

Summer Safety



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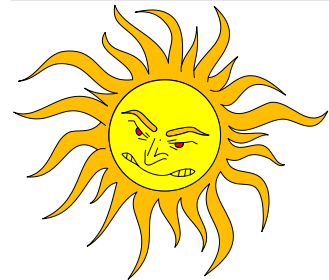


SUMMER SAFETY ISSUES

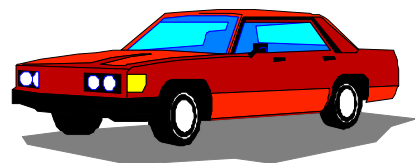


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- Heat Injuries
- Personal Vehicle Safety
- Recreation Safety
 - Sports Safety
 - Water Safety
- Outdoor Safety
- Gas Leak Safety



HEAT INJURY



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The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

HEAT INJURY PREVENTION



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Prevention tips include:

- **Drink plenty of water**
- **Avoid heavy meals at lunch time**
- **Maintain a well balanced diet**
- **Wear appropriate clothing**
- **Use sunscreen**
- **Follow recommended work/rest cycles**

HEAT INJURY PREVENTION



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Prevention tips include:

- **Keep areas well ventilated**
- **Schedule outdoor activities during the cooler part of the day**
- **Use the buddy system**
- **Monitor those at risk**
- **Use common sense**

SUNBURN PREVENTION



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To prevent sunburn:

- **Use sunscreen - reapply frequently**
- **Moderation - avoid extended exposure during peak hours (1000-1600)**
- **Avoid repeated exposure**
- **Seek medical care if severely burned**



HEAT RASH

CAUSE

- **Skin irritation caused by excessive sweating in a hot, humid environment**

SYMPTOMS

- **Appears as a cluster of pimples or small blisters: neck, groin area; under breasts & arms; and skin creases**

TREATMENT

- **Baby powder with corn starch**
- **Cool shower - avoid lotions – change clothes frequently**

HEAT CRAMPS



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CAUSE

- **Excessive loss of salt from the body**

SYMPTOMS

- **Painful cramps of the major muscle groups (arms, legs, or stomach)**

TREATMENT

- **Provide cool water - shade - monitor**

HEAT EXHAUSTION



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CAUSE

- Excessive loss of salt and water in the body

SYMPTOMS

- Profuse sweating
- Weakness
- Cool moist skin
- Tingling sensation in extremities
- Headache
- Paleness

TREATMENT

- Provide water, shade, elevate feet, monitor condition, and seek medical attention immediately



HEAT STROKE

CAUSE

- The body's heat regulatory mechanism stops

SYMPTOMS

- Headache
- Dizziness
- Delirium
- Weakness
- Nausea
- Red, hot skin
- Unconsciousness

SEEK MEDICAL TREATMENT IMMEDIATELY

- Put in cool shaded area
- Soak clothing
- Fan, and elevate feet
- Massage extremities



PERSONAL VEHICLE SAFETY (PVS)

Factors that influence our risk:

- **Age**
- **Seatbelts**
- **Alcohol / Drugs**
- **Fatigue**
- **Location**
- **Speed**

PVS



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Age is a contributing factor:

Ages 18 – 24:

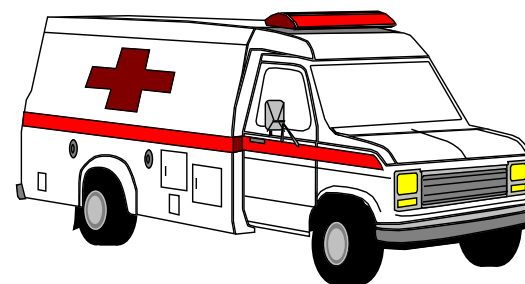
- **People who are at the highest risk. Risk of involvement in a fatal crash of those who are 18-24 is nearly 4 times greater than any other age group.**



PVS – Cont'd

Seatbelts

- **Seatbelts prevent deaths in 42% of all potentially fatal crashes.**
- **Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%.**





PVS – Cont'd



Alcohol

- **The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver.**
- **About 48% of all traffic fatalities involve an intoxicated or alcohol impaired person.**



PVS – Cont'd

Fatigue

- **Drivers between the ages of 18-24 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.**





PVS – Cont'd

Location

- **Statistics show that travel on interstates is safer than two lane roads.**
- **The fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.**



PVS – Cont'd

Speed Kills



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- **The faster a car is going, the more distance and time it takes the driver to stop.**
- **Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road.**



PVS TIPS

- **Don't drink and drive**
- **Use a designated driver**
- **Wear seatbelts**
- **Obey the speed limit**
- **Don't drive when you're tired**
- **Take rest breaks**





PVS TIPS – Cont'd

- **Adjust speed for conditions**
- **Don't follow too close**
- **Maintain your vehicle**
- **Drive defensively**
- **Avoid using cellular phone while driving.**





RECREATIONAL SAFETY

- **Get in shape, start slowly**
- **Choose exercise appropriate for your**
- **age and conditioning**
- **Start with warm-up**
- **Finish with cool down**
- **Know your exercise limits**
- **Dress appropriately**



SPORT INJURIES

Before taking the field, consider the following:

- **Warm up**
- **Stay physically fit**
- **Players who are fit are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear knee pads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and bases are secure**



BICYCLE SAFETY

- **Bicycle crashes result in 800-900 deaths per year**
- **90% of bicycle-related deaths involve collisions with motor vehicles**

Before you ride.....

- **Inspect your bicycle for serviceability**
- **Wear a helmet**
- **Inflate tires properly**
- **Check your brakes**





BICYCLE SAFETY - cont.

When you ride:

- **See and be seen – (light colored clothing)**
- **Carry a backpack with essential repair tools**
- **Avoid riding at night**
- **Ride single file with traffic and obey traffic signs**
- **Use hand signals**
- **Stay alert for road hazards**
- **Watch for motorists**
- **Stay out of driver's blind spots**

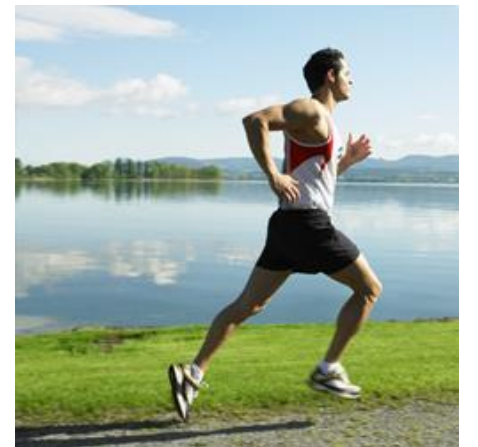
JOGGING SAFETY



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- **Pace yourself**
- **Good running shoes are essential**
- **Always jog against traffic**
- **Be seen while running, wear reflective material**
- **Finish with cool down**
- **Headphones are hazardous where vehicle traffic occurs**





WATER SAFETY

Drownings:

- **Are a leading cause of death**
- **Most often occur during recreational swimming in unauthorized swimming areas after dark**
- **Frequently related to alcohol use**
- **Be safe around water**





WATER SAFETY TIPS

- **Learn to swim and know “your limits”**
- **Use the buddy system**
- **Swim in supervised areas**
- **Obey “NO DIVING” signs**
- **Don’t drink and swim**
- **Wear life preservers when boating and fishing**
- **Know the weather conditions**
- **Use common sense - don’t swim after eating, while chewing gum or after drinking**



Watch out for the “Dangerous Too’s”

- **Too tired**
- **Too cold**
- **Too far from safety**
- **Too much sun**
- **Too much strenuous activity**



ANIMALS AND REPTILES

To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals that are unknown to you or that display strange behavior.





ANIMALS AND REPTILES

Poisonous snakes

- **Several types of dangerous snakes and spiders are indigenous to this area to include rattlesnakes, black widow, and brown recluse.**
- **Treat all snakes and spiders as if they are poisonous. Most bites result from handling or aggravating snakes.**





INSECTS



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- **Identify individuals who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.**
- **When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.**
- **Food and crumbs attract insects.**
- **Use insect repellent (follow directions).**





GAS LEAK SAFETY

In case of an emergency:

- **Don't turn on any lights or appliances**
- **Do not use your cell phone near area**
- **Leave the area immediately**



SMELL GAS

If a gas leak is underground, the following may occur:

- **A blowing or hissing sound**
- **Dust or dirt may blow into the air**
- **May cause bubbles in water**
- **Smells similar to rotten eggs**



GSU EMERGENCY PHONE NUMBERS

- **(318)274-2222 GSUPD & Fire Dept**
- **(318)274-3174 Safety & Risk Man**
- **(318)274-6162 Facilities**