevent deaths in 42% of all potentially fatal crashes.

• Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%.
PVS – Cont’d

Alcohol

• The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver.

• About 48% of all traffic fatalities involve an intoxicated or alcohol impaired person.
Fatigue

- Drivers between the ages of 18-24 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.
**PVS – Cont’d**

**Location**

- Statistics show that travel on interstates is safer than two lane roads.

- The fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.
PVS – Cont’d

Speed Kills

• The faster a car is going, the more distance and time it takes the driver to stop.

• Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road.
PVS TIPS

- Don’t drink and drive
- Use a designated driver
- Wear seatbelts
- Obey the speed limit
- Don’t drive when you’re tired
- Take rest breaks
PVS TIPS – Cont’d

• Adjust speed for conditions
• Don’t follow too close
• Maintain your vehicle
• Drive defensively
• Avoid using cellular phone while driving.
RECREATIONAL SAFETY

• Get in shape, start slowly
• Choose exercise appropriate for your age and conditioning
• Start with warm-up
• Finish with cool down
• Know your exercise limits
• Dress appropriately
SPORT INJURIES

Before taking the field, consider the following:

• Warm up
• Stay physically fit
• Players who are fit are less prone to accidents
• Wear appropriate shoes and socks
• Wear knee pads to protect knees
• Participate only in games at your skill level
• Ensure playing surface is safe and bases are secure
BICYCLE SAFETY

• Bicycle crashes result in 800-900 deaths per year
• 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride……..

• Inspect your bicycle for serviceability
• Wear a helmet
• Inflate tires properly
• Check your brakes
When you ride:

- See and be seen – (light colored clothing)
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists
- Stay out of driver’s blind spots
JOGGING SAFETY

• Pace yourself
• Good running shoes are essential
• Always jog against traffic
• Be seen while running, wear reflective material
• Finish with cool down
• Headphones are hazardous where vehicle traffic occurs
WATER SAFETY

Drownings:

• Are a leading cause of death
• Most often occur during recreational swimming in unauthorized swimming areas after dark
• Frequently related to alcohol use
• Be safe around water
WATER SAFETY TIPS

• Learn to swim and know “your limits”
• Use the buddy system
• Swim in supervised areas
• Obey “NO DIVING” signs
• Don’t drink and swim
• Wear life preservers when boating and fishing
• Know the weather conditions
• Use common sense - don’t swim after eating, while chewing gum or after drinking
Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity
BOATING

• Most boating mishaps involve capsizing, falls overboard, and collisions.

• About 90% of all fatalities are caused by drowning.

• In nearly all cases, life preservers were NOT used.
BOATING LIMITS

• Limit loading your boat to recommended weight
• Limit movement inside the boat
• Limit boating to safe weather and water conditions
BOATING SAFETY TIPS

• Yield right of way
• Be aware of others
• Avoid alcohol
• Maintain a safe speed
• Don’t overload
• Don’t loan to inexperienced operators
• Wear proper clothing
• Ensure proper maintenance
“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.
To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals that are unknown to you or that display strange behavior.
Poisonous snakes

• Several types of dangerous snakes and spiders are indigenous to this area to include rattlesnakes, black widow, and brown recluse.

• Treat all snakes and spiders as if they are poisonous. Most bites result from handling or aggravating snakes.
INSECTS

• Identify individuals who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

• When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.

• Food and crumbs attract insects.

• Use insect repellent (follow directions).