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Office of Risk Management

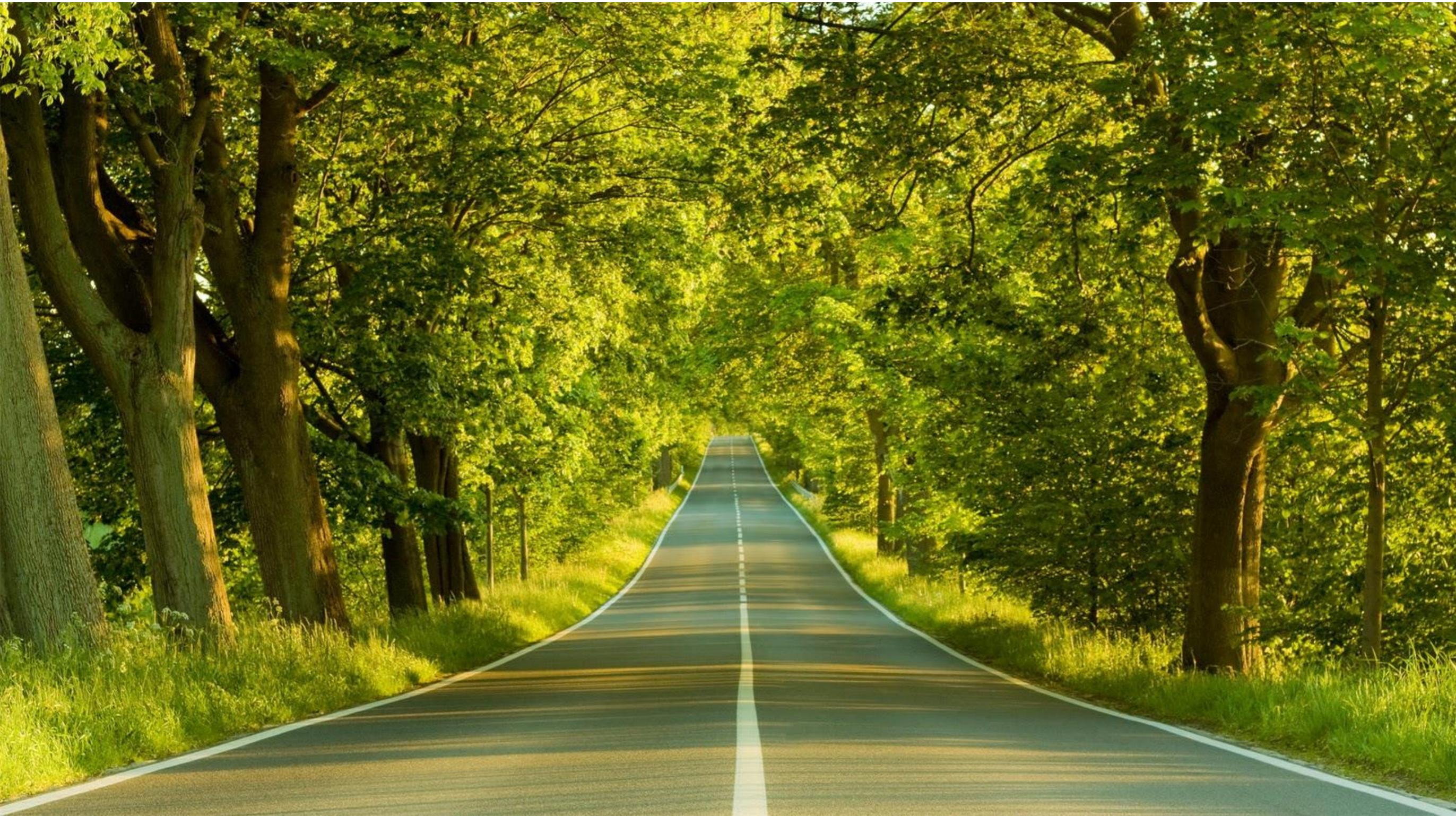
# Summertime Safety

# Summer Safety



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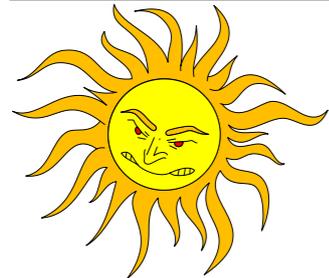


# SUMMER SAFETY ISSUES



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- Heat Injuries
- Personal Vehicle Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety



# HEAT INJURY



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**The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.**

# HEAT INJURY PREVENTION



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## Prevention tips include:

- **Drink plenty of water**
- **Avoid heavy meals at lunch time**
- **Maintain a well balanced diet**
- **Wear appropriate clothing**
- **Use sunscreen**
- **Follow recommended work/rest cycles**

# HEAT INJURY PREVENTION



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## Prevention tips include:

- **Keep areas well ventilated**
- **Schedule outdoor activities during the cooler part of the day**
- **Use the buddy system**
- **Monitor those at risk**
- **Use common sense**

# SUNBURN PREVENTION



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## To prevent sunburn:

- **Use sunscreen - reapply frequently**
- **Moderation - avoid extended exposure during peak hours (1000-1600)**
- **Avoid repeated exposure**
- **Seek medical care if severely burned**



# HEAT RASH

## CAUSE

- **Skin irritation caused by excessive sweating in a hot, humid environment**

## SYMPTOMS

- **Appears as a cluster of pimples or small blisters: neck, groin area; under breasts & arms; and skin creases**

## TREATMENT

- **Baby powder with corn starch**
- **Cool shower - avoid lotions – change clothes frequently**

# HEAT CRAMPS



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## CAUSE

- **Excessive loss of salt from the body**

## SYMPTOMS

- **Painful cramps of the major muscle groups (arms, legs, or stomach)**

## TREATMENT

- **Provide cool water - shade - monitor**

# HEAT EXHAUSTION



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## CAUSE

- **Excessive loss of salt and water in the body**

## SYMPTOMS

- **Profuse sweating**
- **Weakness**
- **Cool moist skin**
- **Tingling sensation in extremities**
- **Headache**
- **Paleness**

## TREATMENT

- **Provide water, shade, elevate feet, monitor condition, and seek medical attention immediately**



# HEAT STROKE

## CAUSE

- The body's heat regulatory mechanism stops

## SYMPTOMS

- Headache
- Dizziness
- Delirium
- Weakness
- Nausea
- Red, hot skin
- Unconsciousness

## SEEK MEDICAL TREATMENT IMMEDIATELY

- Put in cool shaded area
- Soak clothing
- Fan, and elevate feet
- Massage extremities



# **PERSONAL VEHICLE SAFETY (PVS)**

## **Factors that influence our risk:**

- **Age**
- **Seatbelts**
- **Alcohol / Drugs**
- **Fatigue**
- **Location**
- **Speed**

# PVS



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## Age is a contributing factor:

### Ages 18 – 24:

- **People who are at the highest risk. Risk of involvement in a fatal crash of those who are 18-24 is nearly 4 times greater than any other age group.**



# PVS – Cont'd

## Seatbelts

- **Seatbelts prevent deaths in 42% of all potentially fatal crashes.**
- **Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%.**





## PVS – Cont'd



## Alcohol

- **The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver.**
- **About 48% of all traffic fatalities involve an intoxicated or alcohol impaired person.**



# PVS – Cont'd

## Fatigue

- **Drivers between the ages of 18-24 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.**





# PVS – Cont'd

## Location

- **Statistics show that travel on interstates is safer than two lane roads.**
- **The fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.**



## PVS – Cont'd

### Speed Kills



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- **The faster a car is going, the more distance and time it takes the driver to stop.**
- **Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road.**



# PVS TIPS

- **Don't drink and drive**
- **Use a designated driver**
- **Wear seatbelts**
- **Obey the speed limit**
- **Don't drive when you're tired**
- **Take rest breaks**





# PVS TIPS – Cont'd

- **Adjust speed for conditions**
- **Don't follow too close**
- **Maintain your vehicle**
- **Drive defensively**
- **Avoid using cellular phone while driving.**





# **RECREATIONAL SAFETY**

- **Get in shape, start slowly**
- **Choose exercise appropriate for your**
- **age and conditioning**
- **Start with warm-up**
- **Finish with cool down**
- **Know your exercise limits**
- **Dress appropriately**



# **SPORT INJURIES**

**Before taking the field, consider the following:**

- **Warm up**
- **Stay physically fit**
- **Players who are fit are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear knee pads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and bases are secure**



# BICYCLE SAFETY

- **Bicycle crashes result in 800-900 deaths per year**
- **90% of bicycle-related deaths involve collisions with motor vehicles**

## **Before you ride.....**

- **Inspect your bicycle for serviceability**
- **Wear a helmet**
- **Inflate tires properly**
- **Check your brakes**





# **BICYCLE SAFETY - cont.**

## **When you ride:**

- **See and be seen – (light colored clothing)**
- **Carry a backpack with essential repair tools**
- **Avoid riding at night**
- **Ride single file with traffic and obey traffic signs**
- **Use hand signals**
- **Stay alert for road hazards**
- **Watch for motorists**
- **Stay out of driver's blind spots**

# JOGGING SAFETY



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- **Pace yourself**
- **Good running shoes are essential**
- **Always jog against traffic**
- **Be seen while running, wear reflective material**
- **Finish with cool down**
- **Headphones are hazardous where vehicle traffic occurs**





# WATER SAFETY

## Drownings:

- **Are a leading cause of death**
- **Most often occur during recreational swimming in unauthorized swimming areas after dark**
- **Frequently related to alcohol use**
- **Be safe around water**





# **WATER SAFETY TIPS**

- **Learn to swim and know “your limits”**
- **Use the buddy system**
- **Swim in supervised areas**
- **Obey “NO DIVING” signs**
- **Don’t drink and swim**
- **Wear life preservers when boating and fishing**
- **Know the weather conditions**
- **Use common sense - don’t swim after eating, while chewing gum or after drinking**



# Watch out for the “Dangerous Too’s”

- **Too tired**
- **Too cold**
- **Too far from safety**
- **Too much sun**
- **Too much strenuous activity**

# BOATING



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- **Most boating mishaps involve capsizing, falls overboard, and collisions.**
- **About 90% of all fatalities are caused by drowning.**
- **In nearly all cases, life preservers were NOT used.**



# **BOATING LIMITS**



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- **Limit loading your boat to recommended weight**
- **Limit movement inside the boat**
- **Limit boating to safe weather and water conditions**

# **BOATING SAFETY TIPS**



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- **Yield right of way**
- **Be aware of others**
- **Avoid alcohol**
- **Maintain a safe speed**
- **Don't overload**
- **Don't loan to inexperienced operators**
- **Wear proper clothing**
- **Ensure proper maintenance**

# JET SKIS



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**“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.**

**What does that mean?**



**It means that they are subject to the same rules and regulations as any other power boat.**



# ANIMALS AND REPTILES

**To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals that are unknown to you or that display strange behavior.**





# ANIMALS AND REPTILES

## Poisonous snakes

- **Several types of dangerous snakes and spiders are indigenous to this area to include rattlesnakes, black widow, and brown recluse.**
- **Treat all snakes and spiders as if they are poisonous. Most bites result from handling or aggravating snakes.**





# INSECTS



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- **Identify individuals who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.**
- **When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.**
- **Food and crumbs attract insects.**
- **Use insect repellent (follow directions).**

