

SUMMER SAFETY

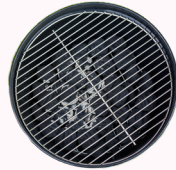
Summer is a great time to unwind and enjoy quality time with friends and family. As temperatures rise, so do the risks of incidents ranging from water-related accidents to outdoor injuries. To help ensure you have a safe, relaxing, and enjoyable summer, here are a few tips to keep you and your loved ones safe.

OUTDOOR ACTIVITIES

Pack a backpack with clothing, water, identification, gear and snacks. Stay on the trail and be alert of your surroundings.



BBQ SAFETY



Propane and charcoal grills should be 10 feet away from homes. Never add charcoal fluid or any flammable liquid to the fire while cooking.

RIDE SAFETY

Wear equipment to protect and make yourself visible at all times. Obey all street signs, signals, and traffic laws.



HYDRATION



Drink one liter of water (per person, every hour) during any activity performed outside in the heat.

FIRST AID PREPAREDNESS

Learn first-aid and CPR. Always keep a phone nearby to call 911.



BEACH SAFETY



Keep small children and inexperienced swimmers within reach. Always swim near a lifeguard and never swim alone.

PET CARE

Never leave your pets unattended in a car. Place your hand on the pavement for 7 seconds, if it is too hot for your hand, it is too hot for them.



WATER SAFETY



Never rely on water wings or rafts in place of U.S. Coast Guard approved life jackets. Protect your skin with SPF 30+ or higher.

INSECT PREVENTION

Use Environmental Protection Agency (EPA) registered insect repellent.

