



# OUTDOOR SAFETY

The weather's warming up, which means more time spent outdoors. Follow these simple safety tips to keep yourself, your family, and your friends safe.

## HEAT SAFETY



- **Stay hydrated.** Water is the best choice; sugary drinks aren't as hydrating, and alcohol is actually dehydrating.
- **Avoid excessive sun exposure** and wear sunscreen and protective clothing to prevent sunburn and heat-related illness.
- **If you recognize these symptoms of heatstroke** in yourself or others, call for emergency medical help:
  - **Hot skin (no sweating)**
  - **Rapid heartbeat**
  - **Changes in mental state, such as confusion**



## HIKING & CAMPING SAFETY

- **Take a basic first aid kit** along when hiking or camping.
- **Tell people where you're going.** Better yet, always hike or camp with a friend.
- **Know how to identify poisonous plants** like poison ivy and poison oak.
- **To protect against ticks,** wear long-sleeved shirts and pants.

## BONFIRE SAFETY



- **Make sure your fires are always attended.**
- **Closely monitor kids** and pets around fires.
- **If someone is severely burned,** cover the affected area with a cool, moist cloth and call 911 or transport them to the hospital immediately.



## WATER SAFETY

- **Try to swim** in areas supervised by a lifeguard.
- **Closely monitor children** around water.
- **Don't swim or operate a boat** while under the influence.
- **Use your life jacket** when boating.

## FOOD SAFETY



- **Pack foods in tight, waterproof containers** and keep them in a cooler.
- **Wash hands often.** Use hand sanitizer if water is not available.
- **Do not let perishable food sit out** for more than one hour in hot weather.
- **Use a food thermometer** to make sure meat is well cooked.



Here's to a safe summer!



FERNO

TIPS COMPILED FROM THE FOLLOWING SOURCES:

[www.foodsafety.gov/keep/events/summervacations/index.html](http://www.foodsafety.gov/keep/events/summervacations/index.html)  
[www.mayoclinic.org/first-aid/first-aid-burns/basics/art-20056649](http://www.mayoclinic.org/first-aid/first-aid-burns/basics/art-20056649)  
[www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/summer-safety](http://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/summer-safety)

FERNOEMS.COM | 877.733.0911

Download this pdf at: <http://bit.ly/summer-safety-2019>