##### Did You Know?

The summertime in Louisiana can pose many challenges, including heat related injuries, personal vehicle / recreational / sports / water and outdoor safety.

##### Summertime Accident Prevention

Heat related injuries are preventable:

* Stay hydrated.
* Avoid heavy meals at lunchtime.
* Maintain a well-balanced diet.
* Wear appropriate clothing for the weather conditions.
* Use sunscreen.
* Maintain adequate work/rest cycles.

Heat injuries ranging from minor to most severe include: sunburn, heat rash, heat cramps, heat exhaustion, and heat stroke.

* Sunburn – Use sunscreen, avoid extended exposure during peak heat hours
* Heat rash – Skin irritation caused by excessive sweating and appears in the form of small blisters or pimples
* Heat cramps – Caused by an excessive loss of salt and is accompanied by painful muscle cramps
* Heat exhaustion – Caused by excessive loss of salt and water and causes severe sweating, headache, paleness, weakness, nausea, cool moist skin and tingling in the extremities.
* Heat stroke – Cause when the heat regulation mechanism fails and is the most severe heat injury illness. All of the symptoms of heat exhaustion can be present in addition to red/hot skin, unconsciousness, and may cause death.

Personal Vehicle Safety (PVS) – Several factors that increase risk include:

* Age – The age group from 18 – 24 years are people at highest risk. This age group has a risk of fatal accidents at a rate of 4 times greater than other groups.
* Seatbelts – Can prevent 42% of all potentially fatal automobile crashes. The airbag increases survival odds to 47%.
* Alcohol – A driver who is intoxicated is 15 times more likely to be involved in a fatal crash. Approximately, 48% of all traffic fatalities involve an intoxicated or impaired person.
* Fatigue – The 18 – 24 year age group has a risk factor over 56% of fatalities because of fatigue or falling asleep while driving.
* Speed is a contributing factor to driving fatalities. Speed reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road.

Recreational Safety:

* Start slowly and get in shape.
* Choose the exercise appropriate for age and condition.
* Always warm up.
* Finish with a cool down.
* Know your limits.

Bicycle Safety

* Inspect your bicycle for proper operation.
* Wear a helmet.
* Inflate tires.
* Check brakes.

Water Safety

* Drownings are the leading cause of death.
* Do not drink and swim.
* Wear a life preserver when boating.
* Know weather conditions.
* Boating Safety:
  + Be aware of others.
  + Avoid alcohol.
  + Maintain safe speeds.
* Insects and spiders present specific hazards. For most spider bites, the venom is harmless.
  + Poisonous Snakes – Treat all snakes as if they are poisonous, most bites are a result of handling or agitation.
  + Ticks, Spiders, Scorpions and Insects
    - Identify those that could have allergic reactions to insect bites.
    - Keep an emergency first-aid kit handy.
    - Be aware that food and crumbs attract insects.
    - Use appropriate insect repellant.

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