

While it's great to
have a summer
full of fun...



...it's important to
keep safety in mind.

Be Sun Smart:

- Seek shade, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Wear light clothing or a hat to protect your skin and face from UV rays.
- Apply an SPF 30 or higher sunscreen. Reapply every two hours to maintain protection.

FIREWORK SAFETY

Fireworks are a big part of summer holidays. While they can be fun, they also pose serious safety concerns. When handled incorrectly, fireworks can cause severe burns, blindness, scars, and even death. Review safety tips given by the National Council on Fireworks Safety:

- Obey local laws regarding the use of fireworks.
- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- A responsible adult should supervise all firework activities. Never give fireworks to children.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Do not hold a firework item in your hand.
- Use fireworks outdoors in a clear area; away from buildings and vehicles.
- Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water before you discard it.
- When using fireworks, always have a connected hose, bucket of water, or other water source nearby.
- Never carry fireworks in your pocket or shoot them into metal or glass containers.
- Do not experiment with homemade fireworks.
- Dispose of spent fireworks by wetting them down and placing them in a metal trash can away from any building or combustible materials until the next day.
- Ensure all pets and animals are away from fireworks noise.

SUMMER SAFETY AWARENESS

July 2017

POOL & SPA SAFETY

Protect yourself from potential electrical catastrophes. Never swim during a thunderstorm. Keep electrical devices and cords at least 10 feet away from water sources, and when possible, use battery powered electrical devices near the pool. For home pools, be sure to ground all electrical equipment used for the swimming pool.

Don't swim alone to protect yourself from drowning. Fence in residential swimming pools and spas. Keep emergency equipment handy, such as a life ring that has a rope, a shepherd's crook, and always have a working phone available.

HEAT WAVES

There are simple ways to protect yourself during excessively hot weather:

- Avoid strenuous outside activity. If it must be done, try to do so before 7 a.m.
- Stay inside with air conditioning. If necessary, go somewhere like a public library.
- Eat smaller meals more often and stay hydrated.
- Take cool showers to lower body heat.

If you feel faint, dizzy, nauseated, or experience heavy sweating or exhaustion, call your doctor immediately or go to the nearest hospital.

BOATING SAFETY

Always inform someone who is not going with you on the water of your plans in case something goes awry.

Before departure, always check the weather report. Also, keep track of any weather changes and react accordingly.

While boating, have life jackets for each person onboard, throwable flotation, a fire extinguisher, and visual distress signals readily available. Additionally, have operable boat lights and carry extra batteries.

PROTECT YOUR SKIN

- Use sunscreen rated SPF 30 or higher.
 - If you are in the sun for long periods of time, reapply sunscreen every two hours and after sweating, swimming, or towel off.
- Protect your lips. Use a lip balm labeled SPF 15 or higher.
- Wear protective clothing.
 - When you are out in the sun, wear a hat and loose clothing that covers your arms and legs.
 - Wear sunglasses to protect your eyes. Be sure to purchase sunglasses that are labeled with a UV protection sticker.

Extreme Heat:

Now is the time to prepare for the high temperatures that kill hundreds of people every year.

Extreme heat caused 7,415 deaths in the United States from 1999 to 2010.

Heat-related deaths and illness are preventable, nevertheless, many people succumb to extreme heat.



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

Please contact us at 1-855-586-2568.
We are available Monday through Friday, 8 a.m. to 5 p.m. MT.

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References available upon request