



FACILITIES SAFETY MEETING

Summer Safety

The sun is shining. Days are longer. The BBQ is ready and the car is packed for that long awaited camping trip. Summer is finally here. You plan to have a great time. But you didn't plan to get sunburned, nor did you plan to break your arm. Your reservations were for a luxury hotel, not a hospital bed. Serious injuries outside of work increase in the summer time. Here are some things to remember:

- Sunscreen. Burns are serious, including sunburns. When outside, apply full spectrum SPF 50 sunscreen before you go outside on all exposed portions of skin. Use large amounts and re-apply often. Consider wearing a hat with wide brims.
- Drink lots of water on hot days or if engaging in strenuous activities. Start drinking the water long before you begin the activities. Schedule activities for cooler times of the day.
- Watch alcohol consumption and use a designated driver (someone who does not drink, not someone who drinks less). This is especially true if boating, biking, or well, just walking (never heard of a designated walker).
- Stretch and flex. Warm up before you start an athletic or strenuous activity. Start at a slow pace. Stretch all of the muscles you will use, hold for 15-20 seconds, don't bounce. Remember to breathe.
- Wear your sports PPE. Helmet, check. Knee, elbow pads and gloves, check. Wrist guard, check. Sunglasses and strap, check. Wear brightly colored clothing when hiking or biking. Are you wearing the proper shoes that are in good condition? A beer belly is not a flotation device.
- Watch out for critter hazards. Use insect repellent with Deet.
- Be sure you are ready and in shape for the intended activity. Most Monday injuries are really due to the weekend warrior syndrome. Did you really need to slide into second base? Regular exercise is important, but if you have a pre-existing condition, or are out of shape, you may want to check with your doctor before you participate in that 100 mile bike ride.
- Don't go hiking, running, fishing, biking, camping, and hunting alone. Take a capable companion with you.
- Squirting lighter fluid onto burning charcoal just to demonstrate your pyrotechnic tendencies is not a smart thing to do. When barbequing, have a fire extinguisher handy, know how to properly inspect and shut off propane systems, don't leave fires unattended, and avoid burning down your house by keeping flames away. Keep grills clean and food properly covered and chilled. Cooking (by any method) of meats (particularly red meat and chicken) at very high temperatures until surface charring occurs can produce cancer causing substances. Turkey fryers? Whole set of safety precautions. Know them and use them if you have a turkey fryer
- Beach safety – rip currents are strong and can occur in relatively calm water. Swim parallel to the beach if caught in one until clear. Avoid unstable cliffs and don't turn your back on the ocean – watch for mavericks (unexpectedly big waves). Bare feet are good sand glass detectors. River currents can be tremendously strong; feet can become entrapped in rocks.
- If you are fishing, river currents can be tremendously strong and easily sweep you off your feet. If this happens, float on your back keeping your feet up (so they don't become entrapped in rocks) and pointed downstream.
- Boating accidents are often tragic. Have lifejackets available, watch alcohol consumption, and don't exceed the loading capacity. Check weather reports and venture out only if conditions match your skill and the capabilities of the vessel. Ensure running lights are working if there is any chance you will be out during darkness. Consider the purchase of an emergency two way radio.
- Poison oak? Not fun. Know it, watch for it.
- In general, apply ISM! It works.