

BETTER OUTCOMES THROUGH EMPLOYEE SAFETY AND WELL-BEING



Soak Up The Sun

With summer finally here, beaches and pools everywhere will experience a seasonal spike in visitors. Below is a list of helpful tips to make sure that your water-based activities are fun and safe:

1. Ocean Rip Currents are fast-moving narrow channels of water that flow outward from the shore. Accounting for 80% of beach rescues, rip currents are the number one risk at most beaches. If you find yourself in a rip current while swimming in the ocean, the Red Cross recommends:
 - Stay calm and DO NOT fight the current. Fighting the current will wear you out.
 - Swim in a direction parallel to the shore until you are out of the current.
 - Wave and yell for help to draw attention to yourself.
 - If you see somebody in trouble, DO NOT go in after them. Alert a lifeguard, and if possible throw a flotation device, while yelling instructions on how to escape the pull of the current.
2. Pool Safety – According to the CDC, you should always check the pool's latest inspection result before entering the water. Identify whether or not there is a lifeguard on duty and locate the nearest safety equipment such as a rescue ring or pole. Once you are in, try not to swallow any of the water and be sure to dry your ears thoroughly after exiting.
3. Exposure to the sun can result in sunburn, eye damage and increase the risk of skin cancer. To protect your skin, the CDC recommends using sunscreen with a rating of at least SPF 15 and wearing a hat with a brim that shades your face, ears, and back of neck. To protect your eyes, wear sunglasses that block both UVA and UVB rays. Be sure to reapply your sunscreen once every two hours.
4. To lessen the chances of neck injury, do not dive or jump into water head first. Always check the depth of the water before diving in and go in feet first the first time.

Camping Safety Tips

The warm weather of the summer months makes this season a wonderful time of the year for camping, hiking, and experiencing the great outdoors. Whether you're an experienced outdoorsman, or new to camping and outdoor recreation, here are some safety tips to keep in mind before heading out for a weekend in the wilderness.

- 1. Traveling with a companion** or a group is recommended by the U.S. Forest Service. If you are entering an area that you are unfamiliar with, check to see if there are experienced guides available. Make note of the nearest ranger station or telephone as cellular service can often be unreliable, spotty, or even nonexistent while camping.
- 2. Packing safe and healthy food** can greatly decrease the risk of contracting an illness or infection while camping. To keep food and water safe, the CDC suggests the following:
 - Use tight waterproof bags or containers and store them in an insulated cooler.
 - Sanitize and wash hands and surfaces often.
 - Keep cooked and raw foods separate.
 - If you do not have access to fresh, bottled water, boiling water for one minute is the only method that is 100% effective in removing pathogens.
- 3. Carrying insect repellent** is advised to minimize the chances of mosquito-borne illnesses or tick bites. Wearing long sleeves and pants can help prevent bug bites and wearing light colored clothing can help one to spot ticks more easily.
- 4. Being prepared** can go a long way in having a safe outing. Always check the weather report before departing, and know the signs for approaching storms or rapidly changing weather conditions. Be sure to pack items such as a first-aid kit, compass/GPS, a map, flashlight, batteries, food, water, clothes, and medications.

Sources: CDC, U.S. Forest Service



Water You Drinking?

Increasing your water intake has many health benefits such as regulating your body temperature, protecting your spinal cord and sensitive tissues and preventing dehydration. In fact, substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories. According to the CDC, you can challenge yourself to drink more water by trying out the following tips:

- Carry a re-useable water bottle with you for easy access while you are at work or in the car.
- Try freezing some freezer-safe water bottles for some ice-cold water all day long.
- Choose water when dining at a restaurant. This will save you calories and money.
- Try adding a wedge of lemon or some lemon juice to improve the taste.

Sources: CDC