Summer safety

In 1996, the National Safety Council (NSC) established June as Summer Safety month to increase public awareness of the leading health and safety risks which are increased in the summer months. The goal is to decrease the number of injuries and even deaths at work and at home.

1. **Stay Hydrated »** Be sure to drink enough liquids throughout the day, as our bodies lose water through perspiration when it gets hot out.

2. **Protect Your Skin »** Use sunscreen 30 minutes before going out. Reapply sunscreen every two hours or after swimming or sweating. Limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Stay in the shade whenever possible.

3. **Water Safety »** Remember to always have adult supervision for children. Whether they're in the pool or playing at the beach. Having someone who can help them - should an emergency arise - is *essential.*

4. **Eye Safety »** The sun's ultraviolet (UV) light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun. Sun damage to the eyes can occur any time of year. Choose shades that block 99 to 100 % of both UVA and UVB light.

5. **Sports Safety »** Not only can injuries happen, but heat exhaustion and dehydration occur more often in the summer months. Warm up, stretch, gear up, go with a buddy, and remember to cool down and stretch afterwards.

WORKPLACE SAFETY BEGINS AT HOME

with Sunrise Cooperative