

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

June 2021

### Summer Safety

It's the time of year when we break out the BBQs, sunscreen and celebrate our declaration of independence as a country. We want to review some safety tips that should not only be used in our professional lives, but personal ones too.

First is heat stress. Heat stress kills over 300 people each year in the U.S. Overheating can cause dizziness, fainting, heat rashes, cramps, strokes, and in extreme cases, death.

- Keep all clothing light colors. The darker the fabric the more sun it will attract and absorb.
- Wear clothes that breath. Nothing should be too tight.
- Wear sunglasses and hats.
- Wear sunscreen.

Remember three simple words: Water, Rest, and Shade.

Second is fire safety. Whether you're cooking or camping, these tips will help you stay safer this summer when using fire. During the summer months, cookouts and BBQ's are some of the leading causes of fires.

- To reduce the chance of fire, make sure to use all cooking equipment the way it's intended to be used and never leave cooking unattended.
- Periodically remove grease or fat buildup in trays below grill as well as on the grill rack itself.
- Maintain a 10-foot area that is free of brush and shrubbery around grills and propane tanks.

Before you sit down around your camp or fire pit remember to take these steps to insure the first won't spread.

- Keep weeds and grass cut.
- Provide enough water to keep plants healthy and green.
- Remove dead and piled up vegetation, and dispose of it properly.
- Create at least 30 foot safe zone around your home that is free of anything that may ignite and spread to the structure.
- Make sure to keep a shovel, bucket of water, fire extinguisher, or other fire suppression tools on hand in case of emergency.

Have fun this summer and remember these simple tips so you can avoid becoming a statistic.

**HEALTHY OR SAFETY REMINDER: DRINK WATER!!!!**

#### Discussion Points/Quiz Questions:

1. How can we prevent Heat Stress?
2. Name one way to prevent backyard fires.