

Fun in the Sun

This week's focus is staying safe while participating in our favorite summertime activities. Remember to watch out for signs of heat injuries.

Safe Barbecuing

- Keep your grill outside away from the house, trees, and deck rail
 - Charcoal and gas can produce carbon monoxide and other toxins
- Read the owner's manual
 - Make sure your grill is assembled and operated correctly
- Protect yourself
 - Wear gloves, use proper utensils, and avoid loose fitting clothing
- Keep grill clean
 - Reduces flare-ups
- Man the fire
 - Never leave unattended when flames are present or hot
- Start grill with lid open
 - Lighting while closed can cause a dangerous buildup of gas
- Be responsible with lighter fluid
 - Only use it when starting the grill
- Check Gas lines
 - Conduct a gas leak test at the beginning of the season and inspect propane tanks
- Use right cords
 - Properly grounded outdoor extension cord for electric grill or starter
- Shut down grill correctly
 - Turn off burner and fuel supply
 - Wait for charcoal to cool before disposing

Monday



Swim Safety

- Always swim with a partner.
- Never allow young children to swim without adult supervision.
- Never swim when you are tired or under the influence.
- Know and observe your swimming limitation and capabilities.
- Avoid swift moving water.
 - If caught, swim with it and angle toward the shore or edge of the current.
- Observe warning signs.
- Stay out of the water during thunderstorms and severe weather.
- Secure pools with a barrier.
- Avoid distraction when supervising children.
- If a child is missing, check the water first.
- Have appropriate equipment.
 - Reaching or throwing devices, cell phone, life jacket, and a first aid kit.
- Enroll in Red Cross home pool safety, water safety, first aid, and CPR/AED courses.
- Protect your skin with sunscreen and limit the amount of time in the sun.
- Drink water.



Rip Currents:

A rip current is a strong channel of water flowing seaward from the shore. It can occur at any beach with breaking waves.

How to escape rip currents:

1. **Relax.** Don't swim back to shore directly against a rip. You risk exhaustion and drowning.
2. **Calmly float or tread water to conserve energy.** Swim parallel to the shore until you are outside the rip or in a diagonal direction toward the shore.
3. Swim where lifeguards are present.

Boating Safety

Operating a boat requires concentrated skill and a keen sense of awareness in the boat and on water. A clear head and a responsible outlook are necessary to make a day on the water as smooth and as safe as possible.

- Don't overload
 - Check the boat manufacturer's capacity plate
- Know your boat
 - Know what it can and can't do
- Keep a good lookout and situational awareness of other boats and objects
- Ensure crew and passengers wear a USCG approved personal flotation device
- Operate at safe and legal speeds
 - Watch your wake
- Know and respect the weather
 - Heed weather warnings
- Avoid Boating Under the Influence (BUI)
- Take a boating safety course for operational and safety instruction

Thursday	<p><u>Bicycle Safety</u></p> <p>Bicycle crashes result in 800-900 deaths each year. 90% of bicycle related deaths involve collisions with motor vehicles.</p> <p><u>Before Riding:</u></p> <ul style="list-style-type: none">• Inspect your bicycle• Always wear a helmet• Inflate tires properly• Check your brakes <p><u>While Riding:</u></p> <ul style="list-style-type: none">• See and be seen• Carry emergency tools, snacks, and water• Avoid riding at night• Ride single file with traffic and obey traffic signs• Use hand signals• Stay alert to road hazards• Watch for motorists• Stay out of driver's blind spots
Friday	<p><u>Personal Discussion</u></p> <p>Share how you safely have fun in the sun!</p>