

MCLB ALBANY SAFETYGRAM

101 CRITICAL DAYS OF SUMMER

The 101 critical days of summer begins on Memorial Day weekend and ends after Labor Day. According to the National Safety Council, more than 400 fatal vehicle crashes and over 43,000 medically consulted injuries are estimated to take place on the Memorial Day weekend alone. The 101 Critical Days of Summer campaign is dedicated to ensure everyone has an injury-free summer. However, summer comes associated with increase hazards and risks due to extreme weather, off-duty recreation, etc.

Experience a safer summer by following the safety tips listed below:

HYDRATE, HYDRATE

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink
- Don't drink liquids that contain large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps
- Increase your fluid intake, regardless of your activity level. During heavy exercise in a hot environment, drink 2 to 4 glasses (8 oz) of cool fluids each hour

REPAIRS / UPGRADES TO RESIDENCY

- Request help from experienced individuals when completing home repairs or upgrades
- Inspect your outdoor maintenance equipment before using it; read the instruction manuals before operating any new equipment
- Wear the proper protective equipment for the job being performed
- Check the temperature before engaging in any outdoor activities

POOLS AND WET SURFACES

- Do not leave children unattended in pools, tubs or any other water source that may become a drowning hazard
- Check water and surface temperature before placing infants in them
- Apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders



We all have a responsibility to ourselves, our friends, and family to be safe in everything we do while at work or at home, especially in these 101 days of summer. For more information, please visit: http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

Do not forget to participate in the -101 Critical Days of Summer- activity at the Boyett park on May 14 starting at 9:30 a.m.!

Risk Management 639-5249

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