



A Guide to Summer Time Safety

In the summer time, we ALL take on more than we should or are use to PHYSICALLY. It is just a fact of life that we do. Many of us joke that we need to get back to work to get some rest.

Here is a list of what we can do to help ourselves and our families survive these busy Summer Time Schedules.

1. Get your Yard & Garden work done early in the day.

This is usually the coolest time of day. We should be better rested and in a better frame of mind to accomplish these tasks.

2. Work inside the garage and house when the day is HOT or on rainy days.

During in the middle of the day (during the hottest time) or when it is raining outside is a great time to clean up the garage or the basement. So take advantage of the hot weather or rain and get something done anyway, work on something that “you’ve been meaning to do”, in the house.

3. Gas BBQ Grills are fast and efficient.

Gas BBQ grills are fast & efficient. They are ready to cook with only a brief startup time and have the ability to manage the cooking temperatures second only to the stove in the kitchen. However, people are burned every year by gas grills that are not operated by the manufactures instructions. Many times people light the grill, go away and return only to fine the burners DID NOT ignite. Now there is an accumulation of flammable GAS (Natural or Propane) that has an EXPLOSIVE potential if not managed appropriately. Ventilate and then VENTILATE some more just to make sure the gas has dissipated and you can safely go back and “light” the grill again.

4. Poison Ivy & Oak can be deadly.

Poison Ivy & Oak are prevalent in many areas of the country. This vegetation is a troublesome to many people when they directly contact it. But if a person is down wind of the burning of poison ivy or oak, this changes everything and it can become deadly. Inhaling the smoke from poison ivy & oak contaminates the entire airway and require immediate medical treatment. IF you are allergic to Poison Ivy & Oak, do NOT stand down wind of unknown burning activities.

5. Insect Spray is a given.

Insect spray is necessary in most regions of the country for mosquitoes & gnats. But it is equally important for sand fleas, ticks, “no-see-ums”, and other parasitic insects that we find in public parks and on playgrounds. AND do not forget your PETS. If they go outside, they will bring insects inside the house, also.

6. Sun Screen is a given, too!

Every one needs some level of sun screen if they are going outside. That is an absolute. How MUCH protection (SPF) and how OFTEN it is repeated are the real questions. As a general rule, fair skin tones require higher protection factors and repeat coverage more often.

7. PLAN the weekend out.

Try to plan so the evening before you have to go back to work as the catch-up time. Meaning, this is the time to put things away, clean up stuff, unwind time, and get the kids back under control and at the house. Finishing a picnic, pulling the boat out of the water at 10PM or getting the kids off the trampoline at midnight will ensure Monday is a LONG day at work.

Enjoy the summer, warm temperatures, & long days by being smart, paying attention & planning the time to be safe & enjoyable. That way the discussion at work will be, “How was your weekend?” not “What happened to you?”