

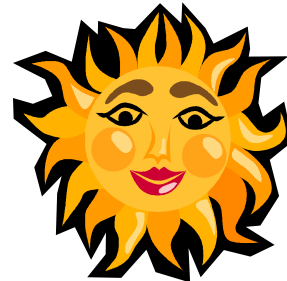
Summer Safety

In recognition of National Safety Month, the National Safety Council addresses the most significant reasons for unintentional injuries and deaths in the American workplace, on the road and in the home and community at: www.nsc.org/nsm/

During the summer months, longer days and warmer weather often entail more time spent outside. If you're planning on making the most of what summer has to offer, keep in mind the following safety precautions:

Water: A large number of summer activities involve water, such as swimming, water skiing, boating, floating, surfing, snorkeling...If you're going to be in the water, it is recommended that you learn how to swim and that you swim with a buddy, according to the American Red Cross. If you have children who are either too young to swim or are still learning, make sure they are wearing a life preserver. All children, regardless of swimming ability, should be monitored by a responsible adult at all times.

Sun: To reduce the risks associated with sun exposure, avoid being in direct sunlight during peak hours when the UV rays are the strongest, between 10 a.m. and 3 p.m. If it is necessary to be out during peak hours, wear protective clothing, including a hat and UV-blocking sunglasses, and seek out shaded areas. It is recommended to apply sunscreen of at least SPF 15 liberally to all exposed areas of the body at least 20 minutes before sun exposure, and reapply every two hours, or after swimming or rigorous activity.



Heat: In very high temperatures, the body naturally cools itself through the process of sweating. However, sometimes sweating is not enough, and the body runs the risk of overheating and potentially damaging vital organs. In addition, high humidity prohibits sweat from evaporating quickly, preventing the body from releasing heat and creating the possibility for heatstroke, heat exhaustion, heat cramps, and heat rash. Take special precautions with those at high risk when in the sun for extended periods of time (children under four and adults over 65 years of age). Keep cool fluids available, and monitor the time spent in the sun or in high temperatures. At a minimum, it is recommended to drink 2 to 4 glasses (16-32 oz.) of cool fluid every hour, and more during rigorous activity.

Insects: If you're spending time in grassy or woody areas, use insect repellent with DEET to repel mosquitoes and ticks (insect repellent should not be used on babies, and repellent used on children should contain no more than 10 percent DEET). For any bug bite or sting, watch for swelling, breathing difficulty, fever, headache, body aches, and skin rash, which could signify an allergic reaction or insect-borne illness. If you suspect an allergy or other illness, seek medical attention immediately.

The EAP is confidential, and there is no out of pocket expense. To make an appointment with an EAP counselor, call 800 327-2384.

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