



Keeping the Focus on Health and Safety 24/7

June marks the beginning of summer, when our thoughts are turning to the beach, the pool, biking, boating, and barbecues. Having fun while staying healthy and safe requires our full attention. Here are some guidelines for staying safe at home, work, and play:

General Exercise: Stay well hydrated when exercising in hot and/or dry environments. Exercise earlier or later in the day, when the sun is less intense. Use sunscreen and wear a hat. When biking or Rollerblading, always wear a helmet. Learn the signs and symptoms of overheating, and issue appropriate care.

Swimming: Never swim alone. Never venture into unfamiliar waters. Be aware of location and timing of undercurrents or riptides.

Boating: Take a boating safety class and stay updated on safety guidelines. Be aware of changing winds and storm warnings. Always wear a life preserver, and make sure boating companions do, as well.

Cookouts: Never squirt lighter fluid or pour gasoline into an existing fire. Cook your meats thoroughly, and keep foods that are prone to spoiling at cool temperatures. Tie back long hair, and use heat-resistant gloves.

General Health and Safety:

- Properly store and label all household fluids.
- Keep poisons and other dangerous chemicals out of children's reach.
- Keep a fire extinguisher and escape ladder in your home.
- Keep emergency phone numbers handy.
- Keep your health screenings and immunizations up-to-date.
- Always wear your seatbelt.

It's important to be proactive, anticipate potential risks, and take the steps necessary to help your friends and family remain healthy and safe over the summer.

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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