

Summer Safety Tips

Spending time in the sun and participating in outdoor activities can be a lot of fun, but there are some risks to being outside during this time of year. The following tips can help ensure a fun and safe summer:



Heat Safety

- Drinking plenty of water, even if you do not feel thirsty.
- Taking frequent breaks from activity.
- Reducing your activity level until your body adjusts to the warmer weather.
- Limiting strenuous activity to the morning and evening hours.
- Wearing light colored clothing and eye protection.



Sun Safety

- Avoid exposure from 10 a.m. until 2 p.m.
- Use a broad-spectrum sun block lotion with an SPF of 30 or higher.
- Reapply sun block after you have been swimming, and every two to three hours that you are outdoors.
- Wear long sleeves and hats when possible.



Eye Damage

- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- Wear a wide-brimmed hat. It can also protect the skin on your face.
- Stay inside during peak sun hours to avoid the strongest levels of UV light.



Here when you need us.

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