## **Summer Safety Checklist**

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## **HEAT STRESS PREVENTION**

Drink plenty of water throughout the day. Water rehydrates
your body better than other fluids such as pop or juice. Water at
room temperature is absorbed into your system faster.
Plan ahead. Try to plan the most physically demanding tasks
for the coolest time of the day.
☐ Wear light, natural fiber clothing that will allow heat to
escape.
☐ If you are working outdoors, wear a hat.
Acclimatize yourself by gradually exposing yourself to the
heat.
☐ Get out of the heat during breaks.
DRIVE SAFELY
$\hfill\Box$ Before leaving on summer vacation, ensure your vehicle is in top running condition.
☐ Be prepared for "the other guy" who may not be driving
safely.
Keep your headlights on at all times, regardless of weather
conditions.
Wear a seatbelt at all times and request that your passengers
do the same.
As the driver, keep your concentration on the road; do not
allow yourself to become distracted by the scenery, passengers,
etc.

Avoid eating or drinking while driving; both hands are

required on the wheel at all times.

Do not allow yourself to become too frustrated or upset by traffic jams or careless drivers.
WATER SAFETY
Swim only where there are lifeguards and never in isolated areas.
☐ Do not swim beyond designated points.
Insist that children take frequent rest breaks.
To avoid cramps, wait a sufficient amount of time after eating before going into the water.
lacksquare Always check out the conditions before diving into a body of water.
BOATING SAFETY
☐ Ensure your trailer is in good condition.
Do not overload your trailer. Ensure the tongue capacity is not exceeded.
If you store articles on your boat, make sure that they are properly secured.
Drinking and driving don't mix, and neither do drinking and boating.
$\hfill\Box$ Tell someone where you will be and what time you plan to return.
Provide a Coast Guard-approved flotation device for each passenger.