



HR Highlights June 2021

“S”is for Summer and Safety

There are 101 days of summer between Memorial Day and Labor Day. With Covid-19 restrictions being relaxed, people are anxious to get out and enjoy themselves again. So that's 101 days of fun, sun, boating, swimming, vacation, and barbecues. But, unfortunately, it's also 101 days of opportunities to get sunburned, dehydrated, overheated, lost on a trip, grill fires, and a variety of other unfortunate events.

You would think it would not be necessary to remind folks to be vigilant in using sound judgment when participating in summertime activities. Unfortunately, every summer, there are numerous accidents and injuries due to people being negligent in following basic safety practices.

Before participating in any activity, it is a good idea to have it planned out. Good outcomes don't happen by accident, but most accidents happen without a plan. Remember the old saying, 'Failure to plan is planning to fail.' Therefore, we must be aware of all the risks commonly associated with summer activities and take steps to minimize those risks.

The following safety tips are recommended to make your summer a safe and happy one.

Sun safety:

- Stay hydrated, and if you can, drink plenty of fluids before being exposed to the sun and heat.
- Keep plenty of water on hand and drink frequently. If you are thirsty, you are getting dehydrated.
- It a good idea to wear a hat and sunglasses when you are going outside in the sun.
- If possible, apply sunscreen before exposure to sunlight and frequently reapply throughout the day.
- Know the signs of heat exhaustion and heatstroke.

Grill Safety:

- Summertime is the peak season for cookouts and parties. Always use your grill outside and the way it was designed. Always keep children away from the grill while you are grilling and when it is hot.
- Inspect it before you use it to make sure all parts are in good condition.
- Check for propane leaks. If the flame goes out, open the lid and allow it to air out before attempting to re-light it.
- Use charcoal lighter fluid and not gasoline to start your charcoal grill.
- Keep it away from buildings, structures, vegetation, or other items that could catch fire.
- Make sure it's on a solid foundation to avoid it tipping over.

Trip safety:

- Make sure your vehicle is in good condition. For example, clean the windows and mirrors; inspect the lights and tires; and check the fluid levels.
- Review your route and make a note of rest area locations and gas stations.
- Keep an emergency kit on board that includes a fire extinguisher, first aid kit, and a high visibility vest in case to have to get out of your vehicle on a busy highway.
- Have road atlas handy; don't expect you will always have GPS and mobile phone coverage.
- Wear your seat belt and don't drive if you are sleepy or tired.
- Follow posted speed limits.

These are just a few of the things that can keep you out of trouble this summer. So have fun, stay safe and enjoy your summer!!!