

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.