

MCLB ALBANY SAFETYGRAM

SUMMER SAFETY

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Also, on average about 10 people die from drowning every day in the United States according to *Injury Facts*, the annual statistical report on unintentional injuries. Please consider the following:

SURVIVE THE HEAT

Learn How to Avoid Heat-Related Illnesses and Death

- » Stay in air-conditioned buildings as much as you can.
- » Drink plenty of fluids even if you don't feel thirsty.
- » Do not rely on a fan as your main cooling device during times of extreme heat.
- » Pace your activity. Start activities slow and pick up the pace gradually.
- » Wear loose, light-weight, light-colored clothing and sunscreen.
- » Never leave children or pets in cars.

Warning Signs and Symptoms associated with Heat-Related Illnesses

- » High body temperature
- » Hot, red, dry, or damp skin
- » Fast, strong pulse
- » Headache
- » Dizziness
- » Nausea or vomiting



Swimmers should keep a few safety precautions in mind:

- » Do not go in the water unless you know how to swim; swim lessons are available for all ages.
- » Swim in areas supervised by a lifeguard.
- » Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings.
- » Do not underestimate the power of water; even rivers and lakes can have undertows.
- » Always have a first aid kit and emergency contacts available.
- » Get training in CPR.



Here are some tips to stay safe on the water while participating in recreational boating:

- » Wear a life jacket; even good swimmers still need a life jacket.
- » Make sure your life jacket is a proper fit.
- » Take a National Association of Boating Law Administrators safety course.
- » Check that your equipment is in good working order.
- » Always have a spotter in the boat, and go over basic hand signals.
- » Respect your limits and keep within your limits to avoid injury.

For more information please visit: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>



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