# 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**

- ❑ 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.
- ❑ 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.
- ❑ Tell someone where you will be and what time you plan to return.
- ❑ Provide a Coast Guard-approved flotation device for each passenger.